

# What's Cognitive Load Theory

The limited capacity of working memory to process new information through three types of cognition.



**Intrinsic** ~ complexity of new information



**Extraneous** ~ unnecessary information



**Germane** ~ linking new information with current information



**The Goal:** Long-term memory retention

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Sweller, J., Van Merriënboer, J., & Paas, F. (1998). Cognitive architecture and instructional design. *Educational Psychology Review*, 10 (3), 251-296. <http://www.jstor.org/stable/23359412>

