

# Cognitive Load Theory and its Implications for Reaching and Teaching “Cognitively Inefficient” Students

Presented By:  
Jayne Boulos, PsyD

Followed by  
MASP Annual Meeting

Friday, November 17, 2017  
9:00am to 2:00pm

Harraseeket Inn  
Freeport, Maine

## Presenter:

**Jayne Boulos** has been practicing school psychology in Maine for over 18 years. A Licensed Psychologist, Jayne is also a Nationally Certified School Psychologist. She specializes in psychological evaluations of young children and adolescents with suspected difficulties in learning, development, and behavioral and emotional regulation, specifically the assessment of autism spectrum disorders, attention-deficit hyperactivity disorder, anxiety disorders, and learning disabilities. Jayne is also interested in the impact of stressful events and exposure to traumatic experience on child development and adjustment. Jayne earned her Bachelor of Arts in Psychology and Master of Education and Doctorate in School Psychology from the University of Southern Maine. If Jayne had spare time she would enjoy traveling, reading, and spending time with her family.

## Registration:

Name:

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Address:

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Email Address:

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## Tuition

Tuition Includes: handouts,  
continental breakfast and lunch

**MASP Member = \$50**

**MASP Non Member = \$80**

**Student = \$25**

Payment or Purchase Order **must**  
accompany registration. Payments for  
Purchase Orders must be received by the  
day of the conference. Registrations are  
due November 8th. **Registration closes  
on November 13th.**

Register online at [masponline.net](http://masponline.net)

or mail registration to:

MASP

P.O. Box 852

Kennebunk, ME 04043

## Schedule

**Registration: 8:30**

**Workshop: 9:00 to 12:00**

**Lunch: 12:00 to 1:00**

**Annual Meeting: 1:00**

## Workshop Description:

‘Cognitive load’ is a term used by school psychologists to refer to the amount of load or stress placed on the working memory system during instruction. What is the relationship between cognitive load and working memory? Our working memory has a limited capacity for taking in information. Practitioners will learn how to avoid overloading working memory with information that is non-essential to the task, thereby improving retention. Cognitive Load Theory posits that people have a finite amount of information that can be retained at one time and by structuring information appropriately we can help students retain information more efficiently.

## Learning Objectives:

Participants will be able to:

- Describe what cognitive load theory is and its relationship to our work in schools
- Gain awareness as to the pitfalls of common classroom instruction
- Design instructional strategies that avoid overloading working memory and decrease cognitive load – all as part of the NASP comprehensive practice model.

**CE Hours:** The Maine Association of School Psychologists is approved by the National Association of School Psychologists and the Maine Board of Examiners of Psychologists to sponsor continuing education (CE) for psychologists. In keeping with requirements, CE is awarded in contact hours only and is awarded at the close of the day. This activity will provide 3 contact hours.

## Cancellation Policy

If you need to cancel, you must submit written notification to MASP at least 10 days in advance for a full refund. **Cancellations with less than 10 days notice will receive a refund less the cost of food (typically \$50) and a \$25 processing fee.** Please email your request to [maineasp@gmail.com](mailto:maineasp@gmail.com).

## Directions

**From the North:** Take I-295 South to Exit 22. Take a right off the exit. Follow 1/2 mile to to stop light. The Harraseeket Inn will be directly in front of you.

**From the South:** Take I-95 North to Exit 52 Falmouth. Go through the tollbooth and take the exit for I-295 North. Take Exit 22. Take a left off the exit. Follow 1/2 mile to the stop light. The Harraseeket Inn will be directly in front of you.

## Accommodations

Persons with physical disabilities who need accommodations should contact MASP at [maineasp@gmail.com](mailto:maineasp@gmail.com) for assistance as soon as possible so that accommodations can be arranged.