



# **COGNITIVE OVERLOAD**

Or: The Silent Killer of E-Learning

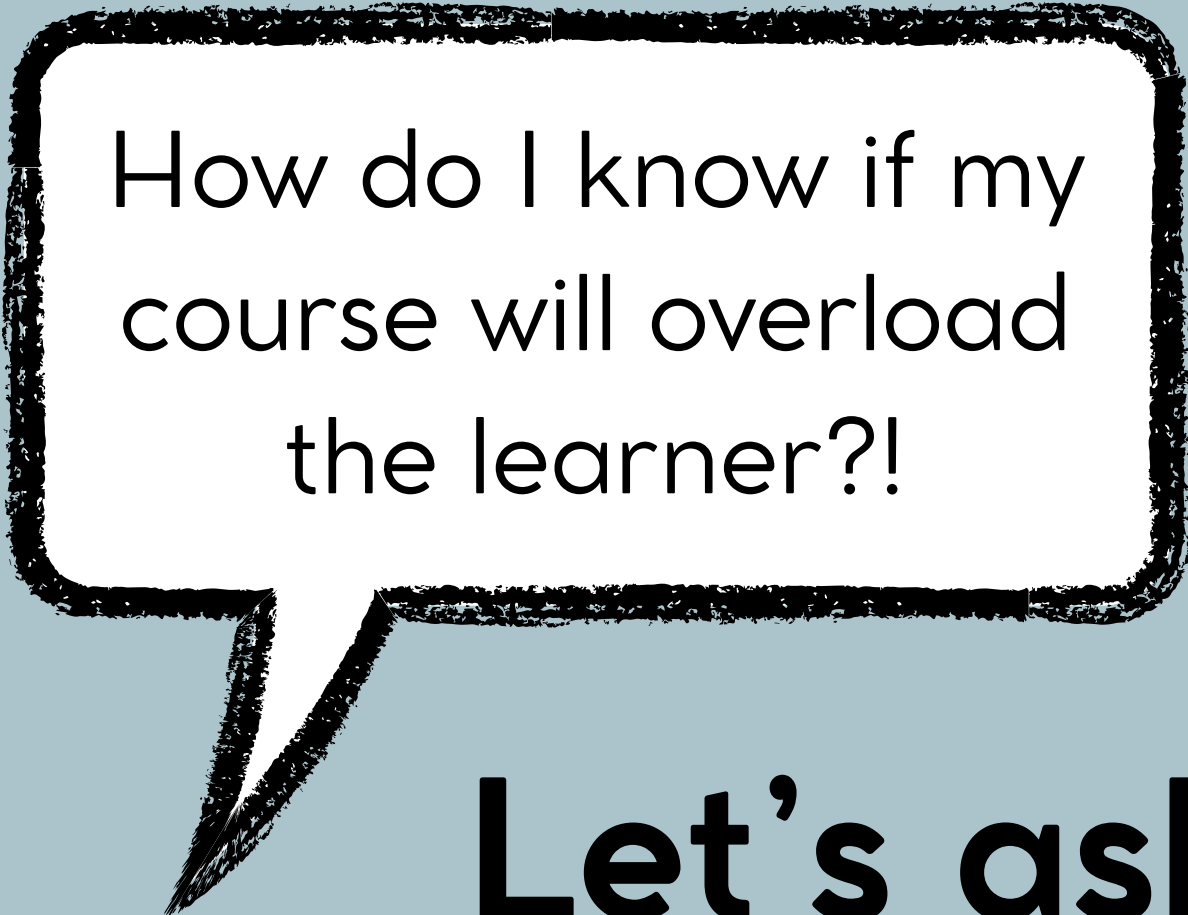
# Uh ... what's that?

**Cognitive overload happens when the brain gets more information than it can process.**

You know that feeling when it's like your brain is shutting down? That's it.





I can't deal with this.  
It's too much all at once!



