How high is your cognitive load?

Check off the boxes that best describes your situation:

| [ ]  This trip has already beendone at my school multipletimes | [ ]  A similar trip has alreadybeen 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 familiarwith the destination | [ ]  I’ve been to the destination | [ ]  I’ve never been to the destination |
| [ ]  I have a partner schoolat the destination | [ ]  I have contacts at the destination | [ ]  I have no contactsat the destination |
| [ ]  I am going with at least oneother 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 officethat 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 counton the students | [ ]  I have not delegated responsibilities to the students |
| [ ]  I have hired dependable, service providers (e.g., tour company) that our school has usedin the past | [ ]  I have hired service providers (e.g., tour company) | [ ]  I have not hired serviceproviders (e.g., tour company) |
| [ ]  I have experience teachingin naturalistic, immersivecontexts | [ ]  I am familiar with the theoryon teaching in naturalistic, immersive contexts | [ ]  I’m still learning about teachingin 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.