

UDL for All Learners

Video Transcript

Each learner is unique, in fact, as unique as their fingerprints. Even within a learner, *how* learning takes place can vary depending on what is being learned, the time of day, or what is going on in their lives.

Teachers who use Universal Design for Learning (UDL) understand the importance of celebrating the variability in their learners and ask learners to be an active part, a partner, in their learning process. By learning about your own learning, you can apply this information in many ways throughout your life.

Let's get started looking at UDL so you can understand and apply this framework to you and your learning.

You can **access**, understand, and apply what you learn through UDL.

When you see how what you are learning is similar to something you already know and could be applied in a valuable way in your life, you will **recruit interest**. Your brain will be ready to learn when you recruit interest. It's like a flashing billboard telling you to pay attention.

When you see, hear, or are able to discuss or use information, then you have valuable **perceptions**. Having a variety of ways to **access** information or concepts ensures your brain has many options to fully understand and use this new information with what you already know. One day you may want to watch a video, another you may want to listen to a podcast, and another day you may want to talk with a friend about what you are learning. These are all ways for your brain to think about what you are learning and to give you a better understanding - and you'll be able to remember it!

Finally, having options for ways to **express** yourself to show what you know is another part of UDL. Saying what you know, writing it, drawing a picture, or acting it out are all ways to take **action and express** what you know. This allows you to use your unique gifts and apply them to your learning so information has meaning to *you*.

When you practice UDL and think about ways to use it more in your life, you will **build** your skills and get better at learning! The end goal is for you to **internalize** these skills and use them all the time including in your daily life and in work. Continuing to learn and grow is easier and more rewarding when you know what makes *you* an **expert** learner.

Think of different ways that you learn best and how you can work with your teacher to help them understand your unique learning and goals.