

Reducing Cognitive Load to Improve Learning

Guiding Questions

Lesson topic/concept:

Critical Strategy for Reducing Cognitive Load	Your lesson
What part of the content will I chunk and teach?	
How can I reduce visual and verbal distraction?	
How can I create a consistent instructional routine?	
How will I activate background knowledge?	
How will I plan for blocked/ massed practice?	
How will I plan for distributed practice?	
How and when will I begin interleaving?	
How will I provide frequent and timely feedback?	