

# Implementation of High-Leverage Practices: The Need for Nuance and Finesse



# BUILDING

*Declarative*

KNOWING  
WHAT  
TO DO

*Procedural*

*Conditional*

KNOWING HOW  
TO DO IT

*Knowledge*

FOR THE  
IMPLEMENTATION  
OF HLPS

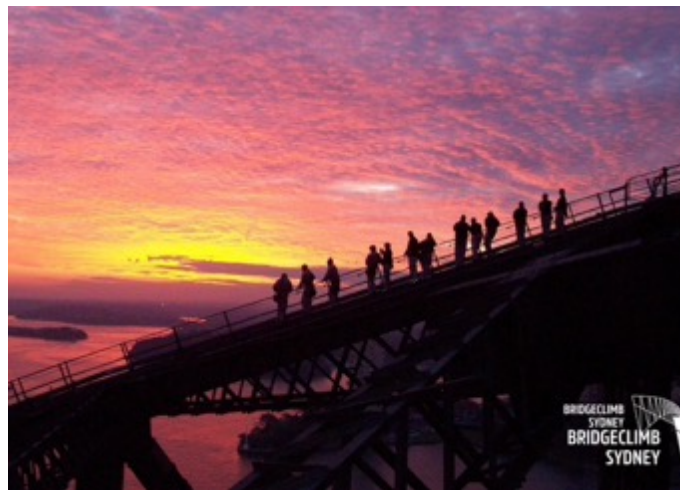
THE ELUSIVE  
PURSUIT OF  
ALL THREE

A person in a dark suit is shown from the side, reaching their right arm out towards a glowing yellow lightbulb. The background is a solid light blue.

Michael Kennedy, Ph.D.

@MJK\_PHD

mjk3p@virginia.edu



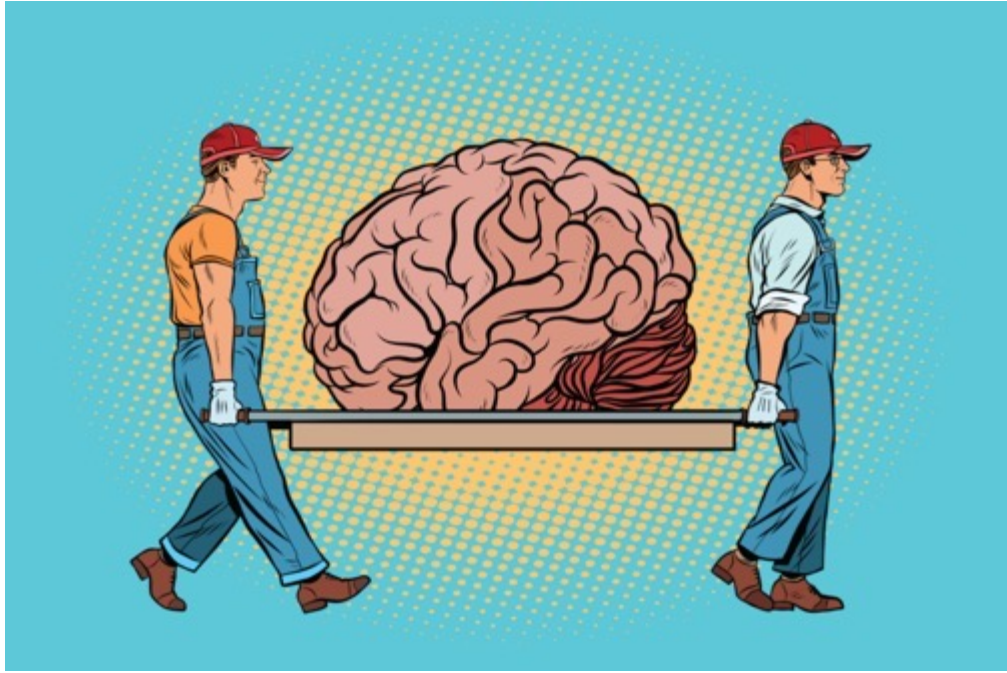
UNIVERSITY  
*of* VIRGINIA

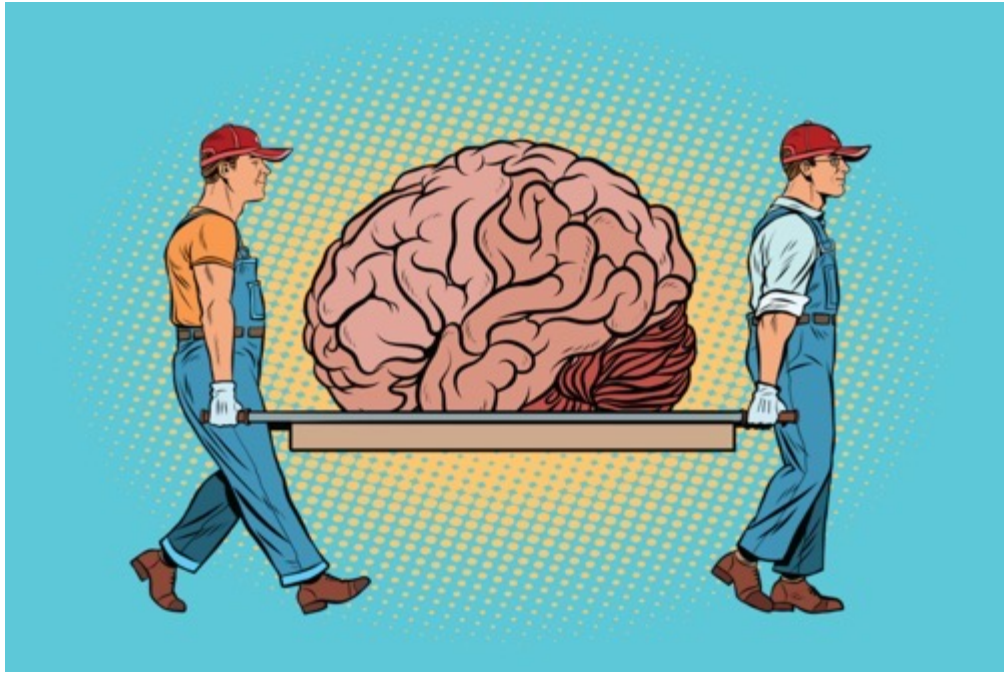
SCHOOL *of* EDUCATION  
*and* HUMAN DEVELOPMENT

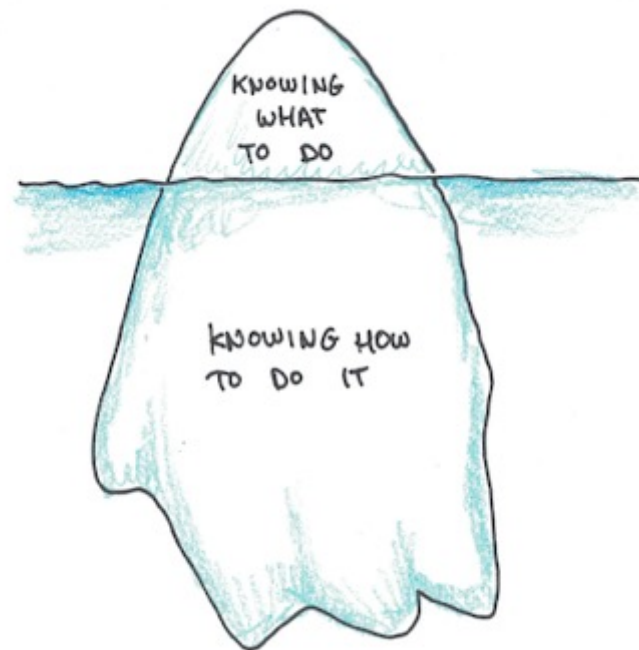
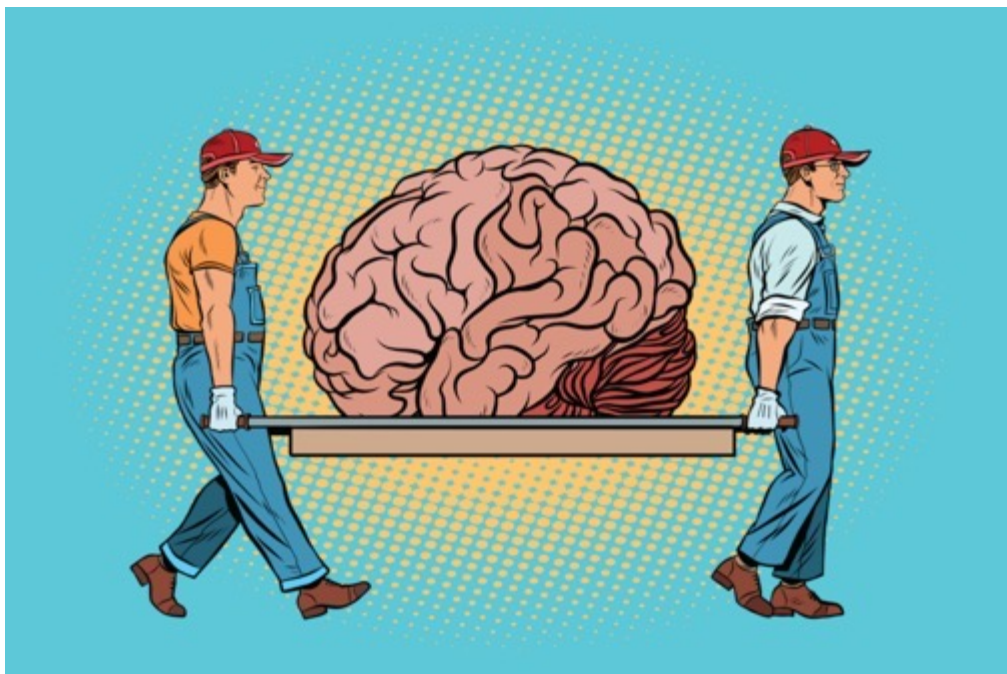


thank  
YOU:-)

