

References:

Sweller, J. (1994). "Cognitive load theory, learning difficulty, and instructional design". *Learning and instruction* 4, 295-312. DOI: [https://doi.org/10.1016/0959-4752\(94\)90003-5](https://doi.org/10.1016/0959-4752(94)90003-5).

Biggs, J. and Tang, C. (2011). *Teaching for Quality Learning at University*. New York, NY: McGraw-Hill Education