



**Please note:**

Enrolment will be made through ESSARP's web page. If you have enrolled for a course and will not be able to attend a single session or the whole course, please advise at the Centre as soon as possible. Please ensure a prompt start by planning to arrive in advance of the beginning of the session.

### D1284 - Webinar: "Cognitive Load and Young Learners: Designing Exam-Friendly Lessons"

**Dates:** 26 May from 17:30 hs. to 19:30 hs. - 2026

**Venue:** Distance

**Sessions:** 1

**Minimum attendance for certificates:** 1

**Vacancies per school:** 5

**For:** Primary and Secondary School Heads, Coordinators and Teachers

Please enrol before: **2026, May 21st**

**Facilitator(s):** *Ms. Luciana Fernández*

Luciana Fernández is a graduate teacher of English who has been teaching English for the past twenty-nine years. She has specialized in Methodology and Teaching Practice and she holds a Diploma in Educational Research from the University of Cambridge, Faculty of Education. She holds two post graduate certifications in Thinking Cultures and Teaching for Comprehension. She is a Reading and Literacy expert and has been training teachers in this area for the past fifteen years. She is a teacher educator and has designed several presentations and courses for professional development both in Argentina and abroad. Her presentation at ARTESOL 2015 was selected to be presented at TESOL International as a Best Affiliate Session. She is one of the 50 scholarship winners who attended and presented at IATEFL, held in Birmingham in April 2016. She was later on invited to be a presenter at the Young Learners and Teenagers SIG pre conference event and at the main conference. Luciana has been the Head at several bilingual IB institutions in Buenos Aires. At present she is a school advisor, teacher trainer and facilitator at ESSARP (English Speaking Scholastic Association of the River Plate), where she trains heads and teachers from the most important bilingual institutions in Argentina.

**Objectives:**

- To understand basic principles of Cognitive Load Theory.
- To identify sources of unnecessary cognitive overload in YL exam preparation.
- To apply lesson design strategies that support young learners' performance.

**Contents:**

- Cognitive Load Theory: core concepts for teachers
- Intrinsic, extraneous, and germane load in YL contexts
- Cognitive demands of Cambridge YL tasks
- Designing instructions, visuals, and routines for clarity

**Bibliography:**

**Methodology:** The webinar combines clear conceptual explanations with practical lesson design examples. Participants will examine typical exam-style activities, identify potential overload, and reflect on simple adjustments to improve clarity, focus, and learner success.