**UDL Principle #1:** Engagement *(how we engage and motivate students)*

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| **Recruiting Interest** | **This Includes:*** [Optimize individual choice & autonomy](https://udlguidelines.cast.org/engagement/recruiting-interest/choice-autonomy)
* [Optimize relevance, value, & authenticity](https://udlguidelines.cast.org/engagement/recruiting-interest/relevance-value-authenticity)
* [Minimize threats and distractions](https://udlguidelines.cast.org/engagement/recruiting-interest/threats-distractions)
 | **Instructional Strategies:** |
| **Sustaining Effort & Persistence** | **This Includes:*** [Heighten salience of goals & objectives](https://udlguidelines.cast.org/engagement/effort-persistence/goals-objectives)
* [Vary demands & resources to optimize challenge](https://udlguidelines.cast.org/engagement/effort-persistence/demands-resources-challenge)
* [Foster collaboration & community](https://udlguidelines.cast.org/engagement/effort-persistence/collaboration-community)
* [Increase mastery-oriented feedback](https://udlguidelines.cast.org/engagement/effort-persistence/mastery-oriented-feedback)
 | **Instructional Strategies:** |
| **Self-Regulation** | **This Includes:*** [Promote expectations & beliefs that optimize motivation](https://udlguidelines.cast.org/engagement/self-regulation/optimize-motivation)
* [Facilitate personal coping skills & strategies](https://udlguidelines.cast.org/engagement/self-regulation/coping-skills-strategies/coping-skills-strategies)
* [Develop self-assessment & reflection](https://udlguidelines.cast.org/engagement/self-regulation/self-assessment-reflection)
 | **Instructional Strategies:** |

**UDL Principle #2:** Representation *(how information is presented to students)*

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| **Perception** | **This Includes:*** [Offer ways of customizing the display of information](https://udlguidelines.cast.org/representation/perception/customize-display)
* [Offer alternatives for auditory information](https://udlguidelines.cast.org/representation/perception/alternatives-auditory)
* [Offer alternatives for visual information](https://udlguidelines.cast.org/representation/perception/alternatives-visual)
 | **Instructional Strategies:** |
| **Language & Symbols** | **This Includes:*** [Clarify vocabulary and symbols](https://udlguidelines.cast.org/representation/language-symbols/vocabulary-symbols)
* [Clarify syntax and structure](https://udlguidelines.cast.org/representation/language-symbols/syntax-structure)
* [Support decoding of text, mathematical notation, and symbols](https://udlguidelines.cast.org/representation/language-symbols/text-notation-symbols)
* [Promote understanding across languages](https://udlguidelines.cast.org/representation/language-symbols/understanding-across-languages)
* [Illustrate through multiple media](https://udlguidelines.cast.org/representation/language-symbols/illustrate-multimedia)
 | **Instructional Strategies:** |
| **Comprehension** | **This Includes:*** [Activate or supply background knowledge](https://udlguidelines.cast.org/representation/comprehension/background-knowledge)
* [Highlight patterns, critical features, big ideas, and relationships](https://udlguidelines.cast.org/representation/comprehension/patterns-features)
* [Guide information processing, visualization, and manipulation](https://udlguidelines.cast.org/representation/comprehension/processing-visualization)
* [Maximize transfer and generalization](https://udlguidelines.cast.org/representation/comprehension/transfer-generalization)
 | **Instructional Strategies:** |

**UDL Principle #3:** Action & Expression *(how students demonstrate their understanding)*

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| **Physical Action** | **This Includes:*** [Vary the methods for response and navigation](https://udlguidelines.cast.org/action-expression/physical-action/response-navigation)
* [Optimize access to tools and assistive technologies](https://udlguidelines.cast.org/action-expression/physical-action/assistive-technologies)

 | **Instructional Strategies:** |
| **Expression & Communication** | **This Includes:*** [Use multiple media for communication](https://udlguidelines.cast.org/action-expression/expression-communication/use-multimedia)
* [Use multiple tools for construction and composition](https://udlguidelines.cast.org/action-expression/expression-communication/construction-composition)
* [Build fluencies with graduated levels of support for practice and performance](https://udlguidelines.cast.org/action-expression/expression-communication/fluencies-practice-performance)
 | **Instructional Strategies:** |
| **Executive Functions** | **This Includes:*** [Guide appropriate goal setting](https://udlguidelines.cast.org/action-expression/executive-functions/goal-setting/goal-setting)
* [Support planning and strategy development](https://udlguidelines.cast.org/action-expression/executive-functions/strategy-development/strategy-development)
* [Facilitate managing information and resources](https://udlguidelines.cast.org/action-expression/executive-functions/information-resources/information-resources)
* [Enhance capacity for monitoring progress](https://udlguidelines.cast.org/action-expression/executive-functions/monitoring-progress/monitoring-progress)
 | **Instructional Strategies:** |