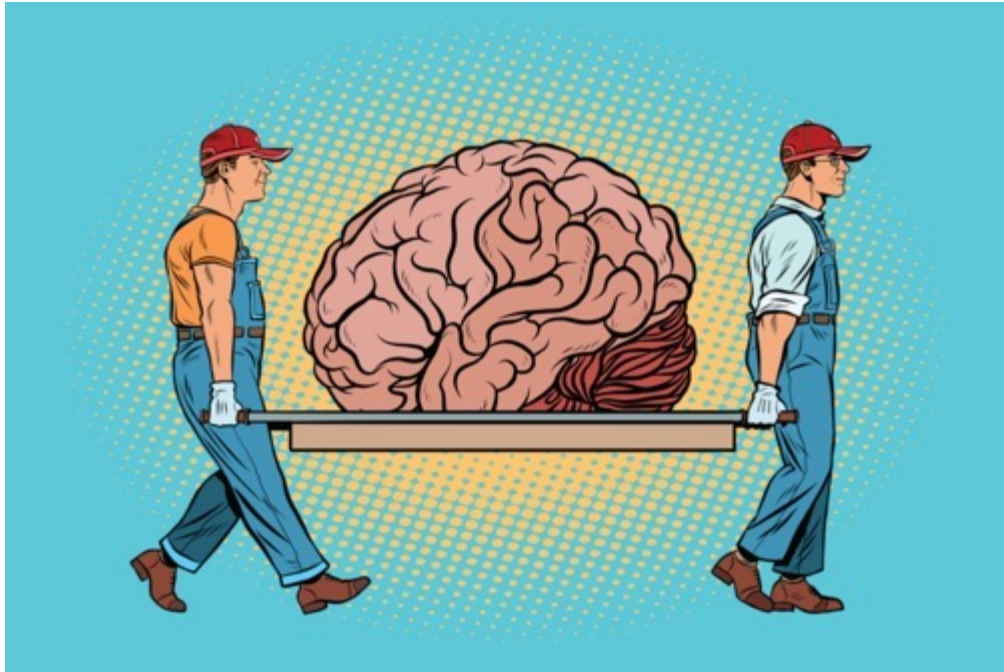








## HIGH-LEVERAGE PRACTICES



## HIGH-LEVERAGE PRACTICES

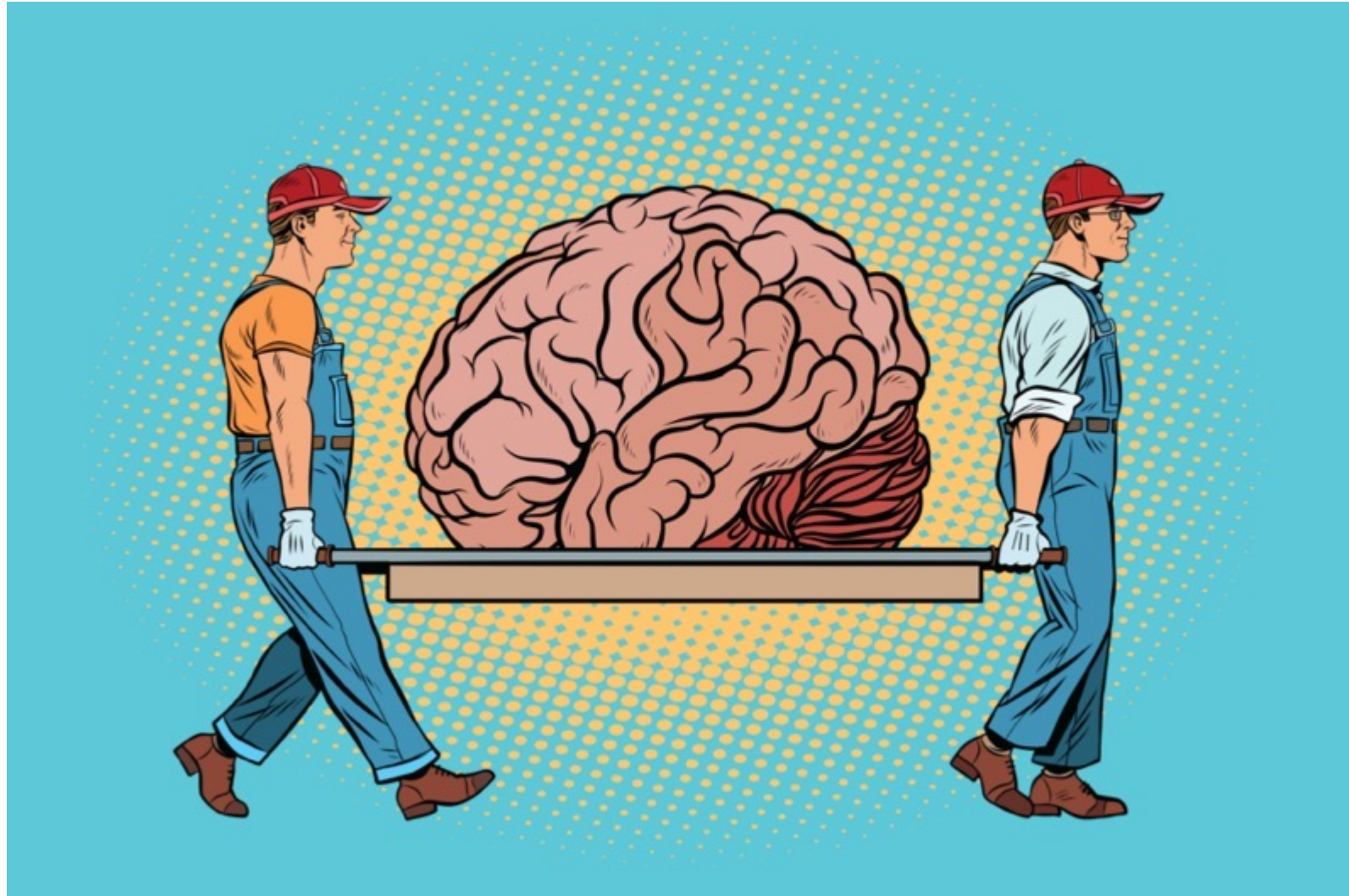


*Part One*



Are We Paying  
Enough Attention  
To Cognitive Load?

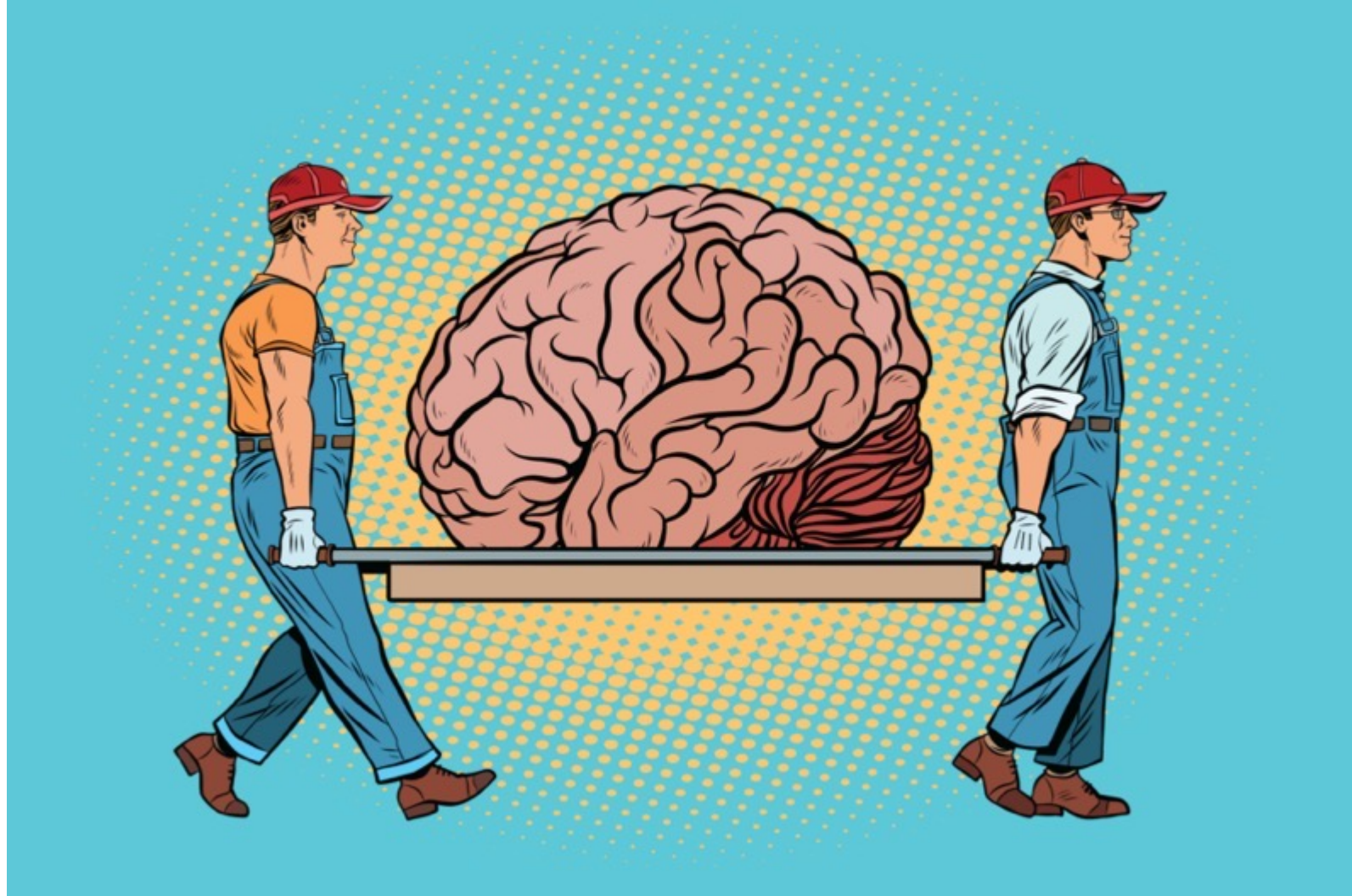
*Implications For  
Teacher Preparation &  
Classroom Instruction*



# Are We Paying Enough Attention To Cognitive Load?

*(P.S. No. The answer is no)*

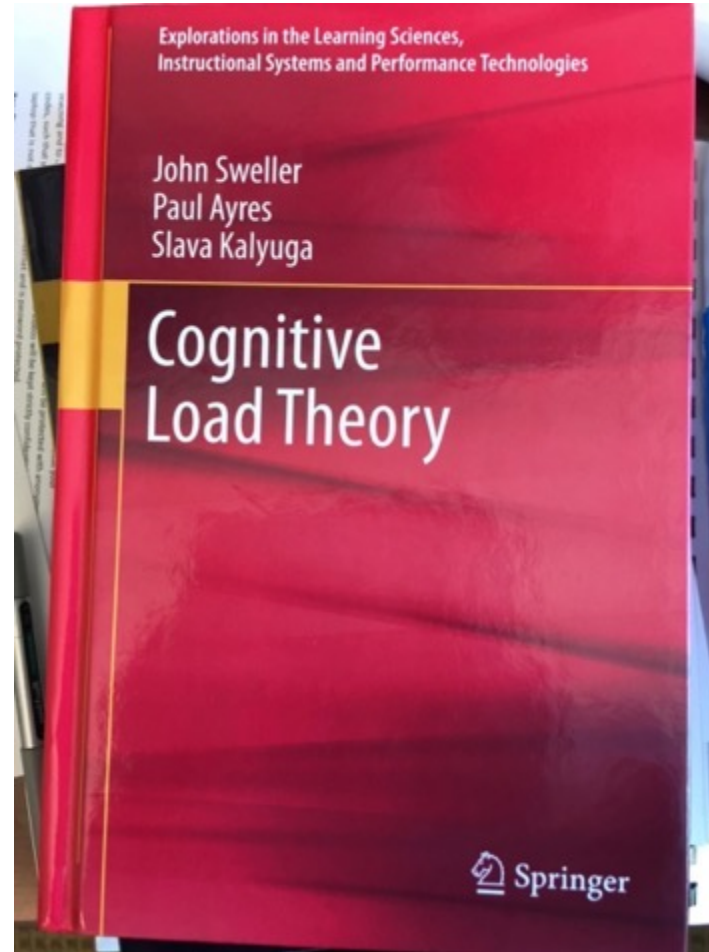
*Implications For  
Teacher Preparation &  
Classroom Instruction*





# Implications For...

Designing and  
delivering  
instruction for  
teaching adults and  
students!



I left classroom  
teaching to  
become a  
teacher educator





I left classroom  
teaching to  
become a  
teacher educator

Sadly... The  
playbook on how  
to become an  
effective college  
instructor is a  
little thin





My First Guest Lecture:

Superbly Prepared



rehearsal was flawless

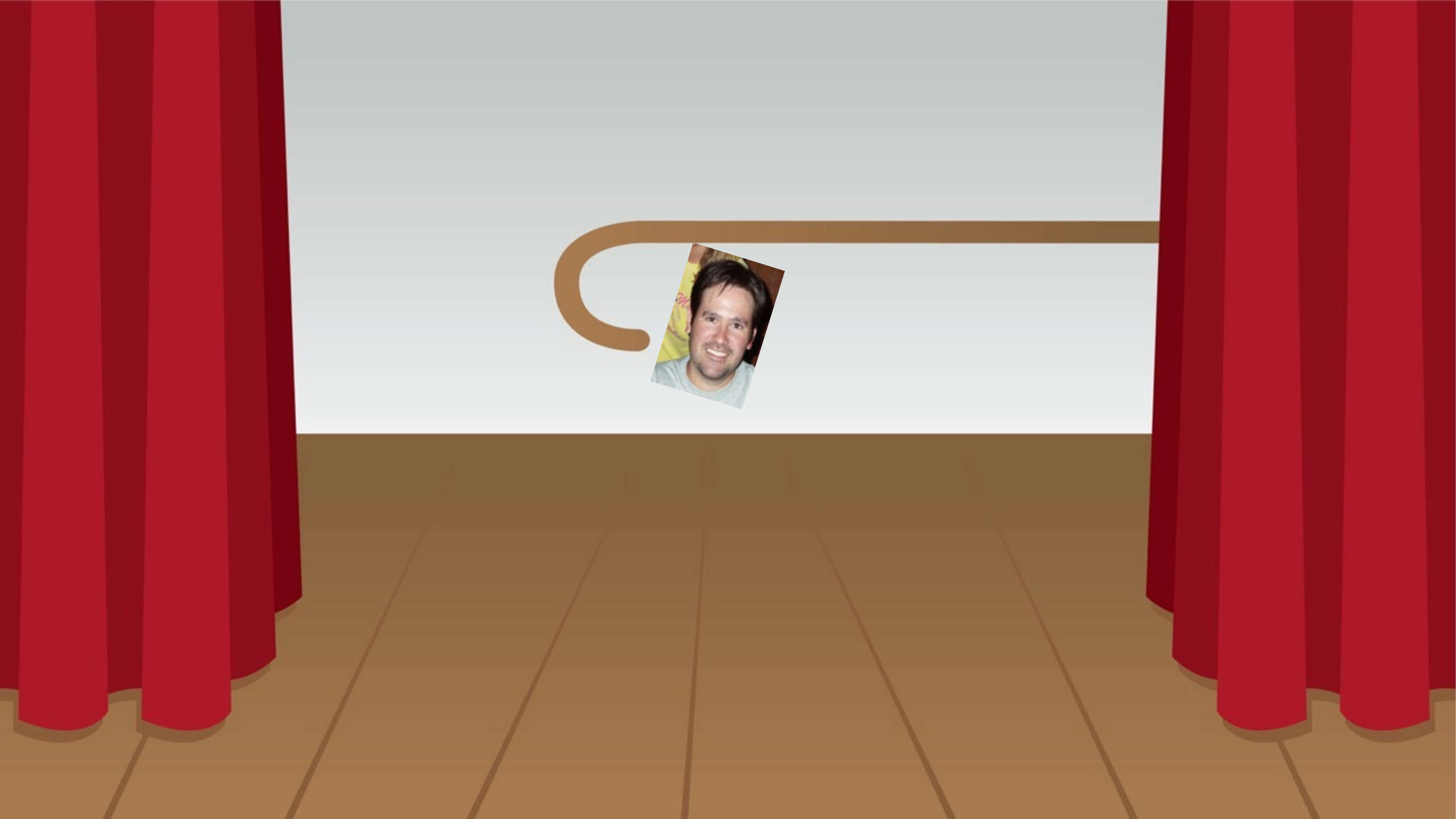


Who wouldn't enjoy a  
100+ slide PowerPoint  
presentation jam  
packed with 4-5  
thorough bullet points  
per slide on the finer  
points of special  
education law crammed  
into 75 electric  
minutes???!!!











