





L&D science

# 101 CHEAT SHEET

Stuck for time? This handy guide breaks down our video experts' top tips and cognitive techniques for upping your upskilling.

#### **CUE EMOTION**

What it is: Feeling inspired? Emotions drive actions - which goes to the heart of L&D.

> Why it works: Creating content that resonates - emphasizing its relevance and importance to an audience - means it's more likely to connect at a deeper level, enacting change.

> > Tip to try: Create a storyline. Audiences groan at the thought of compliance training, but it's mandatory for a reason - a good framework can connect the audience to its importance.

Read Wired for Story, it talks about how our brain has evolved over millennia to prioritize story as a means of communication and transference of information.

Austin Welch, learning designer and filmmaker.



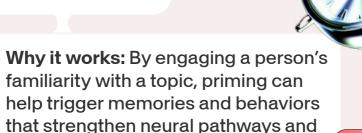






## 2 TRIGGER MEMORIES

What it is: Priming is a technique leveraged by magicians – and the best teachers. It involves cues that ready the brain for a specific response, often at a subconscious level.







**Tip to try:** Use color, sound, images, or other elements as a stimulus for memory recall.



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deepen learning experiences.

In a keynote, I might use a very specific color for a keyword – I'm priming you to look for that color. So every time that you see that color, it means that I want you to look there.

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"The brain is a predictionmaking machine. When we disrupt predictable patterns, the brain becomes more engaged, as novelty and unpredictability stimulate its attention systems.

Lauren Waldman, learning scientist and designer.

SET ATTENTION TRAPS

**SOUND EFFECTS** 

What it is: Your brain's attention networks are often in direct competition with its default mode network – the regions often most active without stimuli (think daydreaming).



Why it works: Embedding strategically placed 'wake-up calls' can ensure learners remain focused – or regain focus.

Tip to try: Ditch the end-oflesson quizzes for pattern interrupt: humor, sound effects, or an unexpected element that keeps your audience hooked.



### 4 CUT FLUFF

Why it works: Simplicity leads to cognitive ease, the probability you keep attention, and that your audience will learn.

What it is: Cognitive load is directly tied to working memory, limited in space and time. So those interminably long lines, and unnecessary words that circle around your point? Cut them out.

**Tip to try:** Streamline your script by removing filler words and anything that doesn't provide value, then use Al tool Magic Cut to remove ums, ahs, and bad takes – saving you and the audience time.



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Too many people overcomplicate their video and place too many messages in there. Instead, simplify your messaging, keep it as short as possible, and only talk about what's relevant.

TikTok creator and marketing guru Sam Despo.

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# Much can be forgiven if you have *good audio* – you can get an \$89 microphone and hardwire it straight into your camera

Austin Welch, learning designer and filmmaker.





What it is: On the topic of cognitive ease, muffled, low-quality audio will create a strain on audiences. Help them tune in, or they'll drop out.

Why it works: The brain not only processes audio information faster than visuals, but auditory circuits are wired to areas involved in emotional processing – and as you know, emotions drive actions.

**Tips to try:** Buy an inexpensive microphone and try easy-to-use, clean audio tools.









### SPEAK THEIR LANGUAGE

What it is: Non-native speakers experience a higher cognitive load, which can lead to reduced understanding of the content, especially if they have lower language proficiency.

Why it works: Working memory can only hold so much information at once – non-native speakers have to process language and subject matter, make mental translations, track specialized vocabulary and accents, and follow the speaker's pitch, tempo, and stress. It's a lot.



Tips to try: Translate training content to your workforce's primary language. You can do it instantly, leveraging Al tools for dubbing or adding translated subtitles, saving you time, money, and your audience stress.v



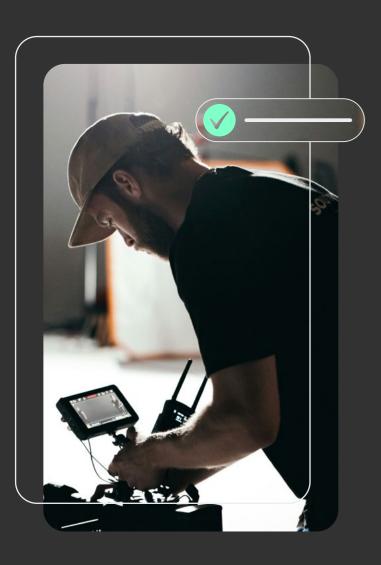


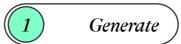
Austin Welch, learning designer and filmmaker.

# VEED TOOLS TO ELEVATE VIDEO

Make pro-level training videos – in the blink of Al.







#### 1. **TENT TO SPEECH**

Convert written content into spoken audio.

#### 2. AI AVATARS

Bring your script to live with natural, photorealistic, and diverse digital presenters – including avatars with visible disabilities.

#### 3. SLIDES TO VIDEO

Turn dull decks into compelling films.



Edit

#### 8. AUTO SUBTITLES

Add subtitles to your video in just one click – and increase engagement by up to 80%.

#### 9. BACKGROUND REMOVER

Remove your video's original background and replace it with a static or moving virtual background.

#### 10. CLEAN AUDIO

Remove background noise and achieve crisp, professional-quality audio

#### 4. VOICE CLONE

Create an immersive voice clone that sounds just like you, then use it to generate engaging and lifelike video narration in more than 25 supported languages.

#### 5. SCRIPT GENERATOR

Effortlessly create compelling video scripts.

#### (2)

Repurpose

#### 6. CLIPS

Transform long videos into engaging clips, effortlessly.

#### 7. DUBBING & TRANSLATIONS

Automatically translate subtitles and voices into any language, instantly making your content more inclusive.



#### 11. EYE CONTACT

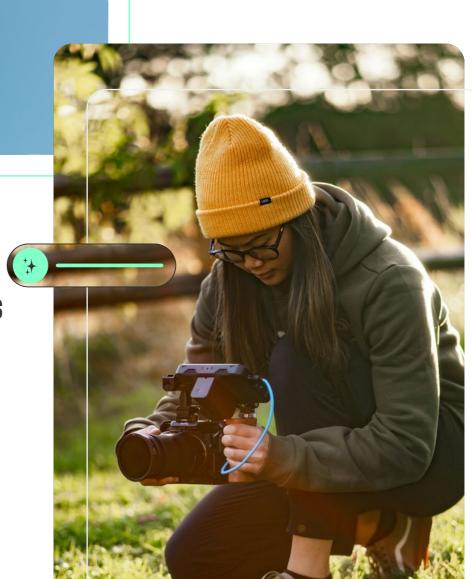
Perfect natural eye contact, in one click.

#### 12. REMOVE SILENCES

Cut out dead time and awkward pauses in one click.

#### 13. MAGIC CUT

Remove ums, ahs, and bad takes.



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# MHY VEED?

Because we know video. And we get training content.

We've built two YouTube channels creating educational content – in both short- and long-form – that also entertains.

**VEED Studio** 

135,000 Subscribers

**VEED Creators** 

117,000 Subscribers

Between them, we now have 80 million views and counting.

And we're in the top percentile for subscribers, on a platform where 1 billion hours of content is watched every day – only 0.28% of YouTube channels have more than 100K subscribers. We have two.

views and counting