

Plus One – Providing Explicit Instructions for Inclusivity

Title

Providing Explicit Instructions for Inclusivity

Brief description

This Plus One supports learner variability and diversity by providing explicit instructions and tips for success for students. Sometimes we forget to state the obvious and that can be a challenge for students particularly for neurodivergent learners and students from different cultures. Instructions which we might take for granted but which would be helpful for students include telling the students to take notes, specifying the book/resource they will need, explaining how to have a notebook dedicated to the module, advising how many hours outside of the classroom they will need for study for the module, and so on.

Additionally, information on outcomes can be provided so that students are clear about how they can meet their own expectations and parameters. This can be done with audio clips that include tips and instructions for assignments, and generalised feedback, such as information about what students did well and what they found challenging. One of the advantages of audio clips is that students can listen to the clips multiple times, when and where suits them.

Mapping to UDL Principles



Engagement

- Decoding the higher education environment and experience minimises threats and distractions for students
- Knowing what is expected in terms of higher education behaviour contributes to the development of personal coping skills and strategies.





Representation

- Providing audio clips allows students to receive pertinent module and assignment instruction in a controlled environment and in a way that students can customise, for example by adding closed captions or using translation software
- Explaining to students how learning works in university builds their vocabulary in this regard and helps them to better interpret the higher education situation.



Action and Expression

- Using a range of media to create an inclusive learning environment acknowledges diversity and provides greater access for more students
- Understanding the learning environment and how to navigate it is empowering for students and helps them as they learn to plan and monitor their own learning.

Three ways this Plus One helps students

Students can

1. better navigate the higher education learning environment and feel less at sea
2. explain their higher education experience as a result of an expanded vocabulary in this regard
3. be confident about meeting their personal expectations, as well as meeting module requirements as a consequence of being better able to judge where they are in their learning.

Key considerations for enactment

Risk

Low

Time

Time to create materials; will vary depending on the technical proficiency of the teacher.

Technology

Any technology associated with the desired materials. This can be as sophisticated or as straightforward as you can manage, with elaboration built in year on year.

Other

Colleagues may wish to co-create this guidance with students who will be able to identify where they are struggling.

Further information

See [CAST UDL Guidelines](#) and [Maynooth University Plus One resources](#).

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