



**COGNITIVE
OVERLOAD**

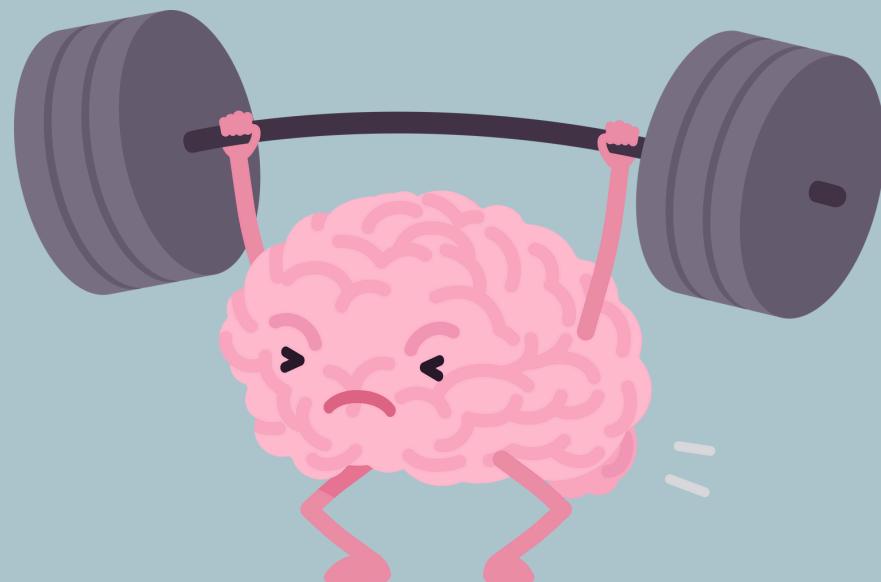
Or: The Silent Killer of E-Learning

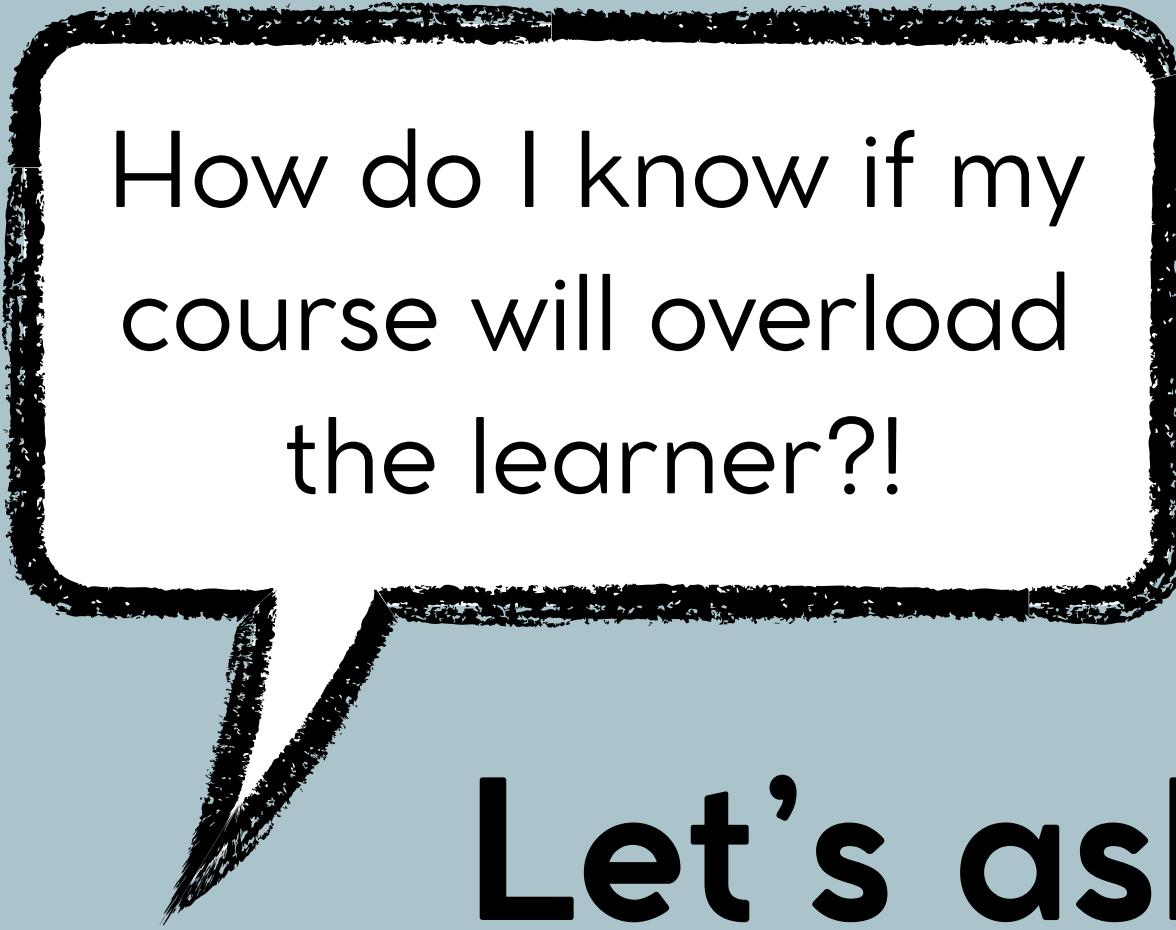
Uh ... what's that?