**I DON'T  
KNOW**





Explorations in the Learning Sciences,  
Instructional Systems and Performance Technologies

John Sweller  
Paul Ayres  
Slava Kalyuga

# Cognitive Load Theory

 Springer

# 3 Types of Cognitive Load



# 3 Types of Cognitive Load

1. Intrinsic
2. Extraneous
3. Germane





# Intrinsic Load

Imposed by the basic structure of information the learner needs to acquire, regardless of how it is taught.



Sweller, Ayers, & Kalyuga, 2011

# Intrinsic Load

Imposed by the basic structure of information the learner needs to acquire, regardless of how it is taught.

If content is complex, it imposes more intrinsic load than content that is less/not complex.

# Intrinsic Load

Imposed by the basic structure of information the learner needs to acquire, regardless of how it is taught.

If content is complex, it imposes more intrinsic load than content that is less/not complex.

Even if the material isn't itself complicated, but there is a lot of it, intrinsic load will be taxed.

# Interactivity Creates Intrinsic Load





# Independent Variable

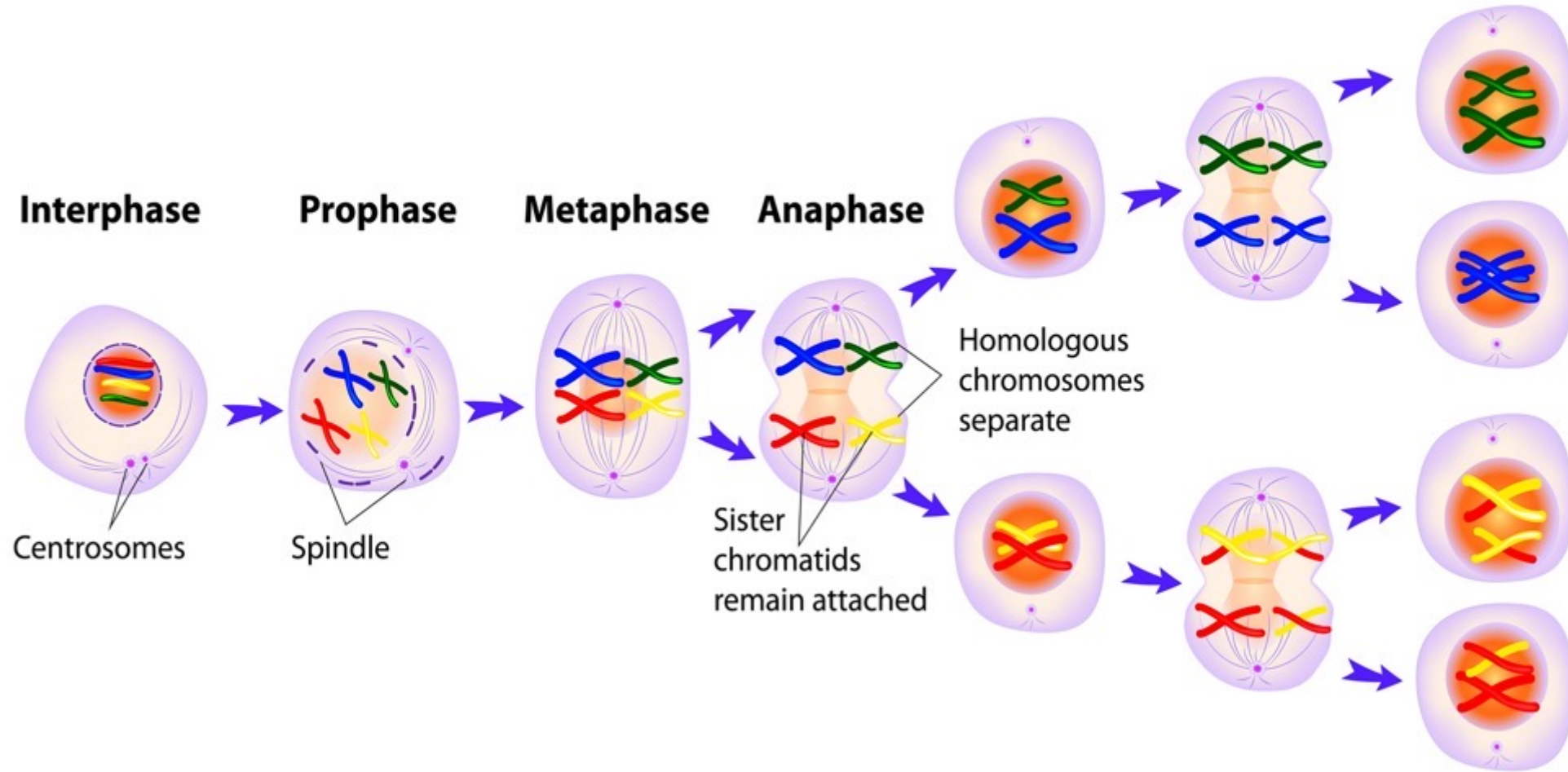


# Dependent Variable



# Impacts Students

## Cell division (meiosis)



# And Adults When Learning



WHL: hlm2 MDM File: hsb.mdm

File Basic Settings Other Settings Run Analysis Help

Outcome  
Level-1  
>> Level-2 <<

INTRCPT2  
SIZE  
SECTOR  
PRACAD  
DISCLIM  
HIMINTY  
MEANSES

**LEVEL 1 MODEL**

$$\text{MATHACH}_{ij} = \beta_{0j} + \beta_{1j}(\text{SES}_{ij} - \overline{\text{SES}}_{\cdot j}) + r_{ij}$$

**LEVEL 2 MODEL**

$$\beta_{0j} = \gamma_{00} + \gamma_{01}(\text{SECTOR}_j) + \gamma_{02}(\text{MEANSES}_j) + u_{0j}$$

$$\beta_{1j} = \gamma_{10} + \gamma_{11}(\text{SECTOR}_j) + \gamma_{12}(\text{MEANSES}_j) + u_{1j}$$

Mixed

**Mixed Model**

$$\begin{aligned} \text{MATHACH}_{ij} = & \gamma_{00} + \gamma_{01} * \text{SECTOR}_j + \gamma_{02} * \text{MEANSES}_j + \gamma_{10} * (\text{SES}_{ij} - \overline{\text{SES}}_{\cdot j}) + \\ & \gamma_{11} * \text{SECTOR}_j * (\text{SES}_{ij} - \overline{\text{SES}}_{\cdot j}) + \gamma_{12} * \text{MEANSES}_j * (\text{SES}_{ij} - \overline{\text{SES}}_{\cdot j}) \\ & + u_{0j} + u_{1j} * (\text{SES}_{ij} - \overline{\text{SES}}_{\cdot j}) + r_{ij} \end{aligned}$$



# Or Teaching





Prior Knowledge  
impacts intrinsic  
load

(if you have some,  
IL is lower, if not...  
not)

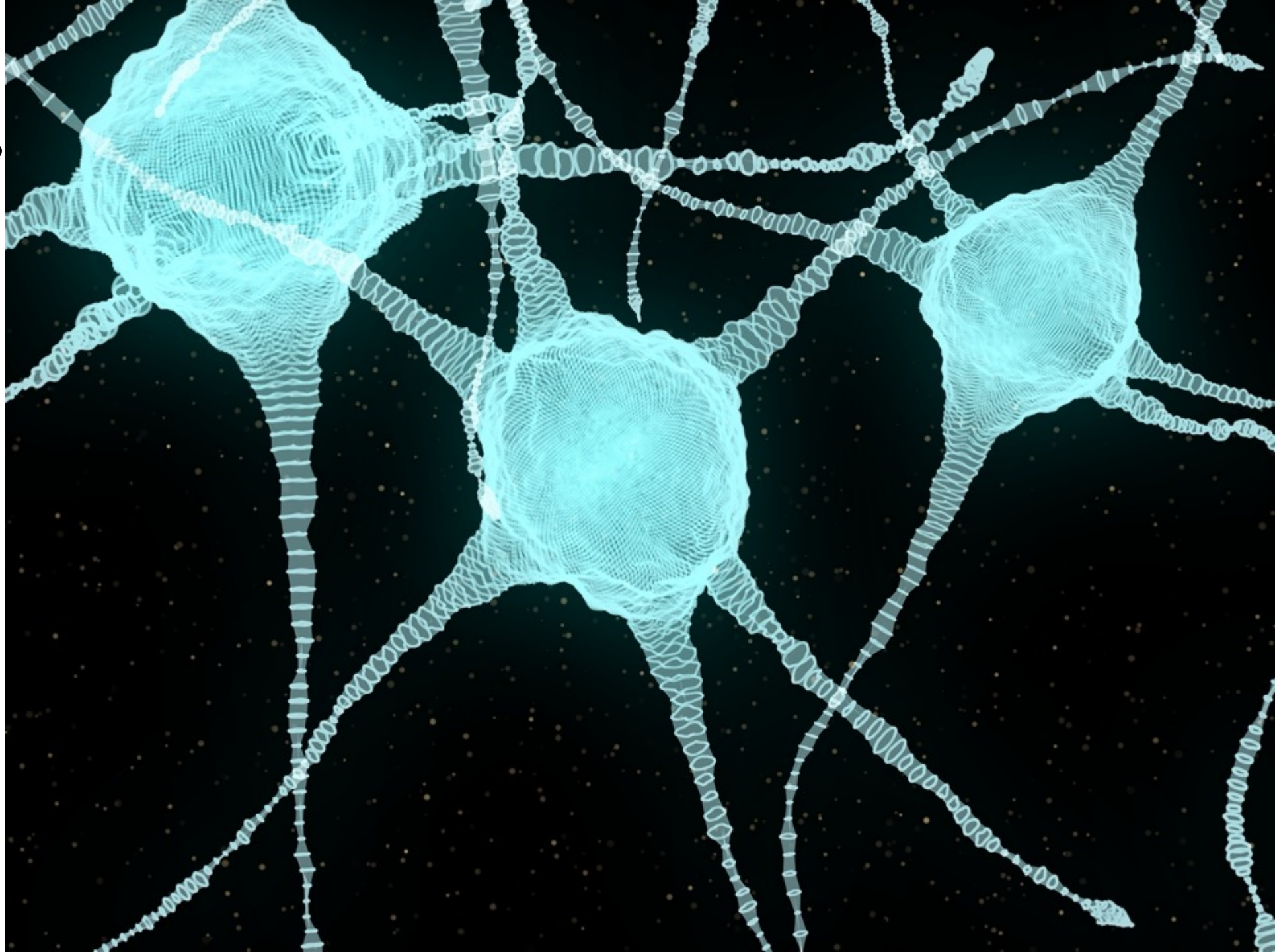


MOTIVATION DR





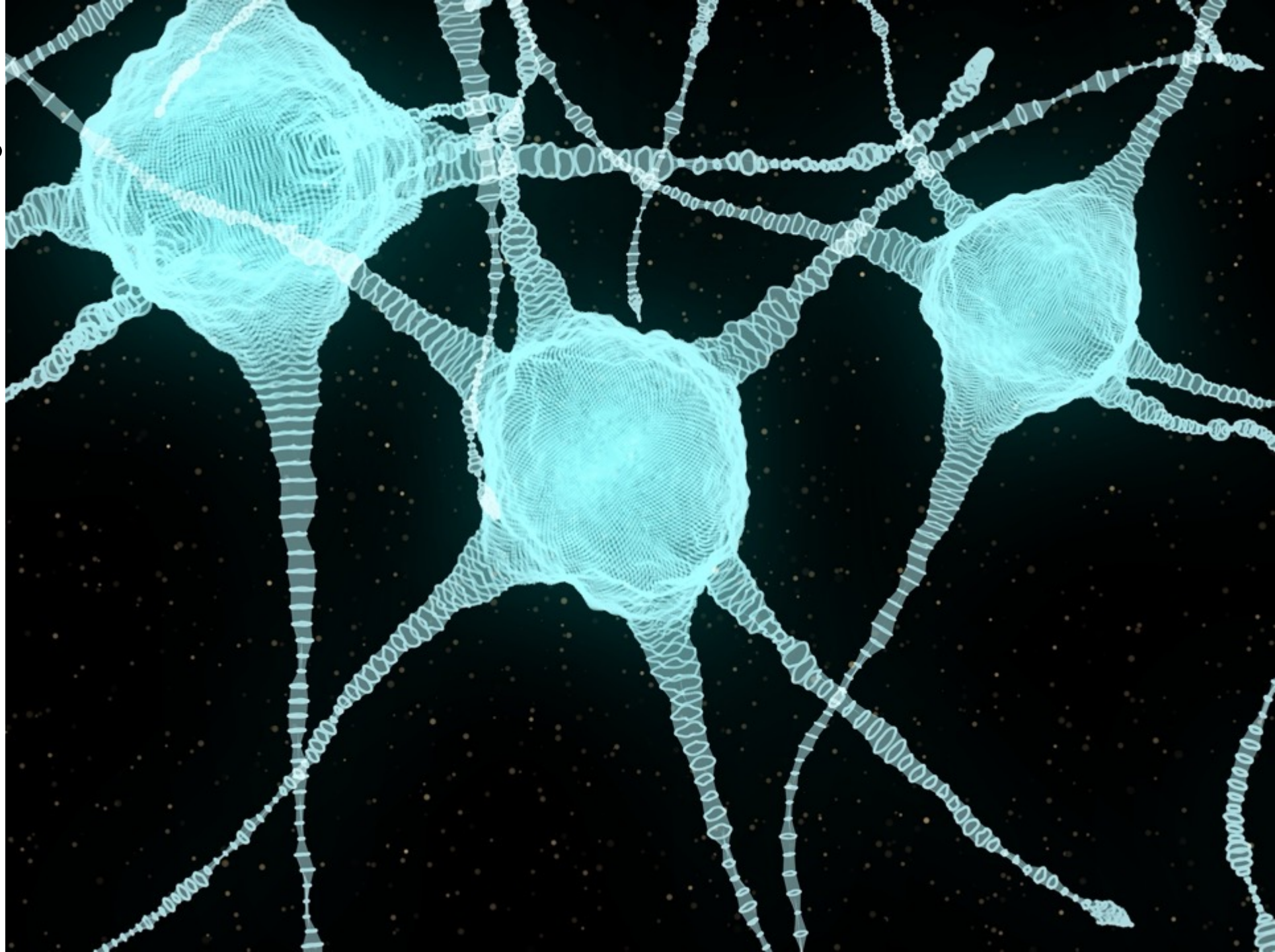
Many students  
with disabilities  
have some  
level of  
dysfunction in  
terms of  
cognitive  
functionality





