How high is your cognitive load?

Check off the boxes that best describes your situation:

| This trip has already been done at my school multiple times | A similar trip has already been done, but there are  modifications | This is a new trip |
| --- | --- | --- |
| I’ve already facilitated study  abroad multiple times | I’ve already accompanied  a teacher on study abroad | I’m new to study abroad |
| I’m well-traveled | I have some travel experience | I have limited travel experience |
| I’m very familiar with the destination | I’ve been to the destination | I’ve never been to the destination |
| I have a partner school at the destination | I have contacts at the destination | I have no contacts at the destination |
| I am going with at least one other experienced facilitator | I am going with a reliable  colleague | I am not sure who will accompany  me or how reliable that person is /  I’m going alone with students |
| I have an international office that will take on a lot of the  responsibilities for me | I have an international office  that can offer some help | I don’t have an international office |
| I have delegated a number of  responsibilities to the students  (e.g., organizing the fundraiser,  researching activities in the host  country) and I can count on them  to do a good job | I have delegated limited  responsibilities to the students  and/or I can somewhat count on the students | I have not delegated  responsibilities to the students |
| I have hired dependable, service  providers (e.g., tour company)  that our school has used in the past | I have hired service providers  (e.g., tour company) | I have not hired service providers (e.g., tour company) |
| I have experience teaching in naturalistic, immersive contexts | I am familiar with the theory on teaching in naturalistic,  immersive contexts | I’m still learning about teaching in naturalistic, immersive contexts |
| Totals |  |  |
| X | X | X |

Blue Zone

For those in the blue zone, you’re good to go! In fact, you may even want to find some ways to challenge yourself to make your trip more stimulating.

Purple Zone

If you’re in the purple zone, read this next section to see how you can reduce your cognitive load.

Orange Zone

If most of the boxes you checked are in the orange zone, you’re facing a considerable cognitive load. Read more about cognitive load in this section and discover ways to reduce it. You may want to consider alternatives to study abroad until you’re able to check more purple zone boxes.