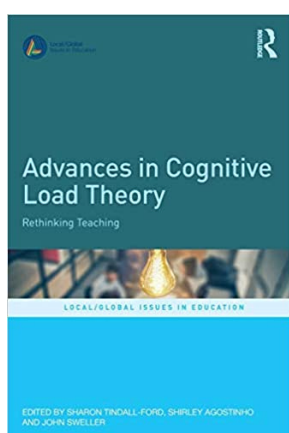


# INTERACT123 Research Round-Up: Cognitive Load

March 2023

Welcome to the INTERACT123 [Research Round-Up](#). Each month, we will provide you with recommendations for leading resources on a specific topic to support teaching, learning, and student success!

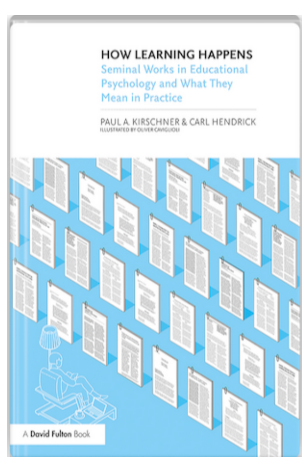
## Books



Sharon Tindall-Ford, Ph.D. (Editor), Shirley Agostinho, Ph.D. (Editor), & John Sweller, Ph.D. (Editor)

[Advances in Cognitive Load Theory: Rethinking Teaching](#)

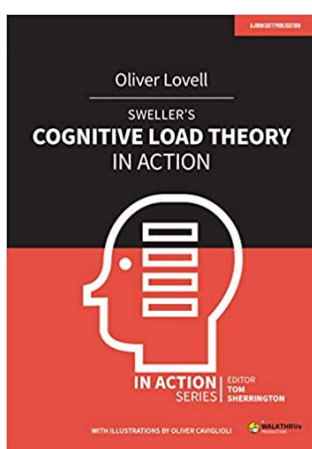
"Cognitive load theory uses our knowledge of how people learn, think and solve problems to design instruction. With contributions from the leading figures from around the world, this book provides a one-stop-shop for the latest in cognitive load theory research and guidelines for how the findings can be applied in practice." *book cover*



Paul Kirschner & Carl Hendrick

[How Learning Happens](#)

"I know of no other book that provides such a rigorous, accessible and practical summary of the last 50 years of research and educational psychology, and anyone who wants to understand how research can improve teaching needs to read this book. Highly recommended." *book review*



Oliver Lovell

[Sweller's Cognitive Load Theory in Action](#)

"What is it that enables students to learn from some classroom activities, yet leaves them totally confused by others? Although we can't see directly into students' minds, we do have Cognitive Load Theory, and this is the next best thing."

*book overview*

## Monographs & Reports

Monograph | Volume 3

**Student Success:  
Balancing Design, Practice  
& Cognitive Load**

INTERACT123  
2022

INTERACT123  
Monograph Series

[Volume 3: Student Success:  
Balancing Design, Practice &  
Cognitive Load](#)

SEPTEMBER 2017

**Cognitive load theory:  
Research that teachers really  
need to understand**

Centre for Education Statistics and Evaluation

Centre for Education Statistics  
and Evaluation, Australia

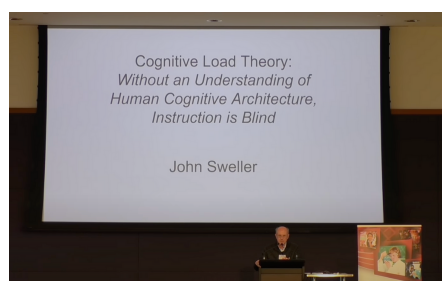
[Cognitive Load Theory: Research  
that Teachers Really Need to  
Understand](#)

# Videos

## “Cognitive Load Theory: A teacher's guide - Structural Learning”

John Sweller, Professor Emeritus  
University of New South Wales

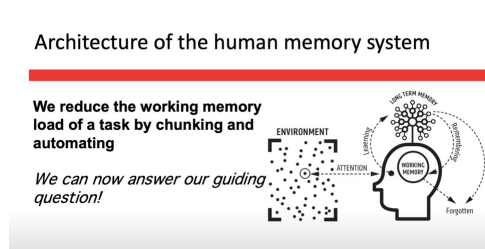
[Video](#)



## “An Introduction to Cognitive Load Theory”

Ollie Lovell, Author, Teacher, Podcaster

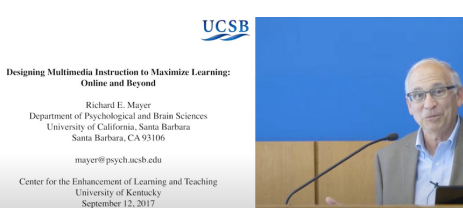
[Video](#)



## “Designing Multimedia Instruction to Maximize Learning”

Richard E. Mayer  
Distinguished Professor of Psychology  
University of California, Santa Barbara

[Video](#)



## “We Must Follow the Educational Science”

John Sweller  
Professor Emeritus  
University of New South Wales

[Video](#)



# Articles

## [Five strategies for optimizing instructional materials: Instructor- and learner-managed cognitive load](#)

Castro-Alonso, J. C., de Koning, B. B., Fiorella, L., & Paas, F. (2021). *Educational Psychology Review*, 33, 1379–1407.

## [Optimizing lectures from a cognitive load perspective](#)

Jordan, J., Wagner, J., Manthey D. E., Wolff, M., Santen, S., & Cico, S. J. (2019). *AEM Education & Training*, 4(3), 306–312.

## [Cognitive theory of multimedia learning](#)

Richard Mayer. (2023). GoogleScholar.

## [Cognitive-load theory: Methods to manage working memory load in the learning of complex tasks](#)

Paas, F., & van Merriënboer, J. J. G. (2020). *Current Directions in Psychological Science*, 29(4), 394-398.

## [Shifting online: 12 tips for online teaching derived from contemporary educational psychology research](#)

Sepp, S., Wong, M., & Hoogerheide, V., & Castro-Alonso, J. C. (2022). *Journal of Computer Assisted Learning*, 38, 1304–1320.

## [Understanding cognitive load in digital and online learning: A new perspective on extraneous cognitive load](#)

Skulmowski, A., & Xu, K. M. (2022). *Educational Psychology Review*, 4, 171–196.

## [Cognitive architecture and instructional design: 20 years later](#)

Sweller, J., van Merriënboer, J.J.G. & Paas, F. (2019). *Educational Psychology*, 31, 261–292.



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## Research Round-Up

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