

## **UNIVERSAL DESIGN** - PART 1:

WAYS TO MAKE MEETINGS, CLASSES, AND DOCUMENTS MORE INCLUSIVE:  
**RESEARCH, STRATEGIES, AND BRAIN-BASED LOW-TECH IDEAS**

**Dr. Jamie Doronkin**

Fontbonne University

**“Fontbonne Friday” Presentation**

9/2/2022

# ARRIVING

I'm so glad you are here – and arriving!

Give yourself a minute to settle in and “arrive” ..... Breathe in and out deeply for three times with me. Do you have your first – or - second cup of morning coffee ready – or if you are a chocolate person like me.....your first or second cup of hot chocolate?



Do you have what you need as we get ready to start the presentation?

# GROUNDING INTO THE AGENDA OR PLAN

## Today's Agenda:

- What is Universal Design?
- Top 5 Trends Impacting Learners Today
- Safety First
- And we will all **A.G.E.** a bit by:
  - A**rriving
  - G**rounding
  - E**mbracing Equity Tools

# UNIVERSAL DESIGN IS AN EQUITY INITIATIVE

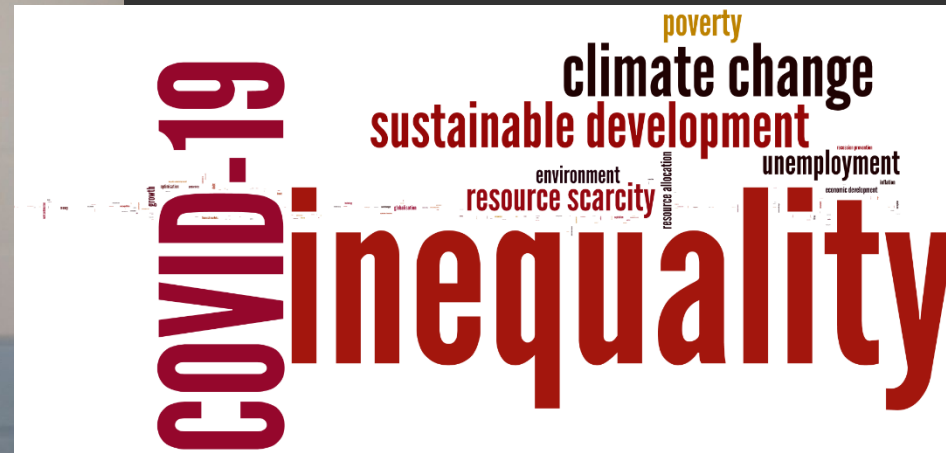
**Universal Design for Learning (UDL)** means proactively planning our teaching (or leading) with the intention of including all types of learners, so that **everyone can equally access information and participate.**

# EMBRACING EQUITY TOOLS

- This Zoom presentation is being recorded for our **auditory learners** or who may miss some information.
- Captioning is enabled to support **visual learners** or for **learners who need auditory support**.
- If you are a **kinesthetic learner** and need to move about during the presentation, just turn your video off in the Zoom presentation.
- You can replay this Zoom recording as many times as desired for **learners who cannot stay for the entire session or who want to access the information again**.

LET'S BEGIN BY ASKING:

What is Impacting Learners Today?



# THE TOP FIVE TRENDS IMPACTING LEARNERS TODAY

- 1) **Engagement** in the classroom
- 2) Career outcomes
- 3) **Access & equity**
- 4) Virtual learning
- 5) **Mental health**

[2022-2023 Trends Report - The Top 5 Trends Impacting Learners Today \(wiley.com\)](https://www.wiley.com)

# TO SAY A LITTLE MORE....

- Students are increasingly **struggling with mental health**, leading in part to **reduced engagement** in the classroom.
- A **lack of inclusivity** can also affect both students' levels of engagement as well as their emotional well-being.
- **Feeling connected to a future career or specific job role** is becoming a greater priority for students.

