



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

Ruth C. Clark, Frank Nguyen, John Sweller

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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.

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