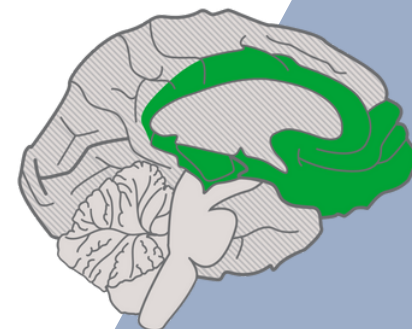# Getting Started with Universal Design for Learning (UDL) in Adult Education

Did you know the UDL Guidelines 3.0 are designed for all learning – including Adult Education and Workforce?

The new guidelines come as a matrix that crosses three guiding concepts of learning with levels of access. The result is a set of guidelines that leave behind the checklist and instead provide a tool that can be applied to any level of instruction to reduce barriers and maximize learning through intentional design.
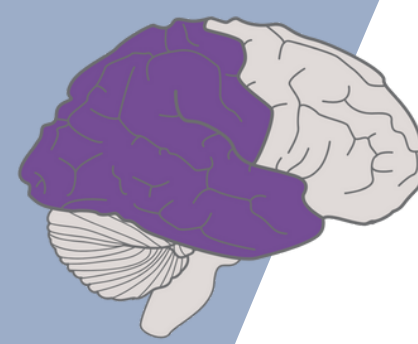
Provide multiple means of engagement: Images can improve retention and understanding and they can be used to make text more engaging and relevant.

Provide multiple means of action and expression: When assessing students understanding of complex systems and processes, offer the option to have them demonstrate their understanding by creating images, charts, graphs or maps.

Provide multiple means of representation: Images can successfully convey complex information, enhance understanding, and improve retention. Images can be used an alternative to text, audio, or video, or they can be used in addition to these other media types.

CAST (2024). Universal Design for Learning Guidelines version 3.0. Retrieved from https://udlguidelines.cast.org

Want to start fast?
Make your content accessible with these 5 quick tips!

1 **Limit text and maximize size in slide presentations.**
To make presentations easier to read, keep the amount of text on each slide to a minimum with at least 18pt font or larger.

2 **Use descriptive links in your URLs:**
Make URL links descriptive of what the link goes to. For example: UDL Guidelines 3.0 instead of https://udlguidelines.cast.org/.
If you also want the URL present (for printing purposes) then include the description to the link in parentheses. For example: https://udlguidlines.cast.org/ (UDL Guidelines 3.0).

3 **Clarify goals and key language:**
Explicitly state and restate the learning goal, display the goal in multiple ways, pre-teach vocabulary and important symbols, and provide embedded support for new vocabulary such as hyperlinks.

4 **Turn on closed captions:**
Videos on popular platforms such as YouTube often have auto-generated captions to use, but you can add your own if recording your own video(s).

5 **Use built-in accessibility checkers:**
Both Microsoft Office and Google Workspace have built-in accessibility checkers that help make content more accessible.

Ready for more? Get a jump start in making learning in your classroom accessible with these resources.

- Corgi Digital Graphic Organizer Tool
  - A digital graphic organizer tool to help build graphic organizers for your students.

- 5-15-45 Lesson Planning Tool
  - This tool walks you through the process of developing or adapting one of your lessons using the 5-15-45 method.

- For more formal training, look at LINCS for self-paced, online courses. These courses were developed in conjunction with CAST and provide an excellent foundation.
  - LINCS UDL Section

- **For additional resources, take a look at the following:**
  - A Tutorial for Making Online Learning Accessible to Students with Disabilities
  - Resources For Making Distance Learning Accessible
  - Beyond Frameworks: Supporting Adult Educators to Leverage Technology and Customize the Learning Experience by Sarah Cacicio, Alison R. Shell, and Medha Tare, Digital Promise

ADULT EDUCATION SERVICES