

# Seminar 1: Avoiding working memory overload

This page will support you in preparing for your upcoming seminar so that you can make the most of your time during the session.

## In your upcoming seminar you will explore:

- the role of the working and long-term memory in the process of learning
- how to pair appropriate graphical representations with verbal explanations to avoid overloading the working memory
- your use of worked and partially completed examples

## Prior to your seminar ensure you have completed:

- [The working and long-term memory](#)
- [Considering how to introduce new knowledge to pupils](#)



## Important!

### During the seminar you will need:

- a pen and paper, or a device for note taking
- your reflections on [Combining verbal and graphical representations in action](#)
- your reflections from the calculation activity in [The limitations of the working memory](#)
- an example of a worked example that you have used or will be using in a lesson
- an example of a partially completed example that you have used or will be using in a lesson

If your seminars are delivered via Teach First direct delivery you can access the seminar slides here **one week prior** to your seminar.

If your seminars are delivered by one of our delivery partners they will provide access to the seminar slides in line with their delivery schedule.