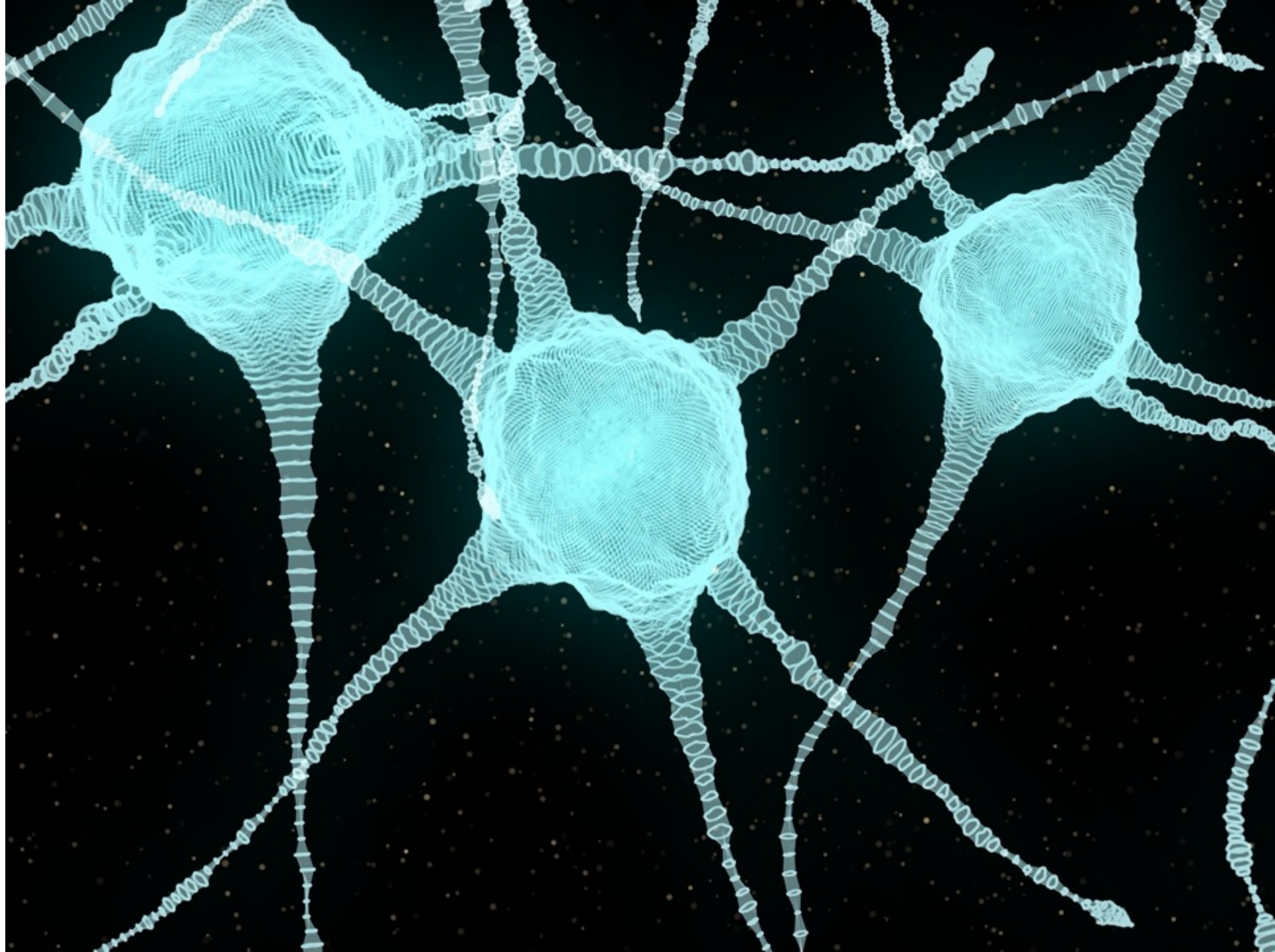
Many students  
with disabilities  
have some  
level of  
dysfunction in  
terms of  
cognitive  
functionality

IL almost  
always higher  
for these kids





New teachers  
also can  
struggle with  
high amounts  
of intrinsic  
load because  
they're  
literally doing  
things for the  
first time...



# Extraneous Load

Imposed by the method(s) selected to deliver instruction.



Sweller, Ayers, & Kalyuga, 2011

# Extraneous Load

Imposed by the method(s) selected to deliver instruction.

Some instruction can cause extremely high amounts of extraneous load, which interferes with learning.

Other instructional approaches keep extraneous load to a minimum. It just depends...



# Boring, generic title (4)

- **I am writing down everything I could possibly say about this slide**
- **Resulting in me reading all the text out loud**
  - But hey, that also means I do not have to make any contact whatsoever with my audience.
    - Yippee!
    - Shit, is my fly open? I feel a breeze
  - Why is that guy yawning over there?
  - I just love the Arial font, don't you?
  - I'm glad my secretary found this standard background, it is just so pretty to look at.
- **Could this possible get more lame?**
  - No, probably not
  - I should insert a joke, but I wouldn't know where to find one on the internet
  - If I bore everyone long enough, there will be no room for questions
    - The idea of interaction just made me pee in my pants
- **I hope no one notices I actually wish I was dead**
- **I've just forgotten my name...**
- **Oh well, only 50 more minutes of this**

Paradox:

High  
extraneous  
load for  
students...

But can be  
low for  
teachers

## Boring, generic title (4)

- **I am writing down everything I could possibly say about this slide**
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Using EBPs  
with fidelity,  
collecting data,  
monitoring  
behavior,  
implementing  
IEPs,  
collaborating,  
being observed,  
etc....





# Extraneous Load

Imposed by the method(s) selected to deliver instruction.

Intrinsic load and extraneous load are additive. The sum is the total cognitive load imposed by content that needs to be learned.

$$IL + EL = \text{Total Load}$$

# Extraneous Load

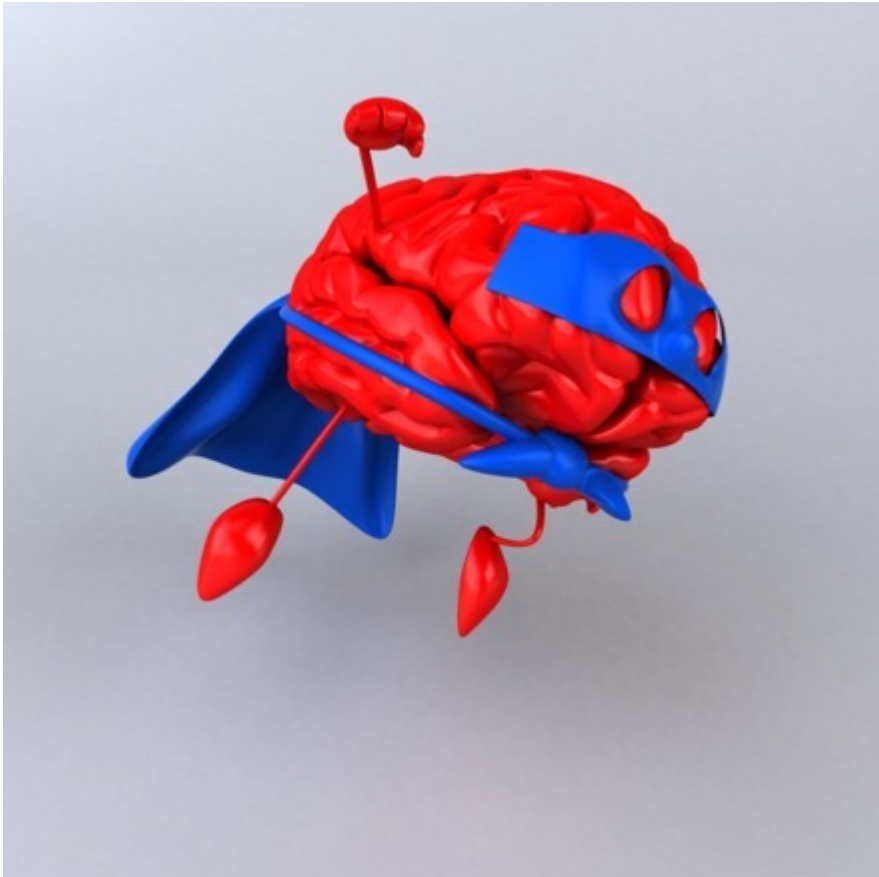
Imposed by the method(s) selected to deliver instruction.

Intrinsic load and extraneous load are additive. The sum is the total cognitive load imposed by content that needs to be learned.

The total cognitive load determines the required working memory resources needed to process information.

# Germane Load

Remaining cognitive resources within working memory devoted to addressing intrinsic and extraneous load.



Sweller, Ayers, & Kalyuga, 2011



# Germane Load

Cognitive resources within working memory devoted to addressing intrinsic and extraneous load.

If working memory resources required to deal with the combined intrinsic and extraneous load are exhausted or overwhelmed, learning is unlikely to occur (no germane load left).

For teachers:

No germane  
load left?

Probably no  
EBPs...



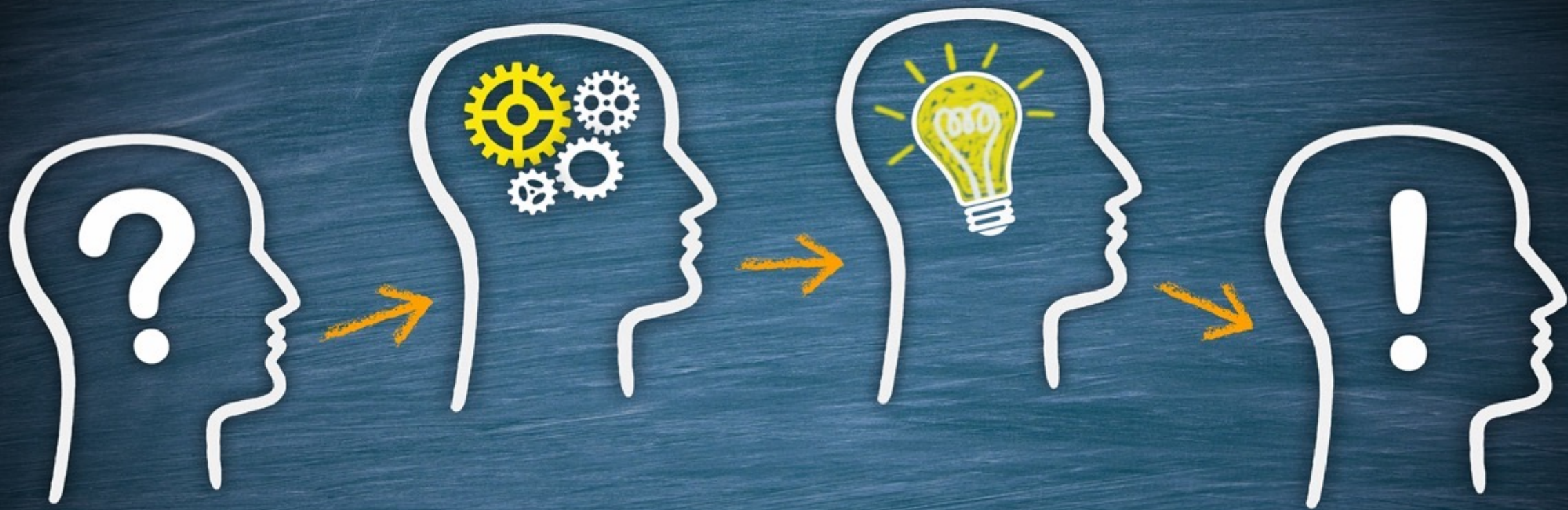
EDUCATIONAL PSYCHOLOGIST, 42(3), 123–137  
Copyright © 2007, Lawrence Erlbaum Associates, Inc.

# Cognitive Load and Classroom Teaching: The Double-Edged Sword of Automaticity

David F. Feldon

*Department of Educational Studies*  
*University of South Carolina*





Implications for Teachers???

