

Cognitive load theory and Rosenshine's principles of direct instruction

1.2 What is Cognitive Load Theory?

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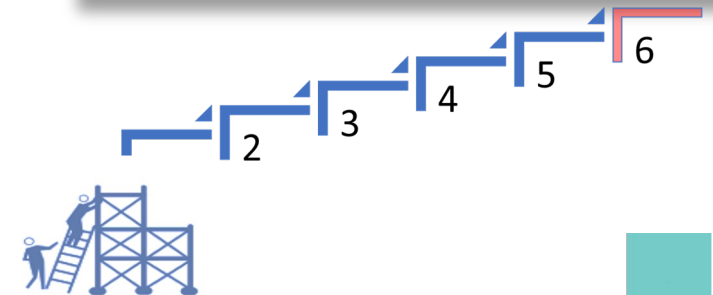
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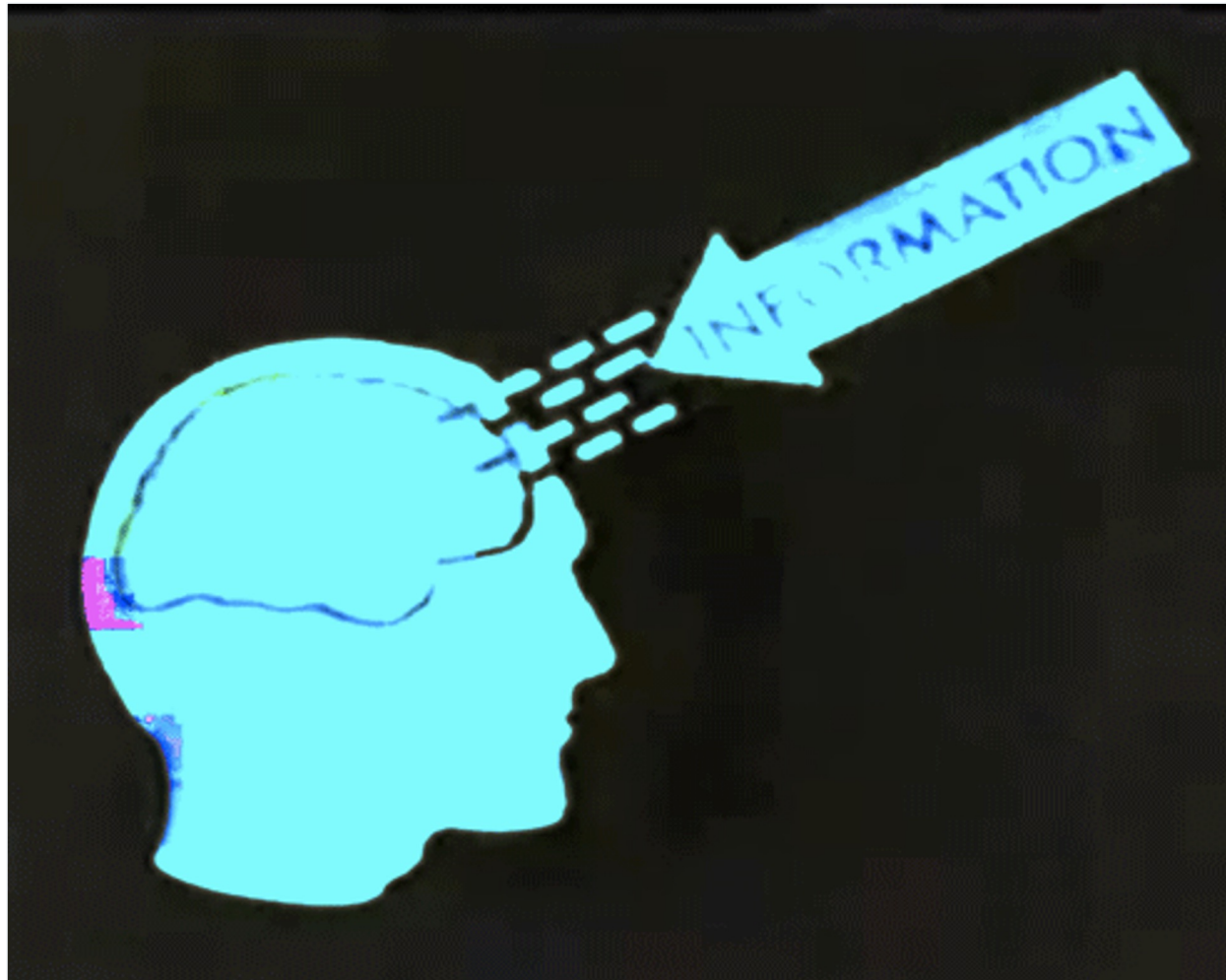
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Cognitive Load Theory: What is it NOT?



