Learning activities should require cognitive processing by learners.

Subject Matter Content Level
Content knowledge level should complement students' prior knowledge and experiences.

Physiological Readiness
Accommodations for physiological needs should be taken into account.

Motivation
Content and activities should hold value for the learner and be designed to give them a reasonable expectation of success.

Knowledge Acquisition

Using Student Content Engagement to Improve College Teaching
Christopher M. Estepp & T. Grady Roberts – University of Florida