

Use of UDL Guidelines in Instruction

Self-Assessment Form

Engagement

Access	Recruiting Interest	Frequently	Often	Seldom	Never
	Optimize Individual Choice and Autonomy (7.1)				
	Optimize relevance, value, and authenticity (7.2)				
	Minimize threats and distractions (7.3)				
Build					
Build	Sustaining Effort & Persistence	Frequently	Often	Seldom	Never
	Heighten salience of goals and objectives (8.1)				
	Vary demands and resources to optimize challenge (8.2)				
	Foster collaboration and community (8.3)				
	Increase mastery-oriented feedback (8.4)				
Internalize					
Internalize	Self-Regulation	Frequently	Often	Seldom	Never
	Promote expectations and beliefs that optimize motivation (9.1)				
	Facilitate personal coping skills and strategies (9.2)				
	Develop self-assessment and reflection (9.3)				

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Representation

Access	Perception	Frequently	Often	Seldom	Never
	Offer ways of customizing the display of information (1.1)				
	Offer alternatives for auditory information (1.2)				
	Offer alternatives for visual information (1.3)				
Build					
Build	Language & Symbols	Frequently	Often	Seldom	Never
	Clarify vocabulary and symbols (2.1)				
	Clarify syntax and structure (2.2)				
	Support decoding of text, mathematical notation, and symbols (2.3)				
	Promote understanding across languages (2.4)				
	Illustrate through multiple media (2.5)				
Internalize					
Internalize	Comprehension	Frequently	Often	Seldom	Never
	Activate or supply background knowledge (3.1)				
	Highlight patterns, critical features, big ideas, and relationships (3.2)				
	Guide information processing and visualization (3.3)				
	Maximize transfer and generalization (3.4)				

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Action & Expression

Access	Physical Action	Frequently	Often	Seldom	Never
	Vary the methods for response and navigation (4.1)				
	Optimize access to tools and assistive technologies (4.2)				
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Build	Expression & Communication	Frequently	Often	Seldom	Never
	Use multiple media for communication (5.1)				
	Use multiple tools for construction and composition (5.2)				
	Build fluencies with graduated levels of support for practice and performance (5.3)				
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Internalize	Executive Functions	Frequently	Often	Seldom	Never
	Guide appropriate goal-setting (6.1)				
	Support planning and strategy development (6.2)				
	Facilitate managing information and resources (6.3)				
	Enhance capacity for monitoring progress (6.4)				