

Cognitive load theory and Rosenshine's principles of direct instruction

1.5 Schema building (detail)

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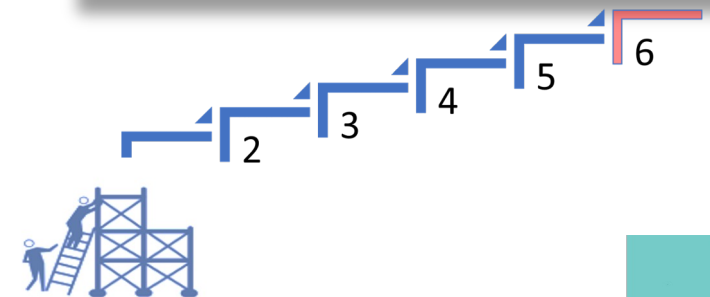
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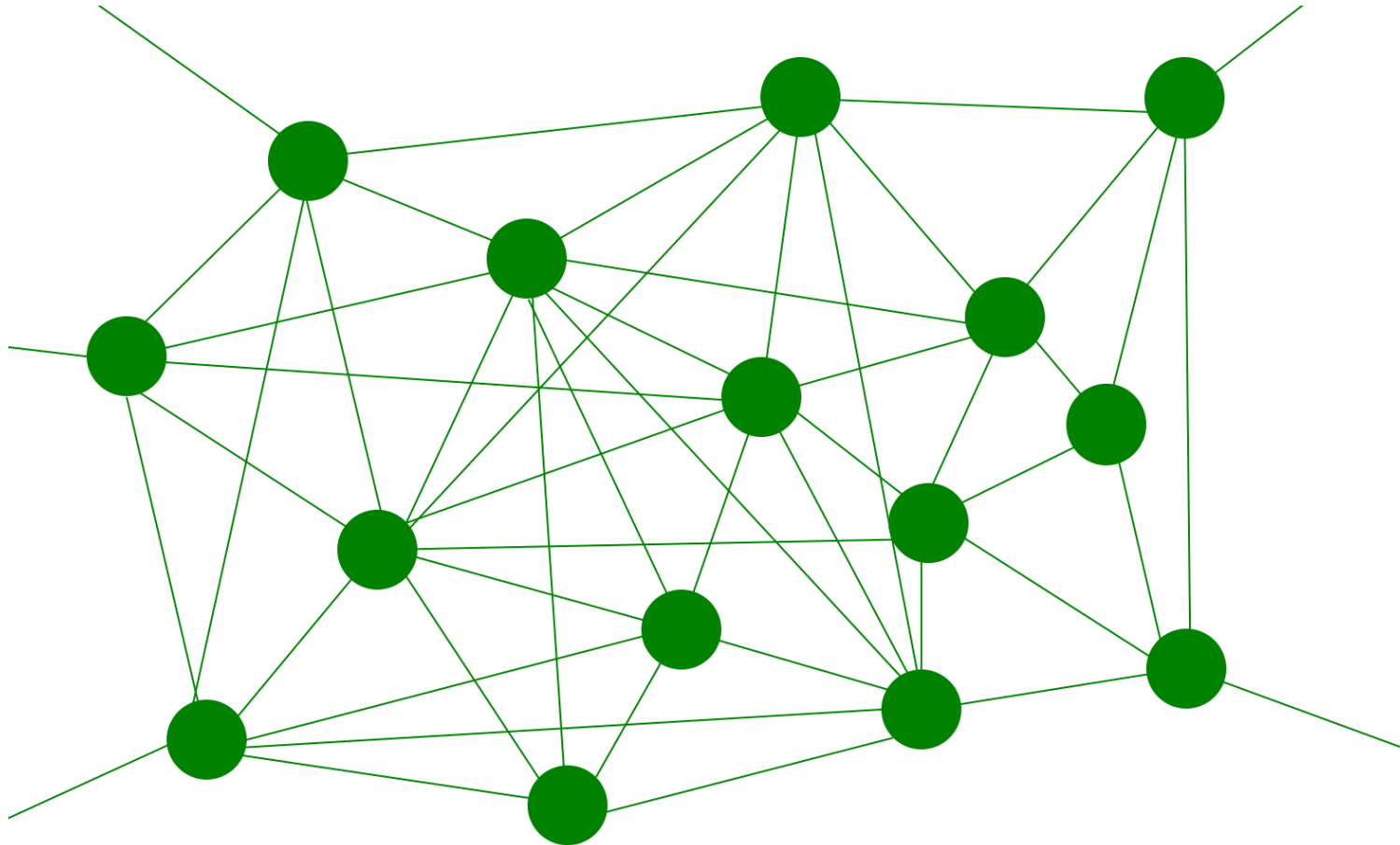
'Forgetting is normal but can be slowed or prevented by periodic revisiting and review'.