For Many Students  
There is a **Mismatch**  
Between Student's  
Learning Needs &  
The Demands of the  
Curriculum –  
Especially in Content  
Area Courses

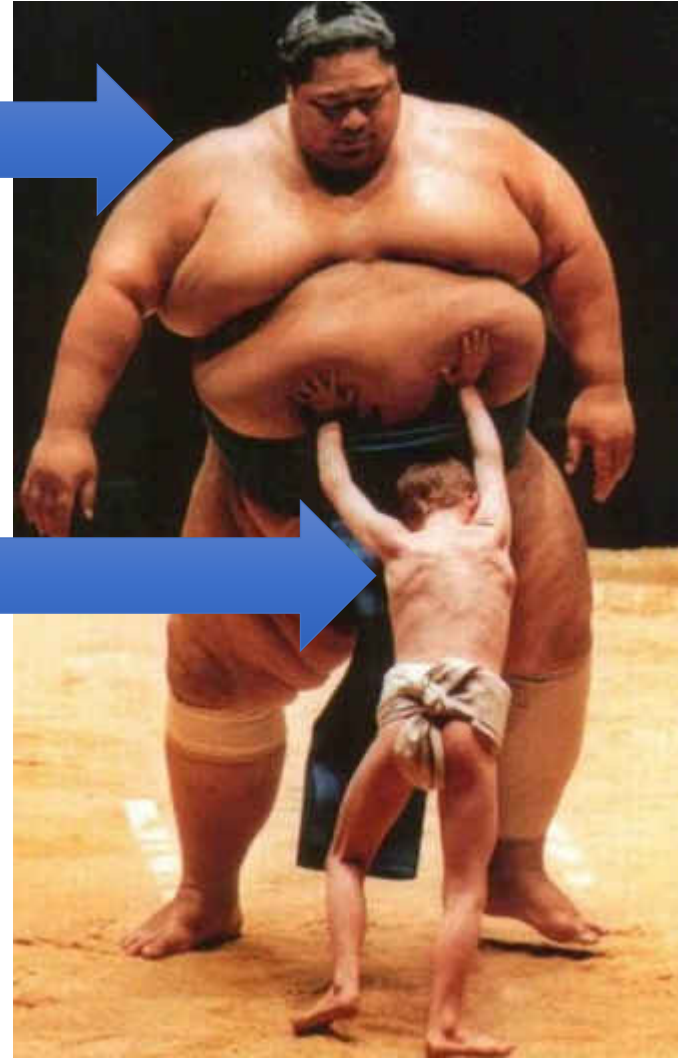
Harbort et al., 2007; King-Sears et al., 2014;  
Moin et al., 2009; Mutch-Jones et al., 2012





Demands of Content  
Courses

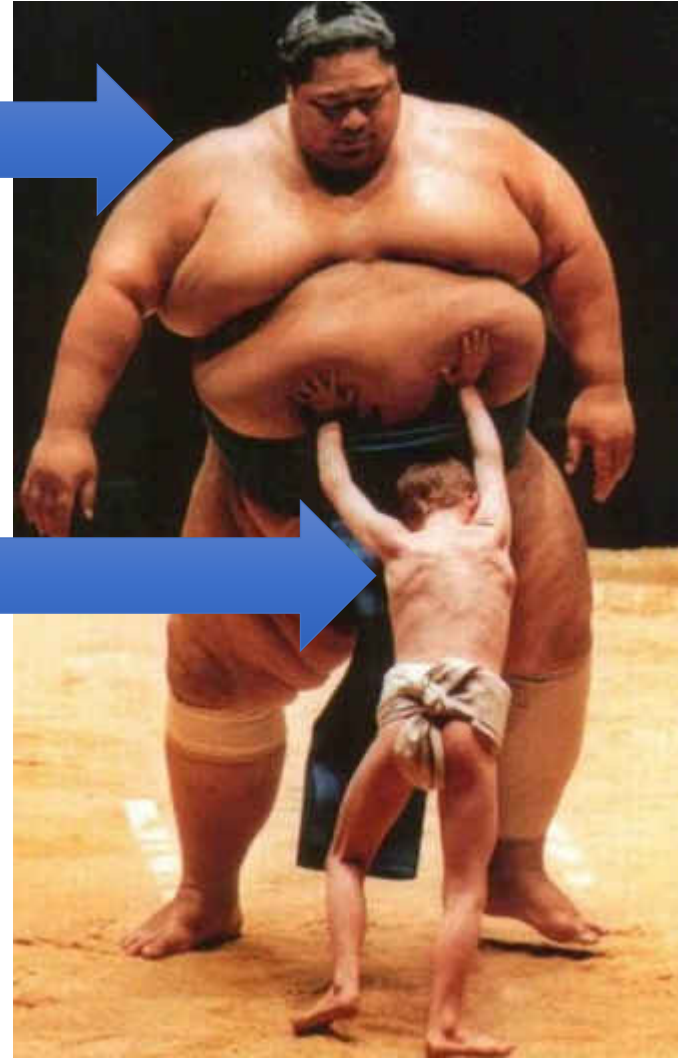
Student's Learning  
Needs





Prevailing Pedagogy

Student's Learning  
Needs



Vannest et al., 2009; Wei et al., 2010; Robinson, 2002

Whoops...

It's apparently very easy to overload learner's limited cognitive capacity – This goes for teachers in PD, or students with and without disabilities.



Whoops...

It's apparently very easy to overload learner's limited cognitive capacity.

And when that happens... learning doesn't.





Also, teachers (at all levels) are subject to experiencing cognitive overload. When a teacher is overwhelmed, they are likely to stop using practices they find to be difficult to implement, and revert to whatever approach comes easiest to them (usually talking/lecturing).





Give thought to how we structure our approach for teaching from a design perspective...





Give thought to how we structure our approach for teaching from a design perspective...

If we know intrinsic load is going to be high, that's a signal to bring our A Game and manage extraneous load.





Do the same for designing and delivering instruction for students with disabilities

If we know intrinsic load is going to be high, that's a signal to bring our A Game and manage extraneous load.

<https://vimeo.com/450156820>



## Cognitive Load Theory

*An Applied Reintroduction for Special and General Educators*

Michael J. Kennedy , University of Virginia,  
and John Elwood Romig, University of Texas at Arlington

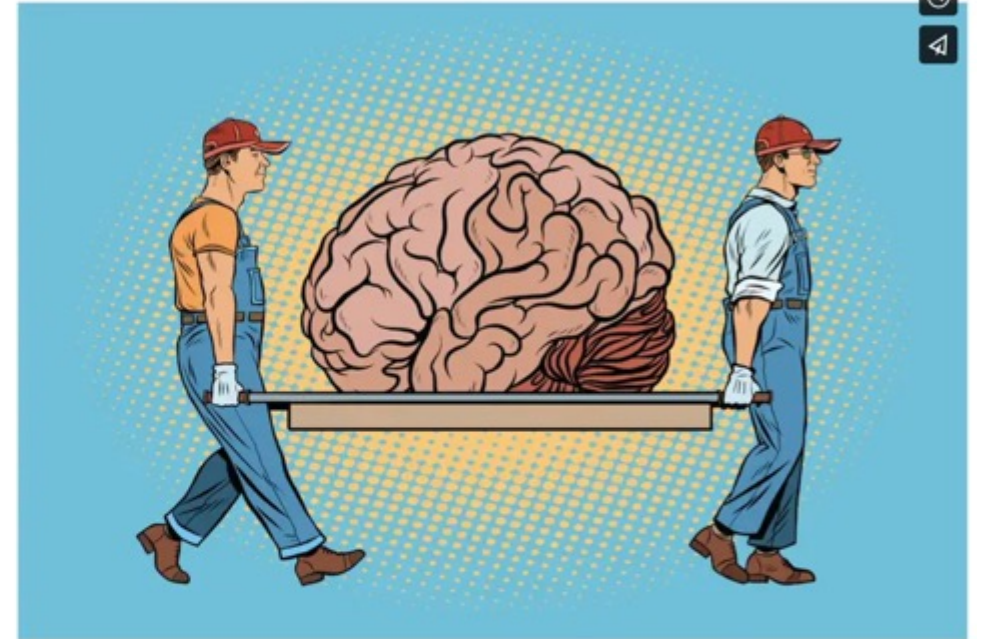


Lesson Planning For Instruction: The Problem of Cognitive Load (For Students AND Teachers)

Michael Kennedy

Are We Paying  
Enough Attention  
To Cognitive Load?

*Implications For  
Teacher Planning &  
Classroom Instruction*



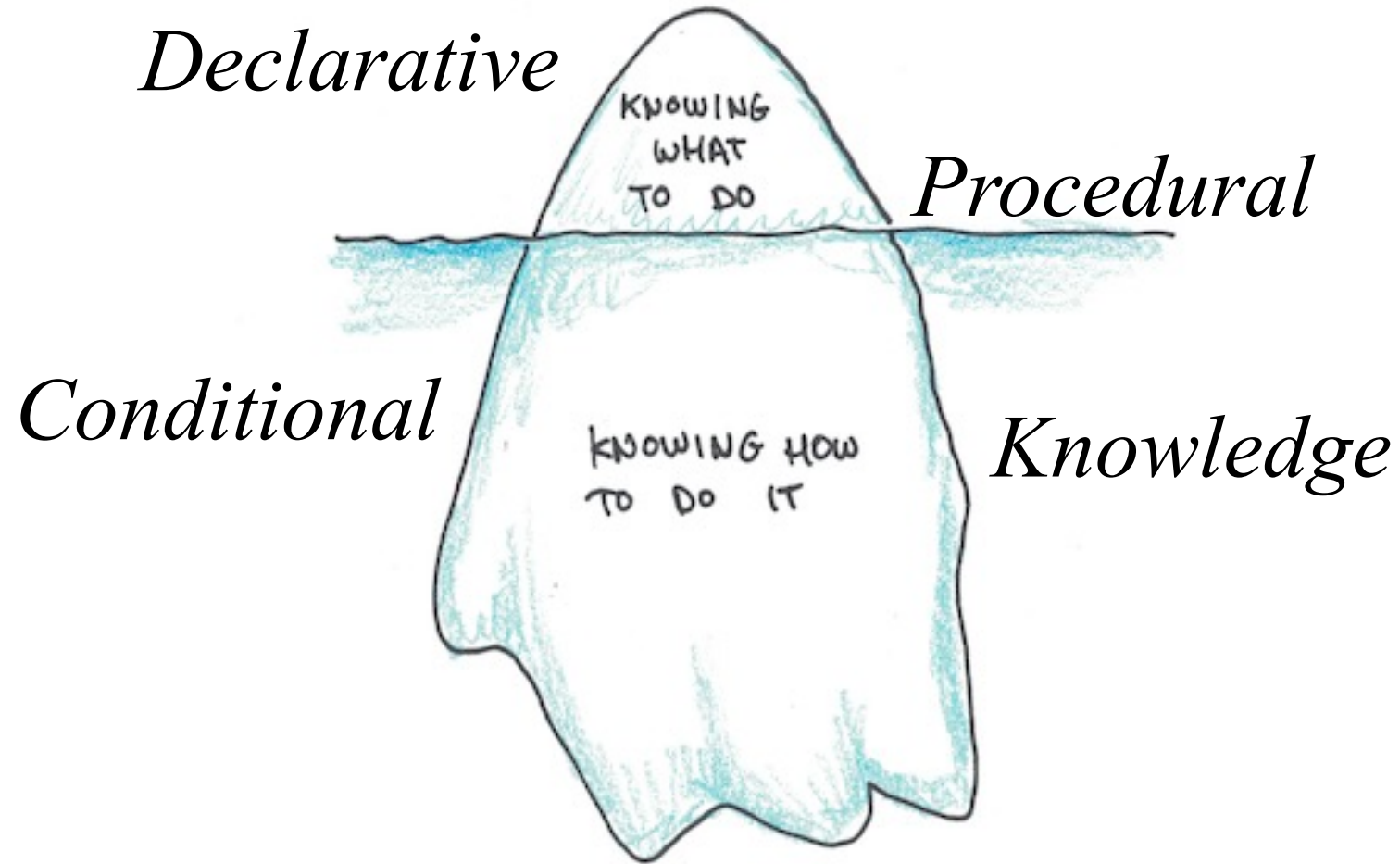
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**Lesson Planning For Instruction: The  
Problem of Cognitive Load (For Students  
AND Teachers)**

# **PART 2**

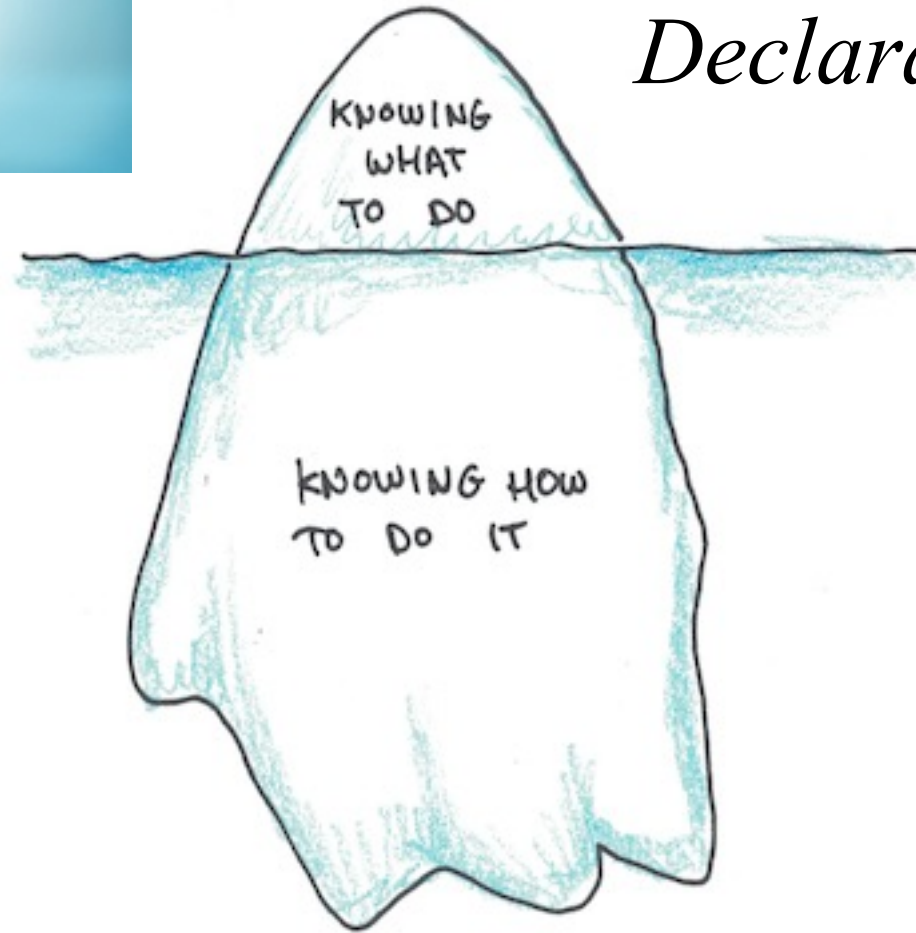


# BUILDING





## *Declarative Knowledge*









# CAPs

Content  
Acquisition  
Podcasts



# CAPs

- The CAP approach is based on Mayer's CTML and instructional design principles.

