

<<学习效率>>

图书基本信息

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## 内容概要

Efficient learning environments lead to faster and better learning. In this important book, Ruth Clark, Frank Nguyen, and John Sweller offer guidelines based on more than twenty-five years of research on cognitive load theory that will help you create efficient instructional environments—and they show why they work! 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, this book is clearly illustrated with real-world examples. Efficiency in Learning guidelines are proven to accelerate learning by helping you avoid common pitfalls such as split attention and redundancy in your presentations and content. In addition, the authors summarize the research evidence and the psychological reasons for the guidelines, so you will know not only what to do, but also why you are doing it.

Efficiency in Learning comes with a companion CD-ROM that includes sample lessons and video commentary from John Sweller.

书籍目录

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