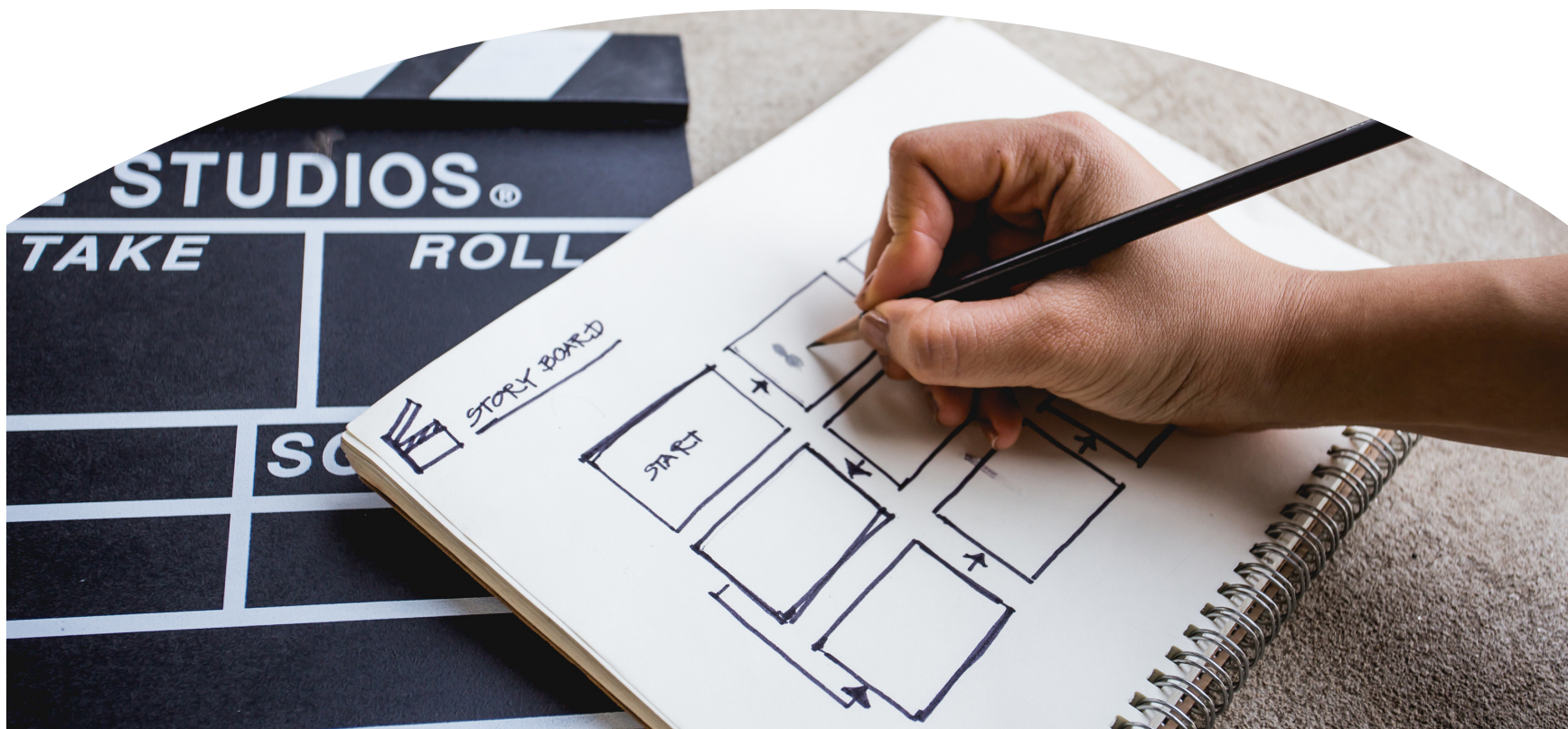


*5 Ways to Reduce your
Learner's Cognitive Load*
ONLINE

1. Use Modules

Relieve some of the cognitive load by splitting your content into distinct modules, and sequencing them for an optimal learning experience.



2. Interact Early

Set the tone for your class by encouraging interaction early. Use the first 5-10 minutes to build some excitement and engagement!



3. Debrief Activities

Take a break or insert an activity approximately every 30 minutes. Don't forget to leave time to debrief your activities!