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- Goal is to keep extraneous load low, which reserves germane load to handle whatever intrinsic load is being imposed by the content.



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- We package vivid images with tight narration and occasional on-screen text to deliver instruction for one topic at a time.

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- Or, the unrecorded versions of CAPs can be used as part of a teachers' instructional repertoire.



# CAPs

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- We package vivid images with tight narration and occasional on-screen text to deliver instruction for one topic at a time.
- CAPs can be recorded for asynchronous use (teacher or student)
- Or, the unrecorded versions of CAPs can be used as part of a teachers' instructional repertoire.
- Basically, CAPs look and sound like this presentation (*not this slide though – do as I say, not as I do*)


www.spedintro.com

www.vimeo.com/mjk

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**Michael Kennedy**

📍 Charlottesville, Virginia

he/him

Michael Kennedy is an Associate Professor of Special Education at the University of Virginia. ...[Read more](#)


✉️ [mjk3p@virginia.edu](mailto:mjk3p@virginia.edu)

🔗 <https://www.spedintro.com>


🔗 <https://www.highleveragepractices.org/videos/>

➕ Add link

**430 videos**



Sample Lesson: Reviewing Expectations



HLPs as Catalyst:  
We Can Do Better Than Remediation

**Not Available for Hire**


People cannot see your availability on your profile, and you are not listed in our [professional marketplace](#).

[Get Listed](#)


**Roles**

➕ Add roles


**Project types**



Vignette 5:  
The Kitchen Sink!



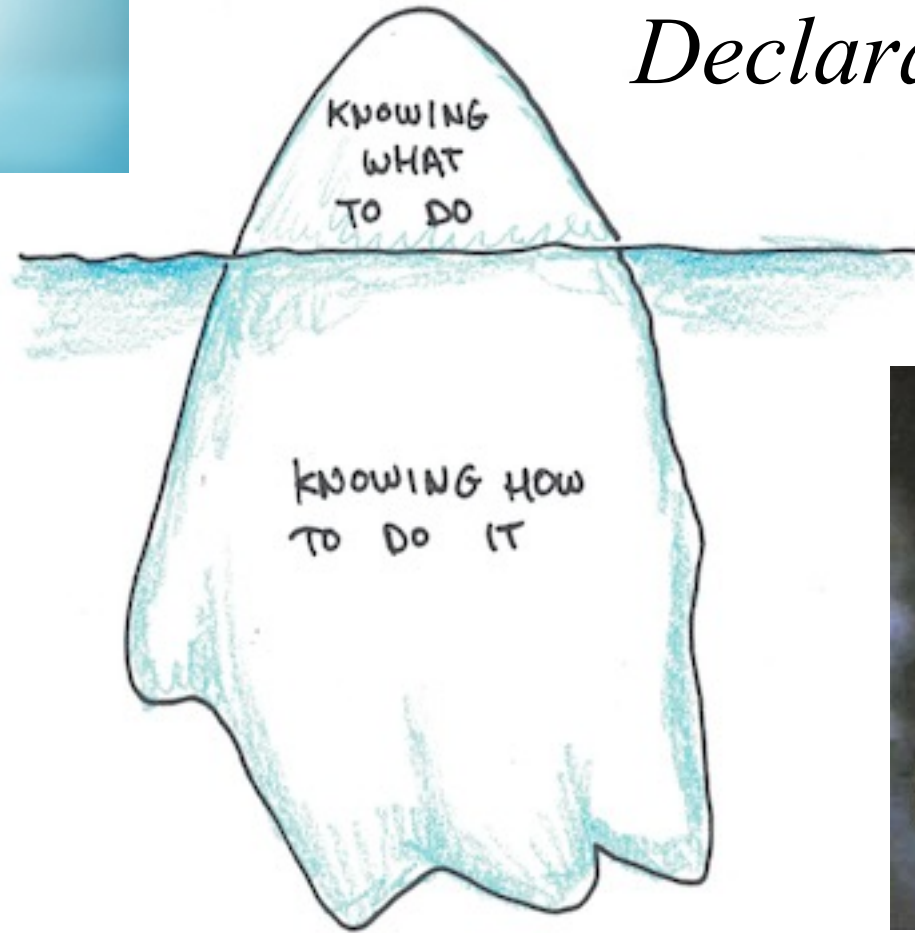
TTAC HLP Vignette 5: The Kitchen Sink (e.g., key instruction HLPs beyond EI)



Let's Start



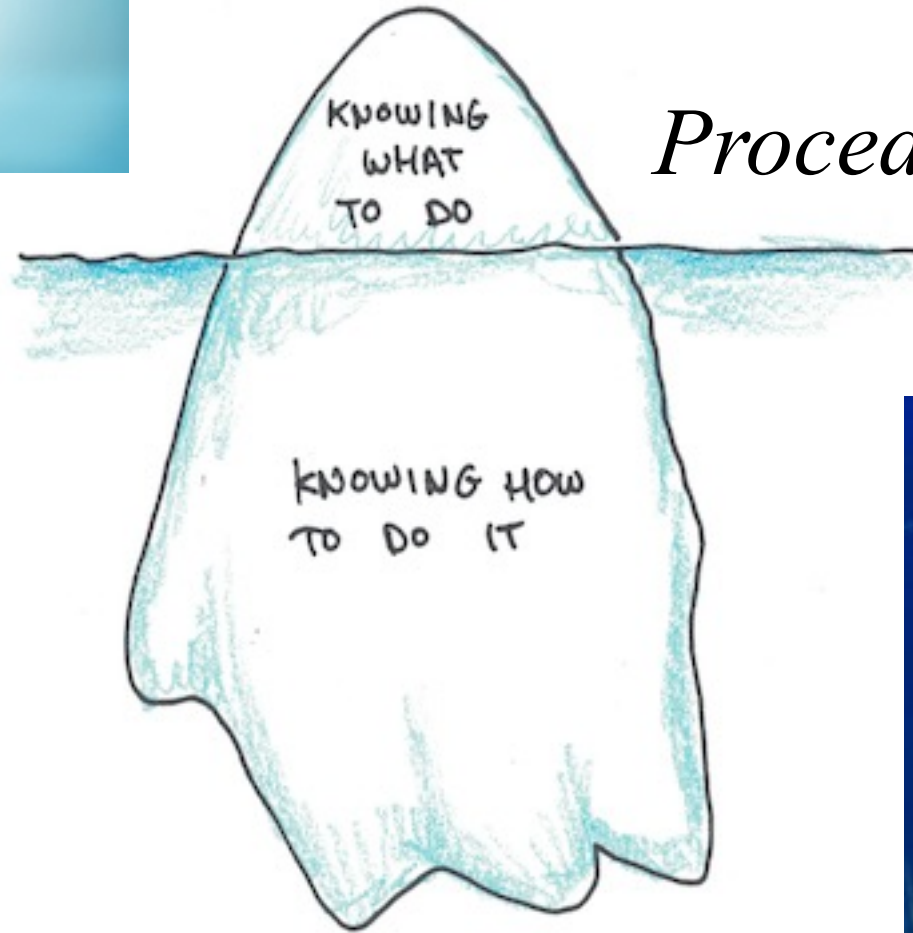
## *Declarative Knowledge*







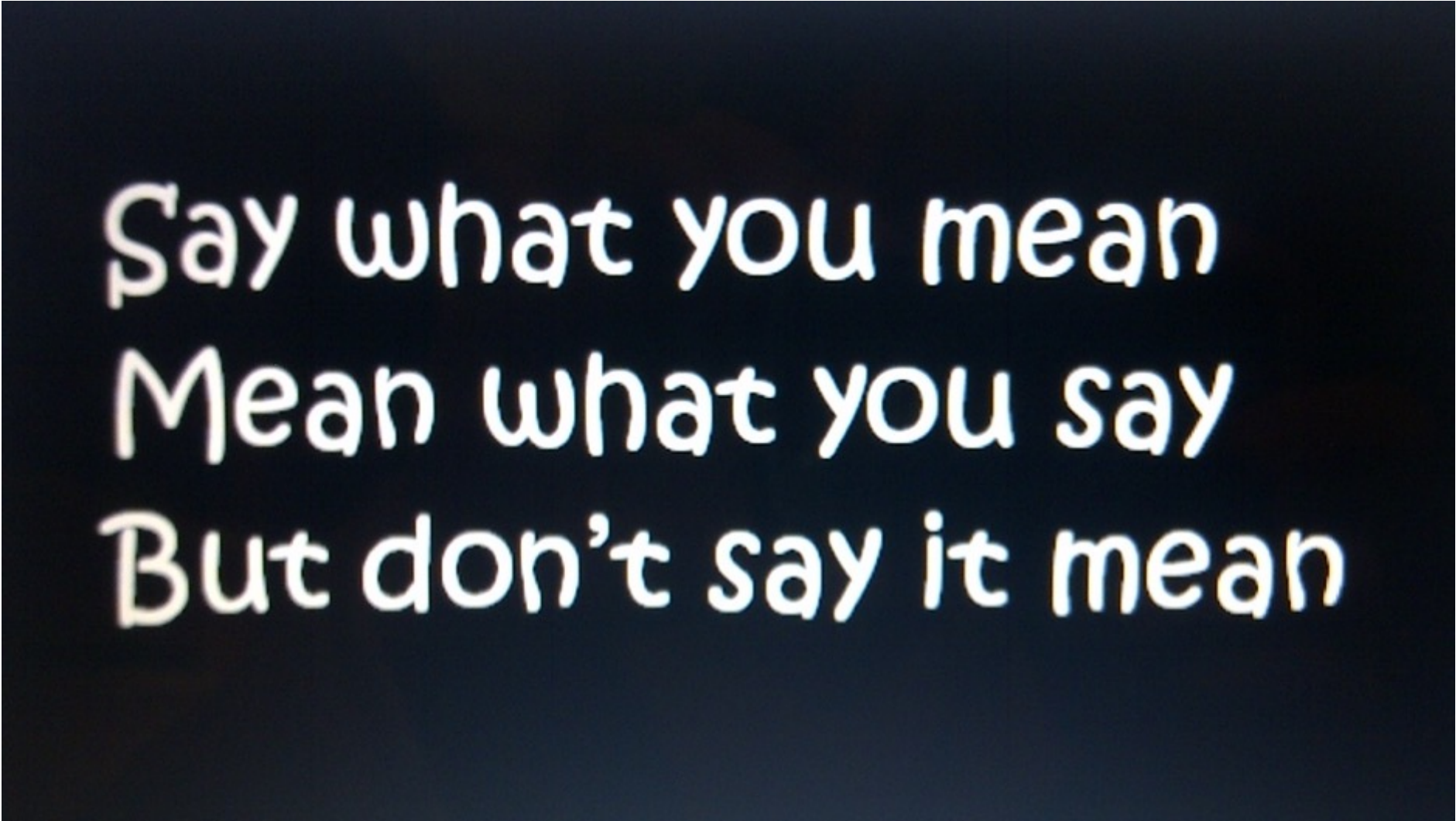
*Declarative Knowledge*



*Procedural Knowledge*



## HLP 16: Use Explicit Instruction



Say what you mean  
Mean what you say  
But don't say it mean

“I use explicit instruction every day”





Did the teacher use  
explicit instruction?

☐ YES

☐ NO

Did the teacher use  
explicit instruction?

☐ YES

Provide feedback?

☐ NO

Simply answering yes or no for any HLP the teacher attempted is an OK starting place, but is very limited in terms of determining if the practice was implemented with fidelity/quality needed to support student needs.