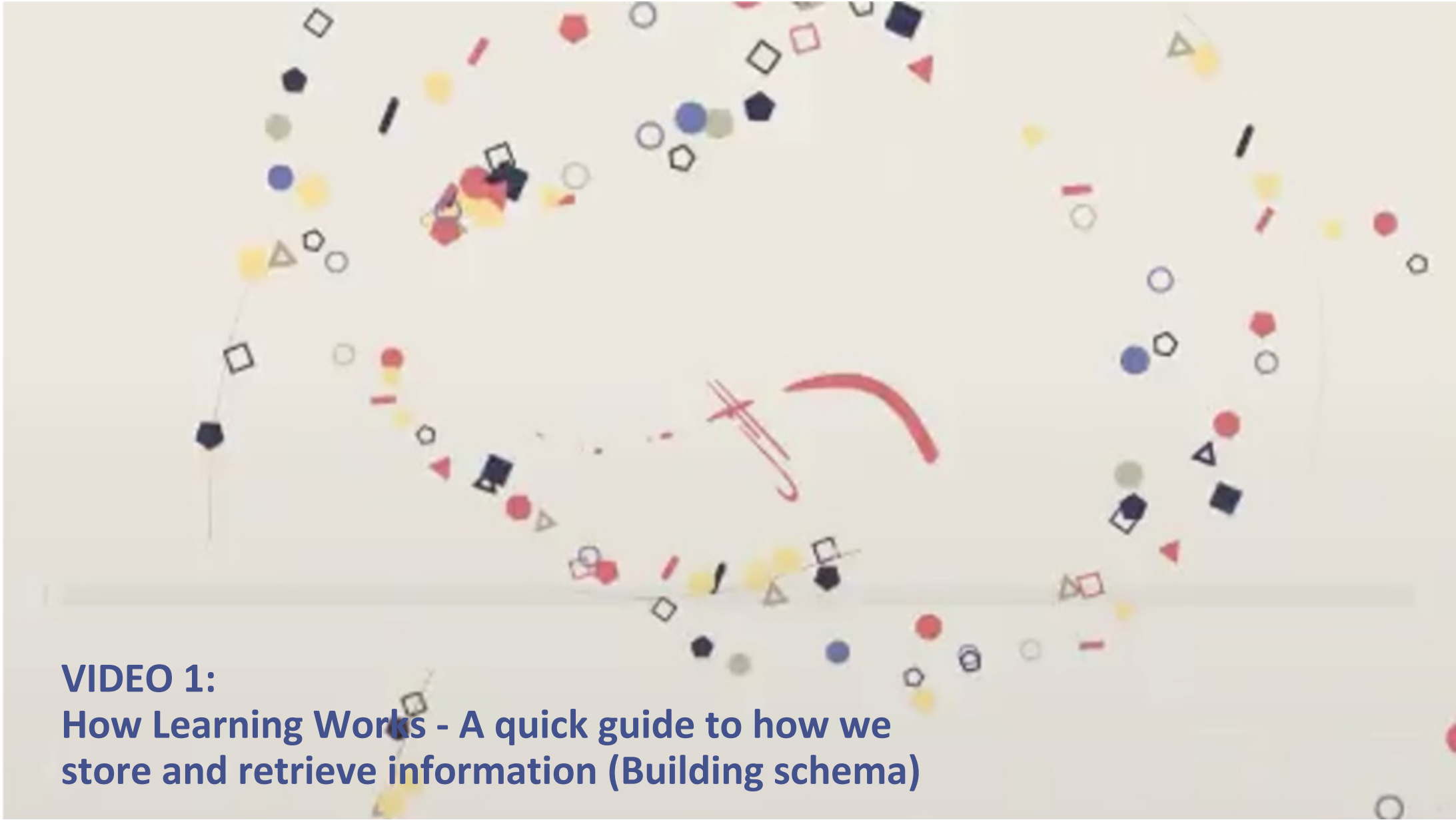
RETRIEVAL STRENGTH

		RETRIEVAL STRENGTH	
		Low	High
STORAGE STRENGTH	High	Childhood phone number	Current phone number
	Low	Hotel room number from last year	Current hotel room number



Cognitive Load Theory: Building schemas





VIDEO 1:
How Learning Works - A quick guide to how we store and retrieve information (Building schema)