

Decreasing Cognitive Load for Learners: Strategy of Web-Based Foreign Language Learning

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Abstract

Cognitive load is one of the important factors that influence the effectiveness and efficiency of web-based foreign language learning. Cognitive load theory assumes that human's cognitive capacity in working memory is limited and if it overloads, learning will be hampered, so that high level of cognitive load can affect the performance of learning and will create a series of negative impacts; therefore, to improve the efficiency of foreign language learning, the structure of cognitive load in the web-based environment should be analyzed because it is the foundation of reasonable and efficient use of web-based learning. Based on the features of web-based learning, in order to decrease the total load, learners' extraneous and intrinsic cognitive load should be greatly decreased and germane cognitive load can be properly increased. In this way, learners' motivation and initiative can be inspired and the learning quality will be improved significantly.

([Bannert, 2002](#))

([Chang et al., 2009](#))

References

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