

# Universal Design for Learning (UDL) for Students

## What is UDL?

Universal Design for Learning (UDL) is an approach to education that allows students to learn in ways that work best for them. It focuses on three key principles:

- Engagement – Staying motivated and involved in your learning.
- Representation – Accessing information in different ways.
- Action & Expression – Demonstrating what you've learned using various methods.

By applying UDL principles, you can become an expert learner, and it will help you to be purposeful, motivated, resourceful, knowledgeable, strategic, and goal-directed in your studies.

## Why should I use UDL?

Applying UDL strategies helps you to:

- Learn more efficiently – Find methods that work best for you.
- Stay motivated – Keep engagement high by making learning personal.
- Adapt to different challenges – Develop skills to overcome obstacles.
- Improve performance – By using multiple approaches, you retain more information and perform better in assessments.



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# Become an expert learner with Universal Design for Learning (UDL)

**Engage with learning in ways that work for you:**

## **Set personal goals**

Define what you want to achieve to stay focused and purposeful.

## **Connect learning to your life**

Relate topics to your own experiences or interests to make them more meaningful.

## **Create your ideal study space**

Whether it's a quiet room, background music, or a study group—choose what helps you concentrate.

## **Stay on track with tools**

Use reminders, planners, or focus apps to manage your time and stay organized.



# Become an expert learner with Universal Design for Learning (UDL)

**Access information or material in different ways  
to learn new knowledge or skills:**

## **Listen to it**

Use audiobooks, podcasts, or videos to learn on the go.

## **Watch it**

Visuals like diagrams, charts, or documentaries can make things clearer.

## **Talk about it**

Discussing with others can help you understand and remember better.

## **Try it out**





Hands-on activities or real-life examples can make learning stick.



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**Show what you know in different ways - exams aren't the only way to show you understand a topic.**

Helpful tips to guide your learning:


-  **Pick what works for you:** If you have a choice, go for assessment methods that suit your strengths, like presentations, videos, essays, or portfolios.
-  **Use helpful tools:** Try assistive tech like speech-to-text software to make writing easier.
-  **Plan before you start:** Use mind maps, outlines, or even voice notes to organise your thoughts.
-  **Get feedback early:** Share a draft with someone and use their suggestions to improve your work before handing it in.




# Become an expert learner with Universal Design for Learning (UDL)


## Give UDL a go this week!

Universal Design for Learning (UDL) is all about finding learning strategies that work for you. It doesn't change what you learn - it changes how you learn.

 **Listen instead of read:** Use a text-to-speech app to hear your reading material.

 **Learn with others:** Join or start a study group to stay motivated.

 **Map it out:** Organise your notes using a mind map instead of bullet points.

 **Think outside the essay:** Ask if you can submit a video, portfolio, or creative project instead of a traditional essay.