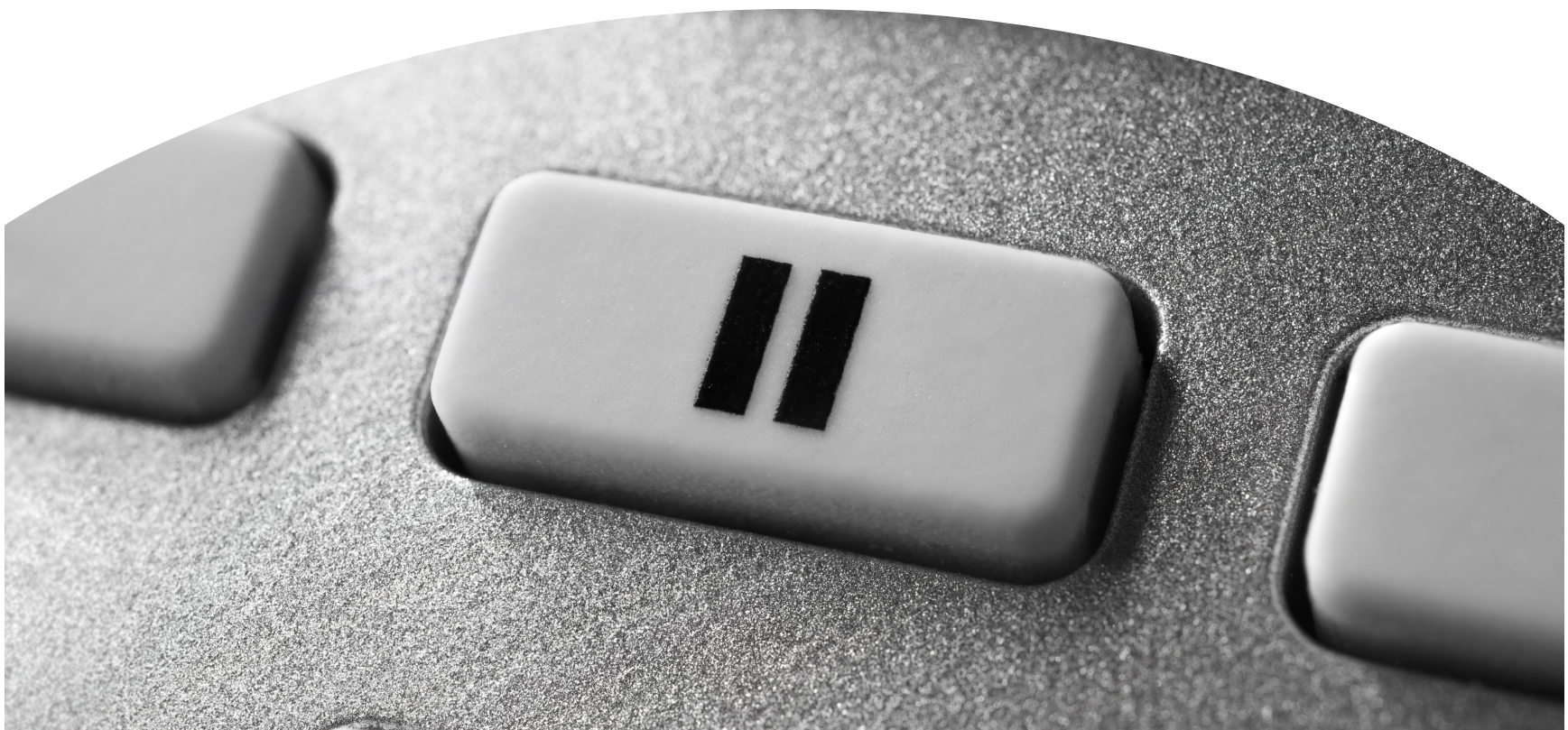
4. Schedule Breaks

Schedule a "no work required" break at least once an hour. If your virtual learning experience is more than 2 hours long, consider including extra breaks and discussions.



5. Pause Recording

Enhance your post-production process by pausing your recording. This saves you editing time. You can also add chapters to your recordings in MacVideo to modularize them!



Sample Plan

Click here for a completed **Virtual Lesson Plan sample download**. This example offers general guidelines that should be adapted to your course as needed. **Click here** for the PDF version.