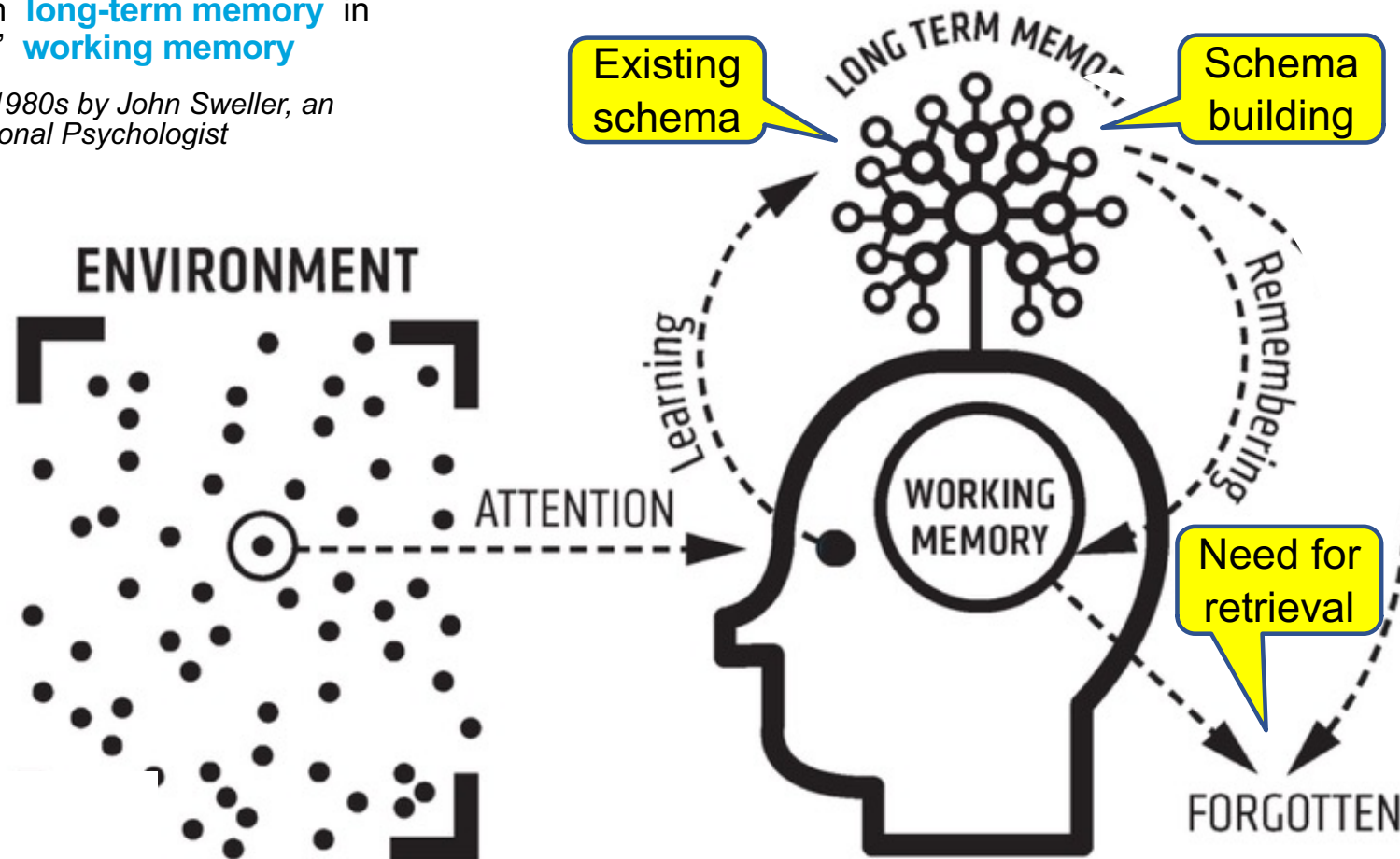
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Cognitive Load Theory: What is it?

Cognitive Load Theory (CLT) targets improvements in **long-term memory** in order to 'free up' **working memory**

Developed in the 1980s by John Sweller, an Australian Educational Psychologist



Cognitive Load Theory

What is it?

