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CONTENTS OF THE CD-ROM

- Asynchronous e-learning demonstration lesson that applies our guidelines: *After Load Managed Excel Web-Based Lesson*
- Commentary on this lesson by Dr. John Sweller
- Asynchronous e-learning demonstration lesson that violates our guidelines: *Before Overloaded Excel Web-Based Lesson*
- Commentary on this lesson by Dr. John Sweller
- Synchronous e-learning demonstration lesson that applies our guidelines: *Virtual Classroom Example*
- Commentary on this lesson by Dr. John Sweller
- A video discussion by Dr. John Sweller on the research and guidelines in this book, organized by chapter
- Working Aid: Applying Cognitive Load Theory to Your Training