



A UDL Thought Exercise

This thought exercise is designed to help you take stock of a course you have taught or are considering teaching, or an interaction in which you support others. Take some time to reflect on this course/ interaction, use the steps below to add a plus one UDL strategy. You may use this worksheet, write out your steps in details, jot down some notes, audio record a note on your phone or computer, draw your next steps and/or just sit quietly and reflect – how you do the work is up to you and your preferred learning style.

Name (or description) of Course/ Interaction:

Step 1: What is one goal of this course/ event?

Writing Space	Notes/ Drawing Space

Step 2: What is your design/ plan to achieve that goal?

Guiding prompts:

- *What information will you provide asynchronously to your students/ colleagues to achieve this goal?*
- *How will you share your intended content with your students/ colleagues?*
- *How will you know if they understand and can apply the content you have shared?*

Writing Space

Notes/ Drawing Space

Information I'll provide:

How I'll share my content:

How I know others understand the content:

Step 3: What is the pinch point in this course/ event?

Guiding thoughts:

- *What are the most common questions you get from your students/ colleagues when sharing information?*
- *Where is there confusion regarding how to complete a task?*
- *Upon reflection, what did not go well in this course/ event?*

Writing Space	Notes/ Drawing Space
My pinch point is:	

Step 4: Add in your Plus One Strategy

Guiding ideas:

- *What is one strategy you can add to provide multiple pathways to understand the material?*
- *What is one strategy that can help your students/ colleagues better engage with the content?*
- *Add a plus one strategy to how you measure your students/ colleague's knowledge of the content.*

Writing Space		Notes/ Drawing Space	
Original Method	Plus One Strategy	Original Method	Plus One Strategy

Step 5: Reflect

Guiding thoughts:

- *How can you measure the impact of the changes you made (informally or formally)?*
- *What is an additional plus one strategy you might use next time you teach or meet?*
- *Identify another pinch point that you might work on.*

Writing Space

Notes/ Drawing Space

Strategies for measuring impact:

Next steps:



Planning My Next Steps

Use this worksheet to think about your UDL efforts over the next 20 days and 20 months. These strategies might be more involved than the strategies we worked through today.

The Next 20 Days:

Pinch Point	Plus One Strategy	What are the first three steps?
		1.
		2.
		3.

The Next 20 Months:

Pinch Point	Plus One Strategy	What are the first three steps?
		1.
		2.