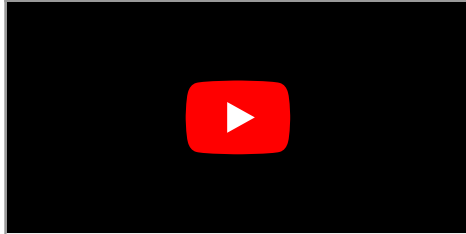


Seminar 1 recording: Avoiding working memory overload

We're sorry you weren't able to join us for a live session. To ensure you are still able to access and engage with the content covered, please find a recorded session below.

You will need to set aside around 1 hour to watch the video and complete the tasks. You may wish to complete this on your own or with other ECTs.

Throughout the seminar you will be asked to reflect on your practice or complete activities. This can be done in the 'Notes' tab on Brightspace or using your own notebook.



Direct Link: [ECF NRO Yr1 Module 2, Teacher Seminar #1 Recording](#)