Efficiency in Learning. Evidence-Based Guidelines to Manage Cognitive Load

Description: Efficiency in Learning offers a road map of the most effective ways to use the three fundamental communication of training: visuals, written text, and audio. Regardless of how you are delivering your training materials—in the classroom, in print, by synchronous or asynchronous media—the book's methods are easily applied to your lesson presentations, handouts, reference guides, or e-learning screens. Designed to be a down-to-earth resource for all instructional professionals, Efficiency in Learning's guidelines are clearly illustrated with real-world examples.

Contents: Contents of the CD-ROM.
Acknowledgments.
Introduction.

PART ONE. AN INTRODUCTION TO EFFICIENCY IN LEARNING.
2. The Psychology of Efficiency.

PART TWO. BASIC GUIDELINES FOR MANAGING (IRRELEVANT) COGNITIVE LOAD.
3. Use Visuals and Audio Narration to Exploit Working Memory Resources.
4. Focus Attention and Avoid Split Attention.
5. Weed Your Training to Manage Limited Working Memory Capacity.
6. Provide External Memory Support to Reduce Working Memory Load.
7. Use Segmenting, Sequencing, and Learner Pacing to Impose Content Gradually.
8. Transition from Worked Examples to Practice to Impose Mental Work Gradually.

PART THREE. INSTRUCTIONAL GUIDELINES FOR IMPOSING RELEVANT COGNITIVE LOAD.

PART FOUR. TAILORING INSTRUCTION TO LEARNER EXPERTISE.
10. Accommodate Differences in Learner Expertise.
11. Use Rapid Testing to Adapt e-Learning to Learner Expertise.

PART FIVE. COGNITIVE LOAD THEORY IN PERSPECTIVE.

Appendix: All About the Numbers.
Glossary.
References.
About the Authors.

Index.

List of Figures and Tables.

How to Use the CD-ROM.

Ordering: Order Online - http://www.researchandmarkets.com/reports/2218063/

Order by Fax - using the form below

Order by Post - print the order form below and send to

Research and Markets,
Guinness Centre,
Taylors Lane,
Dublin 8,
Ireland.
Fax Order Form
To place an order via fax simply print this form, fill in the information below and fax the completed form to 646-607-1907 (from USA) or +353-1-481-1716 (from Rest of World). If you have any questions please visit http://www.researchandmarkets.com/contact/

Order Information
Please verify that the product information is correct.

| Product Name: | Efficiency in Learning. Evidence-Based Guidelines to Manage Cognitive Load |
| Web Address:  | http://www.researchandmarkets.com/reports/2218063/ |
| Office Code:  | SCAYONHG |

Product Format
Please select the product format and quantity you require:

<table>
<thead>
<tr>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hard Copy (Hard Back):</td>
</tr>
</tbody>
</table>

* Shipping/Handling is only charged once per order.

Contact Information
Please enter all the information below in BLOCK CAPITALS

<table>
<thead>
<tr>
<th>Title:</th>
<th>Mr</th>
<th>Mrs</th>
<th>Dr</th>
<th>Miss</th>
<th>Ms</th>
<th>Prof</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Last Name:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Email Address: *</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Job Title:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Organisation:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>City:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Postal / Zip Code:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Country:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Phone Number:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fax Number:</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Please refrain from using free email accounts when ordering (e.g. Yahoo, Hotmail, AOL)
Payment Information

Please indicate the payment method you would like to use by selecting the appropriate box.

☐ Pay by credit card: You will receive an email with a link to a secure webpage to enter your credit card details.

☐ Pay by check: Please post the check, accompanied by this form, to:
Research and Markets,
Guinness Center,
Taylors Lane,
Dublin 8,
Ireland.

☐ Pay by wire transfer: Please transfer funds to:
Account number 833 130 83
Sort code 98-53-30
Swift code ULSBIE2D
IBAN number IE78ULSB98533083313083
Bank Address Ulster Bank,
27-35 Main Street,
Blackrock,
Co. Dublin,
Ireland.

If you have a Marketing Code please enter it below:

Marketing Code: ____________________________

Please note that by ordering from Research and Markets you are agreeing to our Terms and Conditions at http://www.researchandmarkets.com/info/terms.asp

Please fax this form to:
(646) 607-1907 or (646) 964-6609 - From USA
+353-1-481-1716 or +353-1-653-1571 - From Rest of World