

R **TABLE 3.1. CAST’S PRINCIPLES AND CHECKPOINTS FOR UDL**

Multiple Means of Representation (MMR)	Multiple Means of Action and Expression (MMA)	Multiple Means of Engagement (MME)
<p>Guideline 1: Provide options for perception</p> <ul style="list-style-type: none"> ← Checkpoint 1.1: Offer ways of customizing the display of information ← Checkpoint 1.2: Offer alternatives for auditory information ← Checkpoint 1.3: Offer alternatives for visual information 	<p>Guideline 4: Provide options for physical action</p> <ul style="list-style-type: none"> ← Checkpoint 4.1: Vary the methods for response and navigation ← Checkpoint 4.2: Optimize access to tools and assistive technologies 	<p>Guideline 7: Provide options for recruiting interest</p> <ul style="list-style-type: none"> ← Checkpoint 7.1: Optimize individual choice and autonomy ← Checkpoint 7.2: Optimize relevance, value, and authenticity ← Checkpoint 7.3: Minimize threats and distractions
<p>Guideline 2: Provide options for language, mathematical expressions, and symbols</p> <ul style="list-style-type: none"> ← Checkpoint 2.1: Clarify vocabulary and symbols ← Checkpoint 2.2: Clarify syntax and structure ← Checkpoint 2.3: Support decoding of text, mathematical notation, and symbols ← Checkpoint 2.4: Promote understanding across languages ← Checkpoint 2.5: Illustrate through multiple media 	<p>Guideline 5: Provide options for expression and communication</p> <ul style="list-style-type: none"> ← Checkpoint 5.1: Use multiple media for communication ← Checkpoint 5.2: Use multiple tools for construction and composition ← Checkpoint 5.3: Build fluencies with graduated levels of support for practice and performance 	<p>Guideline 8: Provide options for sustaining effort and persistence</p> <ul style="list-style-type: none"> ← Checkpoint 8.1: Heighten salience of goals and objectives ← Checkpoint 8.2: Vary demands and resources to optimize challenge ← Checkpoint 8.3: Foster collaboration and community ← Checkpoint 8.4: Increase mastery-oriented feedback

(Continued)



TABLE 3.1. *Continued*

Multiple Means of Representation (MMR)	Multiple Means of Action and Expression (MMA)	Multiple Means of Engagement (MME)
<p>Guideline 3: Provide options for comprehension</p> <p>← Checkpoint 3.1: Activate or supply background knowledge</p> <p>← Checkpoint 3.2: Highlight patterns, critical features, big ideas, and relationships</p> <p>← Checkpoint 3.3: Guide information processing, visualization, and manipulation</p> <p>← Checkpoint 3.4: Maximize transfer and generalization</p>	<p>Guideline 6: Provide options for executive functions</p> <p>← Checkpoint 6.1: Guide appropriate goal setting</p> <p>← Checkpoint 6.2: Support planning and strategy development</p> <p>← Checkpoint 6.3: Facilitate managing information and resources</p> <p>← Checkpoint 6.4: Enhance capacity for monitoring progress</p>	<p>Guideline 9: Provide options for self-regulation</p> <p>← Checkpoint 9.1: Promote expectations and beliefs that optimize motivation</p> <p>← Checkpoint 9.2: Facilitate personal coping skills and strategies</p> <p>← Checkpoint 9.3: Develop self-assessment and reflection</p>

Adapted from *Universal Design for Learning Guidelines Version 2.0*, by CAST, 2011, Wakefield, MA: Author. Copyright 2011 by CAST. Used with permission.