☐ YES

☐ NO



# (Some) Components of El...

- Clear language
- Explicit cues
- Review of background info
- Deliberate pace
- Modeling
- Guided practice
- Independent practice
- Use of examples
- Repetition
- Use of feedback

# (Some) Components of EI...

- Clear language
- Explicit cues
- Review of background info
- Deliberate pace
- Modeling
- Guided practice
- Independent practice
- Use of examples
- Repetition
- Use of feedback

*And each of these components  
have nuance to them.... They're  
not dichotomous*

[EXPLORE HLPs](#)[FIND RESOURCES](#)[ACCESS VIDEOS](#)

## VIDEO LIST

Introduction Video

Clarifying the Relationship Between HLPs and EBPs

HLP #7: Establish a Consistent, Organized and Respectful Learning Environment

HLPs #8 and #22: Provide Positive and Constructive Feedback to Guide Students' Learning and Behavior

HLP #11: Goal Setting

HLP #12: Systematically Design Instruction Toward a Specific Learning Goal

HLP #13: Make Adaptations

## VIDEO LIST

HLP #14: Use Cognitive and Metacognitive Strategies

HLP #16: Use Explicit Instruction

HLP #17: Use Flexible Grouping

HLP #18: Use Strategies to Promote Active Student Engagement

HLP #20: Provide Intensive Instruction

[VIEW UNEDITED CLIPS](#)

## Latest Video

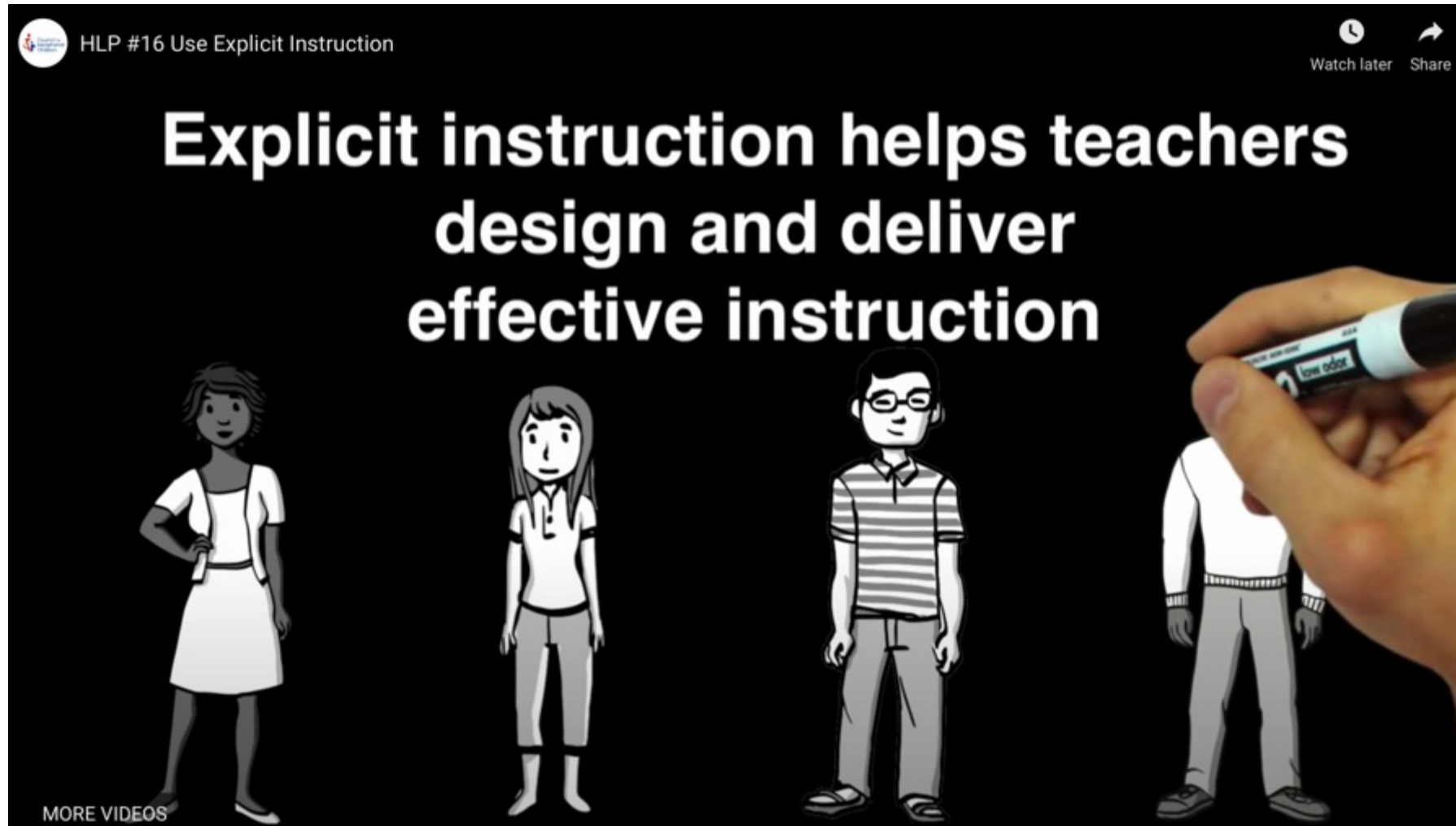


Check out the most recent HLP video released: HLP #14 Teach cognitive and metacognitive strategies to support learning and independence.

[ACCESS VIDEO](#)[BRIEF](#)[ACCESS VIDEOS](#)



In each video we note key definitions/components of each HLP



# And model implementation across various settings



# Unedited Clips of Teachers Implementing HLPs

[Home](#) > Unedited Clips of Teachers Implementing HLPs

Looking for virtual content for your courses? These unedited clips feature video exemplars of teachers implementing high-leverage practices (HLPs) in a variety of instructional settings. The settings include elementary-level, secondary-level, one-on-one, small-group, whole-group, and virtual instruction.

The clips can be used in your educator preparation program courses as supplemental content to observe teacher practice and prompt discussion around the HLPs.

## SHARE



## View the Clips

UNEDITED VIDEO CLIP #1: UPPER ELEMENTARY SMALL-GROUP MATH LESSON



UNEDITED VIDEO CLIP #2: EARLY ELEMENTARY FULL-GROUP READING LESSON



UNEDITED VIDEO CLIP #3: UPPER ELEMENTARY FULL-GROUP MATH LESSON



# www.highleveragepractices.org

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## RESOURCE LIBRARY

[Access PD Materials](#)[Apply HLPs](#)[Explore HLP Foundations](#)[HLP Leadership Guides](#)[Interactive Alignment Tool](#)

## Georgia HLP Induction Professional Learning Series



Access a 7-part professional learning series that offers new teachers an opportunity to learn and practice strategies for implementing HLPs.

[ACCESS WEBINARS](#)[VIEW BRIEF](#)[ACCESS VIDEOS](#)



# **HLP 1: Collaborate with Professionals to Increase Student Success**



# **High-Leverage Practices for Students with Disabilities**

It is very easy for professionals working in schools to take collaboration for granted. Obviously, teachers and other staff see and speak to one another on a regular basis, which can give the illusion that collaboration is happening. However, as noted by Friend and Barron (2019), interaction alone does not constitute collaboration. True collaboration requires intention, effort, and skill on the part of professionals, and results in positive outcomes for all parties – especially students with disabilities and others who struggle. HLP 1 is one of the most essential practices to master because it is one of the HLPs used every single day regardless of grade level, content area, or disability status of students. The effective special educator who collaborates well with their colleagues will then be in a strong position to also collaborate with families (HLP 3) and run effective meetings so quality programming can be decided upon and then implemented (HLP 2). In addition, collaboration is essential to implementing essentially all of the social/ behavioral and instruction HLPs as well. In sum, this is HLP 1 for a very good reason.

This resource is intended to support school leaders looking to embed the HLPs in professional development, implementation, teacher observation and feedback efforts at their school site.

The major source for content within this resource is the chapter by Marilyn Friend and Tammy Barron in *High-Leverage Practices in the Inclusive Classroom*; the book *High-Leverage Practices in Special Education: The Final Report of the HLP Writing Team*, and content on [www.highleveragepractices.org](http://www.highleveragepractices.org).

## ● Teachers Who Effectively Collaborate with Other Professionals

### ***Demonstrate Communication Skills***

- Demonstrate verbal active listening skills (e.g., paraphrasing).
- Demonstrate nonverbal active listening skills (e.g., facial expressions).
- Use open-ended questioning to encourage active participation and sharing of information from other professionals.
- Use statements that are accurate and descriptive rather than vague and evaluative.
- Carefully blend the above communication skills to foster partnership among professionals.

### ***Co-Teaching & Working with Paraprofessionals***

- Co-teaching partners have a strong commitment to their shared work.
- Co-teaching partners communicate and plan with each other regularly.
- Co-teaching partners share resources, decision-making, and accountability.
- Co-teaching partners (and in some cases, paraprofessionals) plan for and use a variety of co-teaching approaches to meet students' needs.
- Clearly establish and agree upon roles and responsibilities between co-teaching partners and paraprofessionals.

### ***Follow Interaction Processes***

- Follow the steps to shared problem solving to manage conflicts or disagreements.

## Tips for School Leaders to Support Teachers ●

- Ensure sufficient, common time is provided for team planning and co-planning.
- Communicate that co-teachers (and other collaborators) are of equal value and are expected to make equal contributions to planning and instruction.
- Take co-teaching needs into account when creating the school master schedule.
- Support all professionals in implementation of specially designed instruction and supports noted in IEPs.
- Set up data systems to guide teachers' work and communicate shared accountability in using/maintaining these data systems.
- Be proactive in monitoring collaborators' communication and planning – provide guidance to individuals as needed, to help move their communication and planning in a positive direction.

## Questions to Prompt Discussion, Self-Reflection, and Observer Feedback ●

- How can you show individuals with whom you collaborate with that you are actively listening to them?
- What role does collaboration play in establishing a partnership and avoiding conflict when co-teaching?
- How can you rephrase questions to encourage thoughtful and informative responses from collaborators?
- In what ways can you try to ensure that your communicative messages are received as intended?
- If conflict/disagreement arises, what strategies can you use to mend the situation?
- How can you ensure that the interactions and goals are focused on



