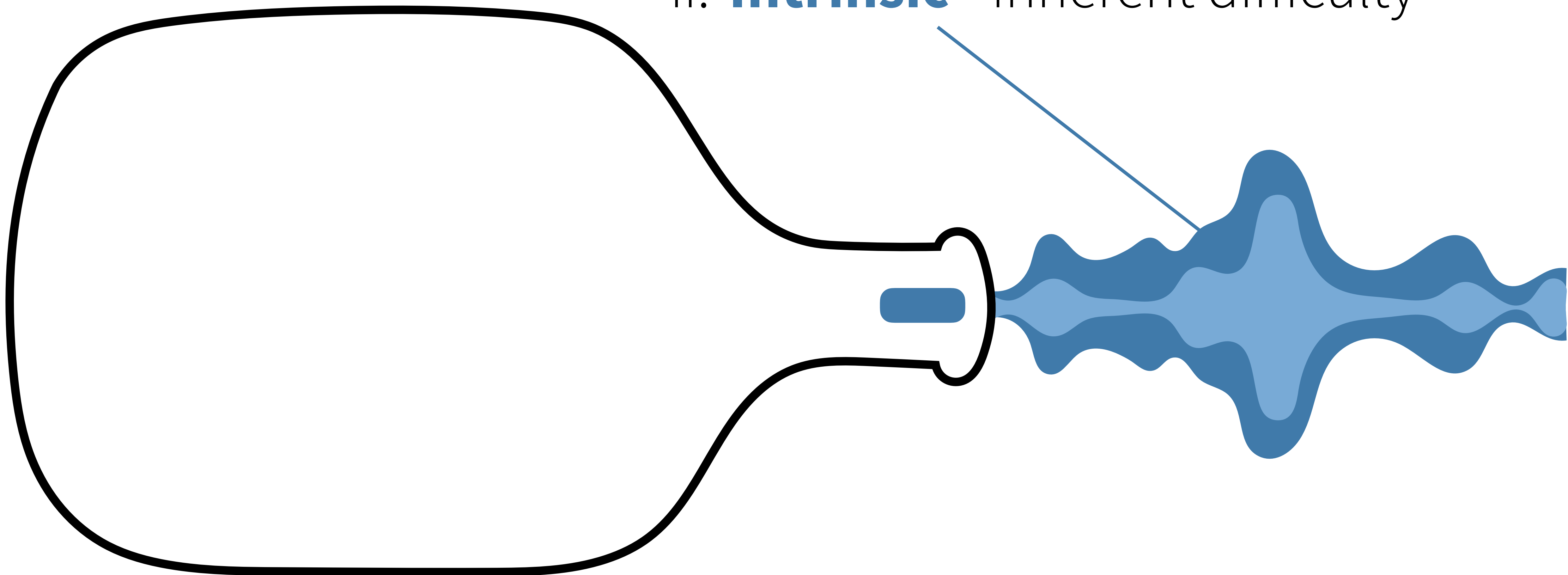


# Cognitive Load Theory

- i. **Extraneous** - lost to distractions
- ii. **Intrinsic** - inherent difficulty



# Cognitive Load Theory

- i. **Extraneous** - lost to distractions
- ii. **Intrinsic** - inherent difficulty
- iii. **Germane** - encoding effort