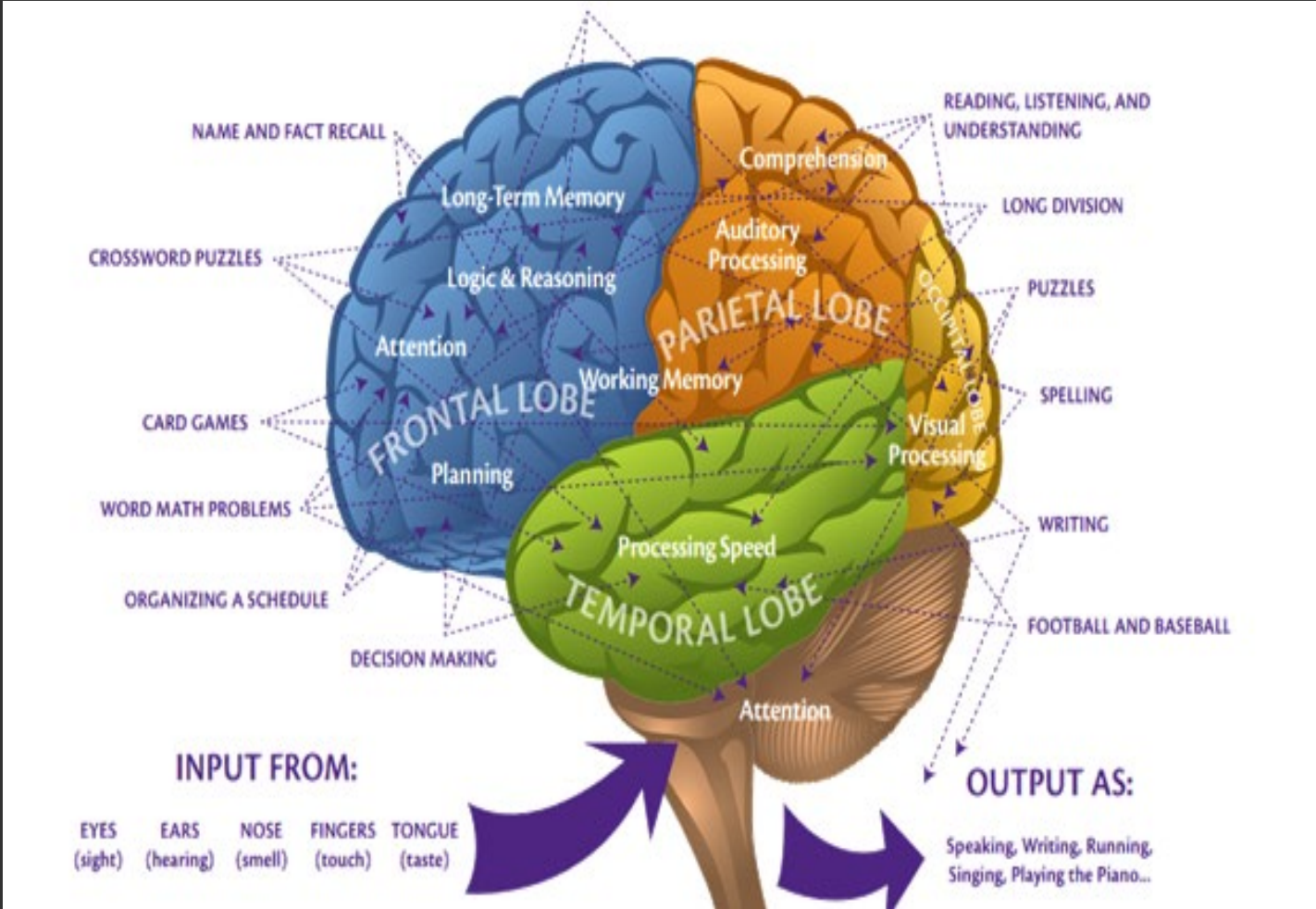
Reference: The Top 5 Trends Impacting Learners Today (2022-2023 Trends Report From Wiley Education)



WHAT IS OUR "HEAD SPACE" WHEN WE **ARRIVE**  
INTO A CLASS, OR MEETING, OR GATHERING?

# CONNECTION IS SO IMPORTANT!

THE BRAIN HAS A BOTTOM-UP FUNCTIONALITY – STIMULATING THE LOWER REGIONS FIRST CAN HELP TO REACH THE PRE-FRONTAL CORTEX.



# SAFETY FIRST!

Our goal may be to reach our learners' pre-frontal cortex, but if they are feeling anxious, stressed, scared, etc.....they may only be operating from the lower brain (survival brain) regions.

We can support safety by thinking about how we A.G.E.



WHEN WE MEET, TEACH, OR SHARE INFORMATION,  
WE SHOULD BE AWARE OF HOW WE **A.G.E.!**  
.....SO WE CAN CONNECT

How do we **A**rrive and welcome the arrival of others?

How do we **G**round and set the stage for others to ground?

Are we ready to **E**mbrace our **Equity Tools** and share?

# REFERENCES AND RESOURCES

For more information on UD and UDL:

<https://www.cast.org/impact/universal-design-for-learning-udl>

Moussalli, S., Founder of Rising Brains. Ltd, BrainRx.Brain Transformation.

<https://www.linkedin.com/pulse/parts-brain-functions-samaa-moussalli>. (Reference for brain diagram)

Perry, B. The Neurosequential Model at: [Home | NMnetwork \(neurosequential.com\)](https://www.neurosequential.com/)

[2022-2023 Trends Report - The Top 5 Trends Impacting Learners Today \(wiley.com\)](https://www.wiley.com)