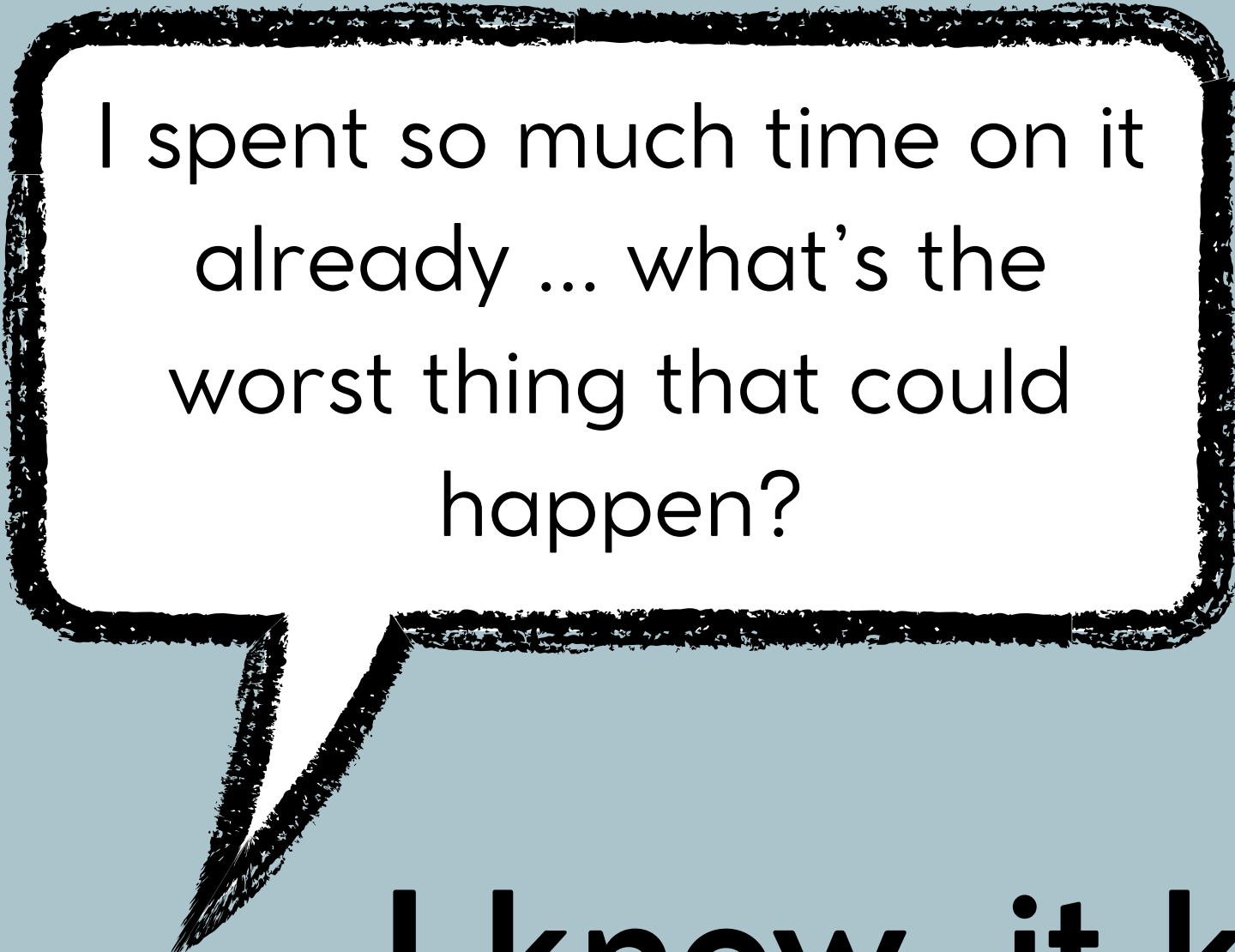


How do I know if my course will overload the learner?!

## Let's ask it!

-  Is it text-heavy?
-  Are there animations, audio, and pop-ups on every page?
-  Is it a bit heavy on the jargon?
-  Does it feel unstructured?

**... that's cognitive overload waiting to happen.**



I spent so much time on it  
already ... what's the  
worst thing that could  
happen?


**I know, it kind  
of sucks. But  
here's what  
might happen.**




# Overloaded learners

- 🙈 feel confused or overwhelmed
- 🙈 rush through the course without understanding it
- 🙈 forget everything by tomorrow
- 🙈 might not trust your training





Got it! So, uh, how do  
I make that NOT  
happen?



Great question! I'll  
give you some tips.  
Just click on through.

# 5 ways to avoid overload

**Cut the clutter.**

Only include what's actually relevant.

**Be strategic with your visuals.**

They're not just decoration.

**Divide the content into chunks.**

Way easier to process than a wall of text.

**Guide the learner through the course.**

**Give learners time to reflect**

and process what they're learning.

