

ASCEND 2026 - Teaching in the Sweet Spot - Managing Mental Workload to Grow Better Pilots Faster

Event Details

Mental workload management is foundational to aviation human factors, yet it is barely understood and often ignored. This session translates decades of human-factors research into instructional judgment a CFI can use on the next flight. Attendees will learn why mental workload varies between and within learners, the intrinsic and extrinsic factors that drive workload, how to recognize the symptoms of cognitive overload before performance fails, and apply workload-management strategies. A case study illustrates these concepts, and instructors receive a short field reference to carry into the next lesson. A Q&A period is included.

Follow the signs to the ASCEND Flight Training Summit meeting rooms

Thu, Sep 10, 2026 at 09:00 CDT

Crowne Plaza Dallas Market Center

7050 N Stemmons Freeway
Dallas, TX



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A message from the National FAASTeam Manager

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