FAASTeam presents:

Cognitive Overload!

As pilots, we know that when we exceed a wing's critical angle of attack, the wing will stall and lose lift. Likewise, a pilot's mind has a cognitive load threshold which, once exceeded, will result in degradation of the pilot's performance. In some cases, performance degradation caused by cognitive overload can be severe enough to result in a pilot's loss of control of their aircraft. In this webinar, CFI Brian Sagi will explore cognitive overload in pilots, what causes it, and how to reduce our likelihood of encountering it. We will also learn how to recognize the onset of cognitive overload and discuss practical strategies for managing cognitive load while staying in command of our aircraft at all times.

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