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.**

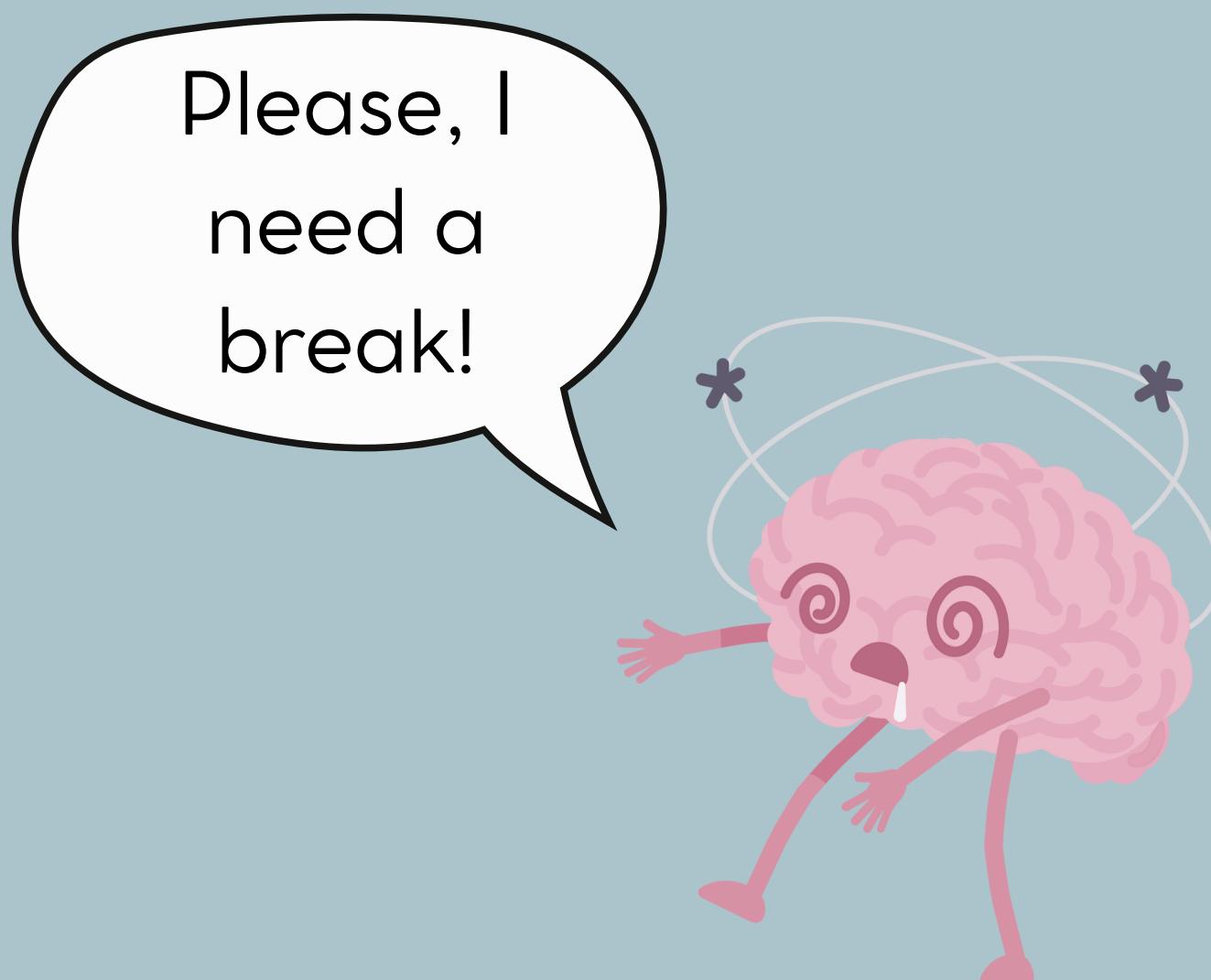
I spent so much time on it
already ... what's the
worst thing that could
happen?

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.

