



Your cognitive load checklist

Before launching your next e-learning module, give it a quick review using this checklist. Tick “yes” if you’ve addressed the principle, “no” if you need to revisit it.

Content and structure		
YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Segmenting: Is information broken into small, digestible chunks (e.g., short videos, click-to-reveals, clear module structure)?
<input type="checkbox"/>	<input type="checkbox"/>	Redundancy: Have I removed any unnecessary repetition of information (e.g., exact text on screen and narration)?
<input type="checkbox"/>	<input type="checkbox"/>	Coherence: Have I removed all irrelevant words, pictures, interactions, animations, and sounds that don't serve a direct learning purpose?
Presentation and media		
YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Modality: Where appropriate, do I use a combination of visuals (graphics/animations) and narration instead of just text?
<input type="checkbox"/>	<input type="checkbox"/>	Worked examples: For problem-solving, do I provide clear, step-by-step worked examples, possibly with fading?
<input type="checkbox"/>	<input type="checkbox"/>	Layout: Is the screen layout clean and uncluttered, avoiding distractions?
<input type="checkbox"/>	<input type="checkbox"/>	Integration: Are related elements (e.g., text labels and diagrams) placed close together to avoid split-attention?

