# Chapter 3    "Cut the Clutter"

- Cognitive Load Theory: John Sweller
  Study of Problem Solving in Psychology
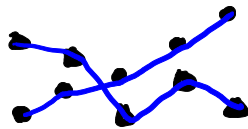
  Idea: We have finite mental resources
  _Extraneous_ load: distraction from task
  _Intrinsic_ load: difficulty of the main task
  _Germaine_ load: Learning new things in order
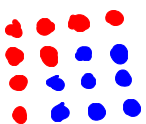                   to complete a task

- Gestault Principles - Visual features that cause multiple
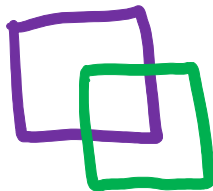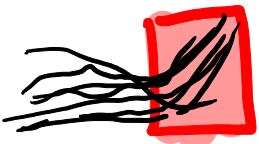  objects to be percieved as groups

 _Proximity_

 _Connection_

 _Similarity_

 _Continuity_

 _Enclosure_

 _Closure_