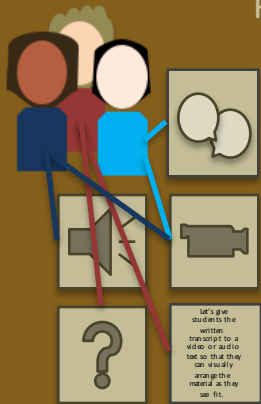# Universal Design for Learning Principles

Universal Design for Learning (or UDL) is a way to "improve and optimize teaching and learning for all people based on scientific insights into how humans learn" (CAST, 2015). This approach considers the why, what and how of students' learning. Instructors interested in using a UDL approach in their teaching can consider how to:
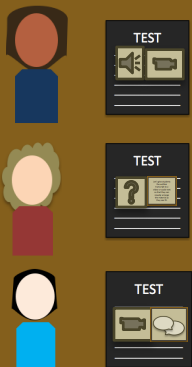
Provide learners with multiple means of engagement.

This will motivate your students and give their learning a purpose. Instructors can do this by:
- Helping students self-regulate by building in structures that facilitate self-assessment, reflection, coping, and personal motivation
- Sustaining students' learning by making goals relevant, varying levels of challenge on tasks, generating community, and giving mastery-oriented feedback
- Engaging students' interest through using choice, highlighting relevance, demonstrating authenticity, and minimizing the unnecessary stuff in your class.

Provide learners with multiple means of representation.

This allows your students to demonstrate their knowledge and resourcefulness. Instructors can do this by:
- Engaging students' background knowledge, drawing connections within disciplinary content, guiding their sense-making processes, and highlighting how this knowledge is transferable to other situations
- Using multiple media (e.g. videos, text, audio, images) to clarify confusing terms, ideas, or idioms (for English language learners)
- Illustrating concepts in more than one way

Provide learners with multiple means of action and expression.

This helps your students be goal-oriented and strategic. Instructors can do this by:
- Guiding students' goal-setting, planning, and progress monitoring
- Offering students multiple ways to communicate their learning or their confusion
- Optimizing students' access to tools and technologies that may help them express learning or raise issues

Center for Applied Special Technology. (2015). About UDL. Retrieved from http://www.cast.org/our-work/about-udl.html#.V74FsJMrJ3M

Principles from: National Center on Universal Design for Learning. (2014, November 12). Universal design for learning guidelines. Retrieved from http://www.udlcenter.org/aboutudl/udlguidelines_theorypractice

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