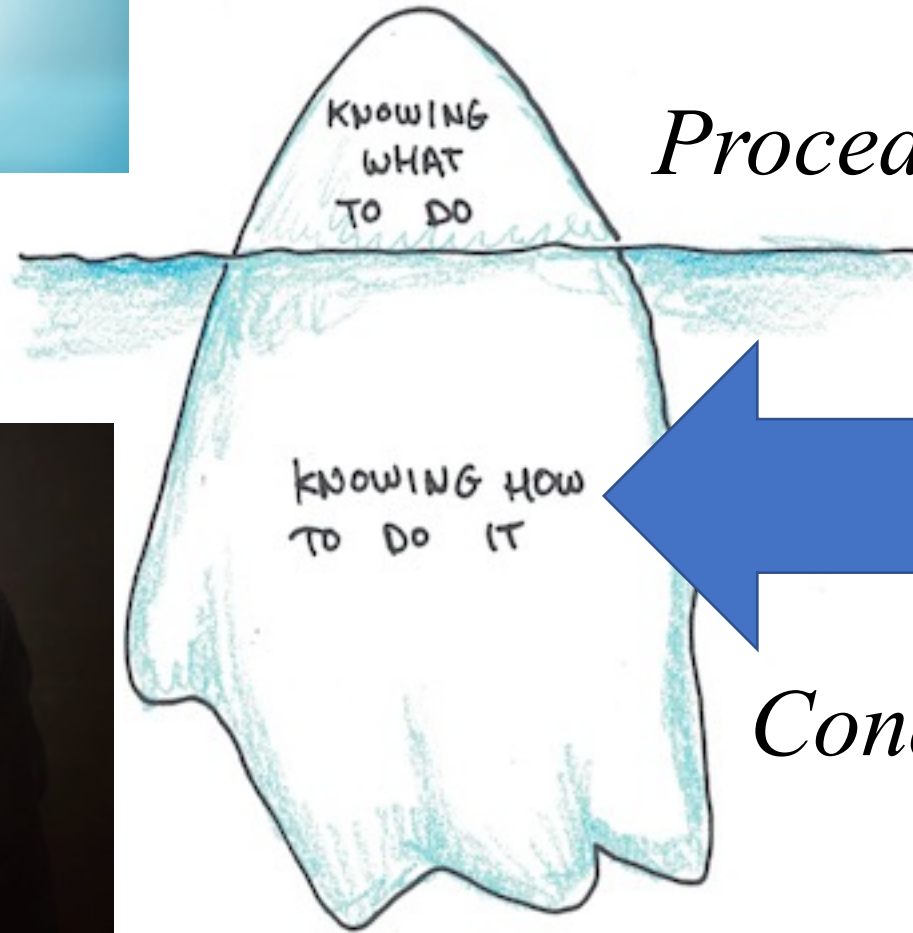
**GOOD...GOOD....!**

**EVERYTHING IS PROCEEDING AS I HAVE FORSEEN...!**

imgflip.com



*Declarative Knowledge*

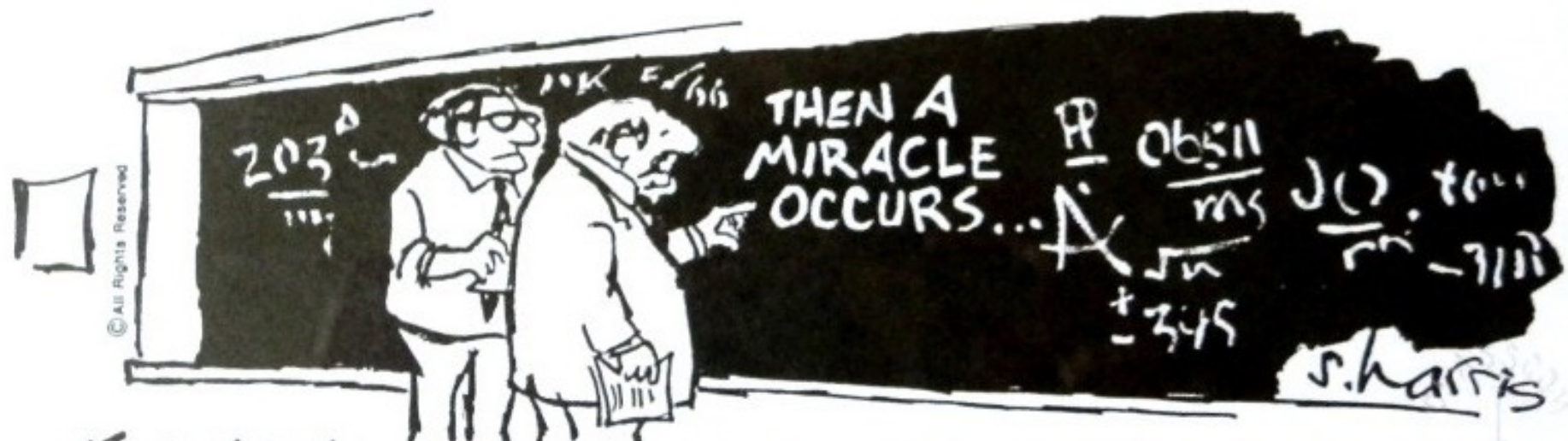


*Procedural Knowledge*



*Conditional Knowledge*





"I THINK YOU SHOULD BE MORE EXPLICIT HERE IN STEP TWO."

There is sadly no simple button



**SEEMS LEGIT**





# EXPERIENCE



loading...

Give our candidates (and ourselves) a chance to look at solid (and sometimes not so solid) examples of use of practice, and then have rich opportunity for discussion. Think about how the HLPs operate in layers, and how EBPs are supported by implementation of these practices.



<https://highleveragepractices.org/unedited-clips-teachers-implementing-hlps>



[EXPLORE HLPs](#)

[FIND RESOURCES](#)

[ACCESS VIDEOS](#)

## Unedited Clips of Teachers Implementing HLPs

[Home](#) > [Unedited Clips of Teachers Implementing HLPs](#)

Looking for virtual content for your courses? These unedited clips feature video exemplars of teachers implementing high-leverage practices (HLPs) in a variety of instructional settings. The settings include elementary-level, secondary-level, one-on-one, small-group, whole-group, and virtual instruction.

The clips can be used in your educator preparation program courses as supplemental content to observe teacher practice and prompt discussion around the HLPs.

SHARE



### View the Clips

UNEDITED VIDEO CLIP #1: UPPER ELEMENTARY SMALL-GROUP MATH LESSON



UNEDITED VIDEO CLIP #2: EARLY ELEMENTARY FULL-GROUP READING LESSON



UNEDITED VIDEO CLIP #3: UPPER ELEMENTARY FULL-GROUP MATH LESSON







UVA

SCHOOL of EDUCATION  
and HUMAN DEVELOPMENT

# Welcome to COACHED

Capturing Observations and Collaboratively sHaring Educational Data

Created By

Michael Kennedy - [mjk3p@virginia.edu](mailto:mjk3p@virginia.edu)

Rachel Kunemund - [rk8vm@virginia.edu](mailto:rk8vm@virginia.edu)



Office of Special Education Programs  
U.S. Department of Education

# COACHED



<https://www.coached.education.virginia.edu/>



Guest User: COACHED@test.com

Password: COACHEDtest

- COACHED is available at **no cost** to individual users and institutions
- We are always looking for **new partners**
  - Pre-K-12
  - Universities/ Teacher Educators





COACHED

## •Coaching Tools



- CT Scan Observational Instrument
- CAP-TVs Multimedia Vignettes
- Interactive Feedback Form
- Self-Reflection Matrices



# Flexible Use



Tomorrow at 10 In This Room



# PART 3



# Implementation of High-Leverage Practices: The Need for Nuance and Finesse





Need a strong foundation of practice

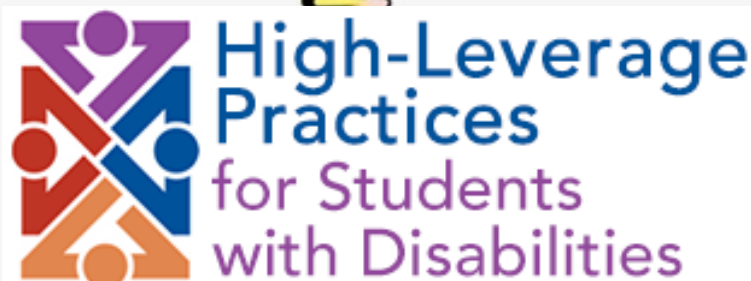


[www.hileveragepractices.org](http://www.hileveragepractices.org)









Foundation for





Four Domains; Big Implications for Practice

<https://highleveragepractices.org/hlp-leadership-guides>



# High-Leverage Practices

for Students  
with Disabilities





# High-Leverage Practices for Students with Disabilities





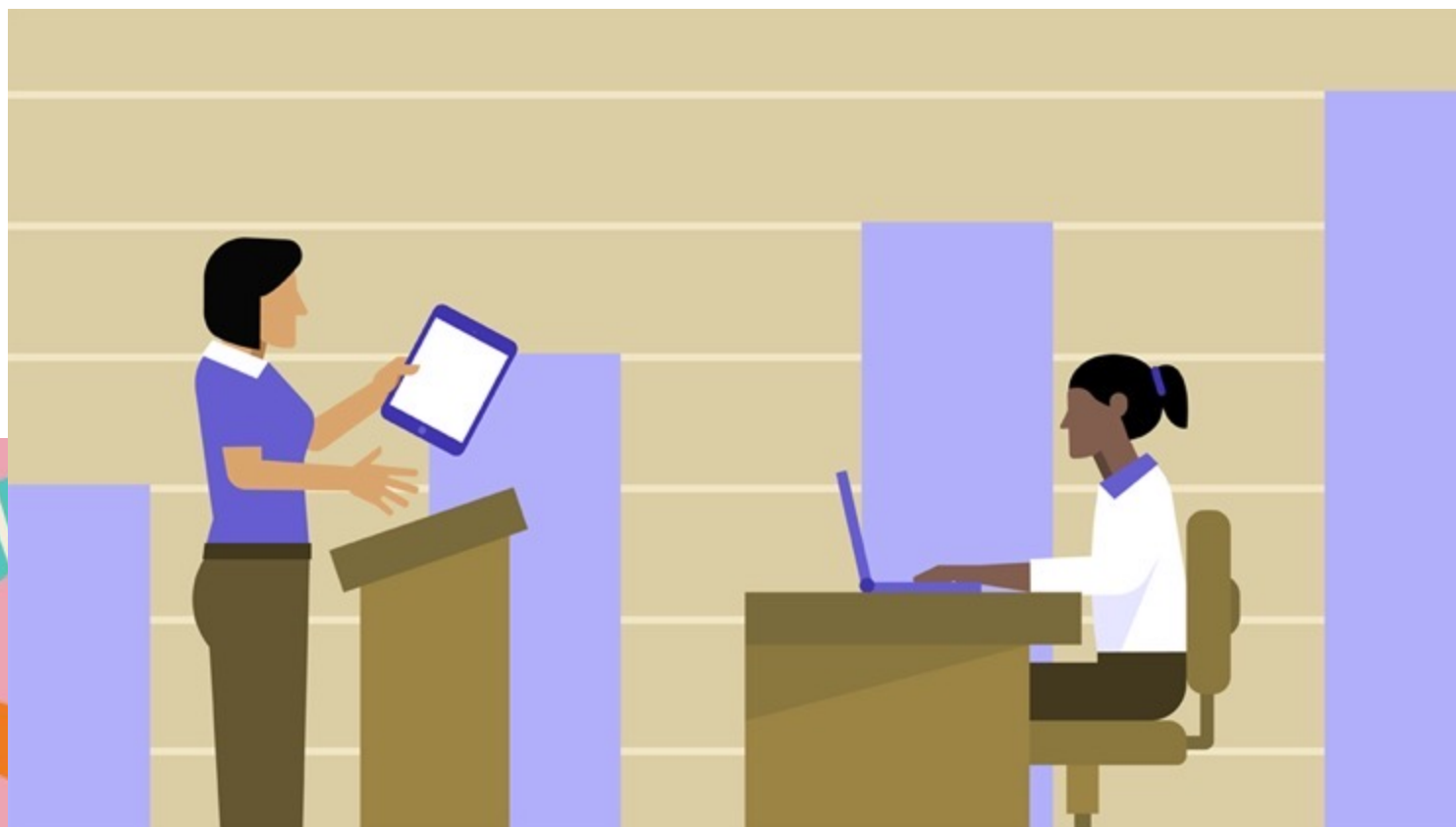
# High-Leverage Practices for Students with Disabilities







# High-Leverage Practices for Students with Disabilities





# Four Domains; Big Implications for Practice

<https://highleveragepractices.org/hlp-leadership-guides>

Collaboration



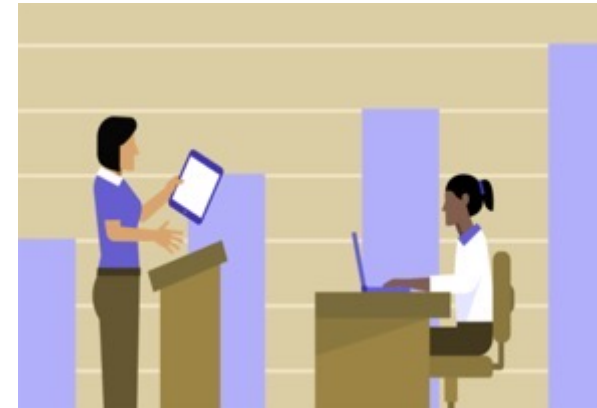
Assessment



Social/Behavioral

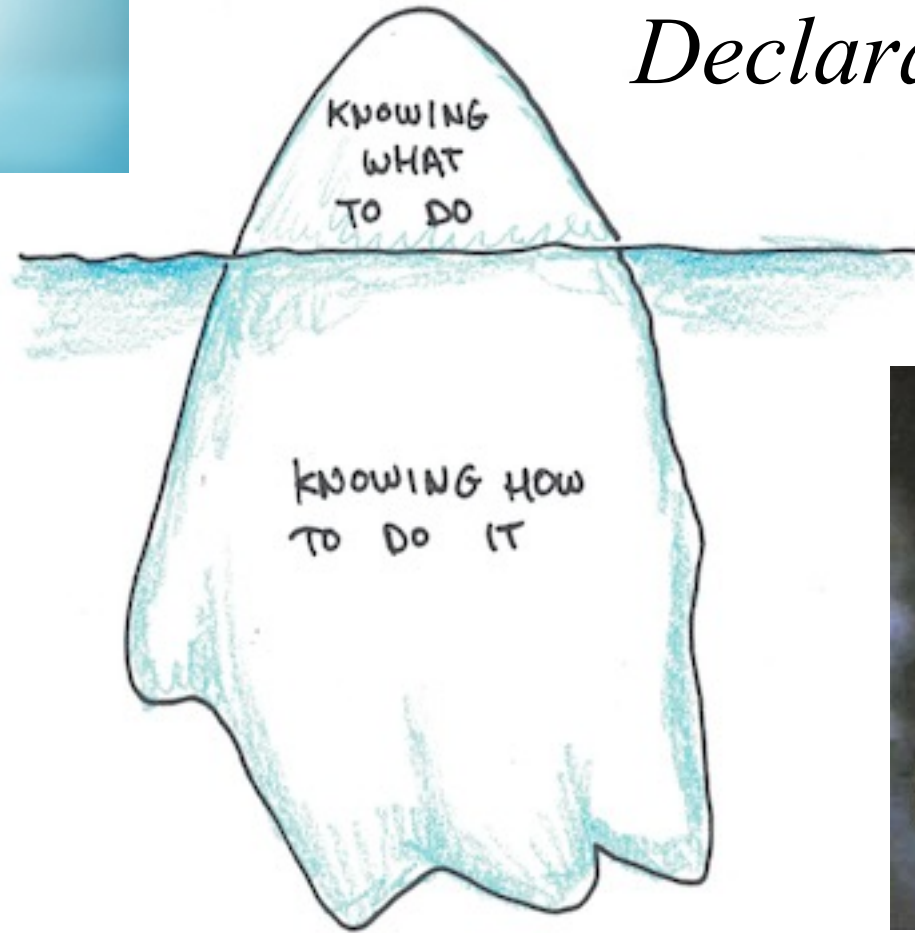


Instruction

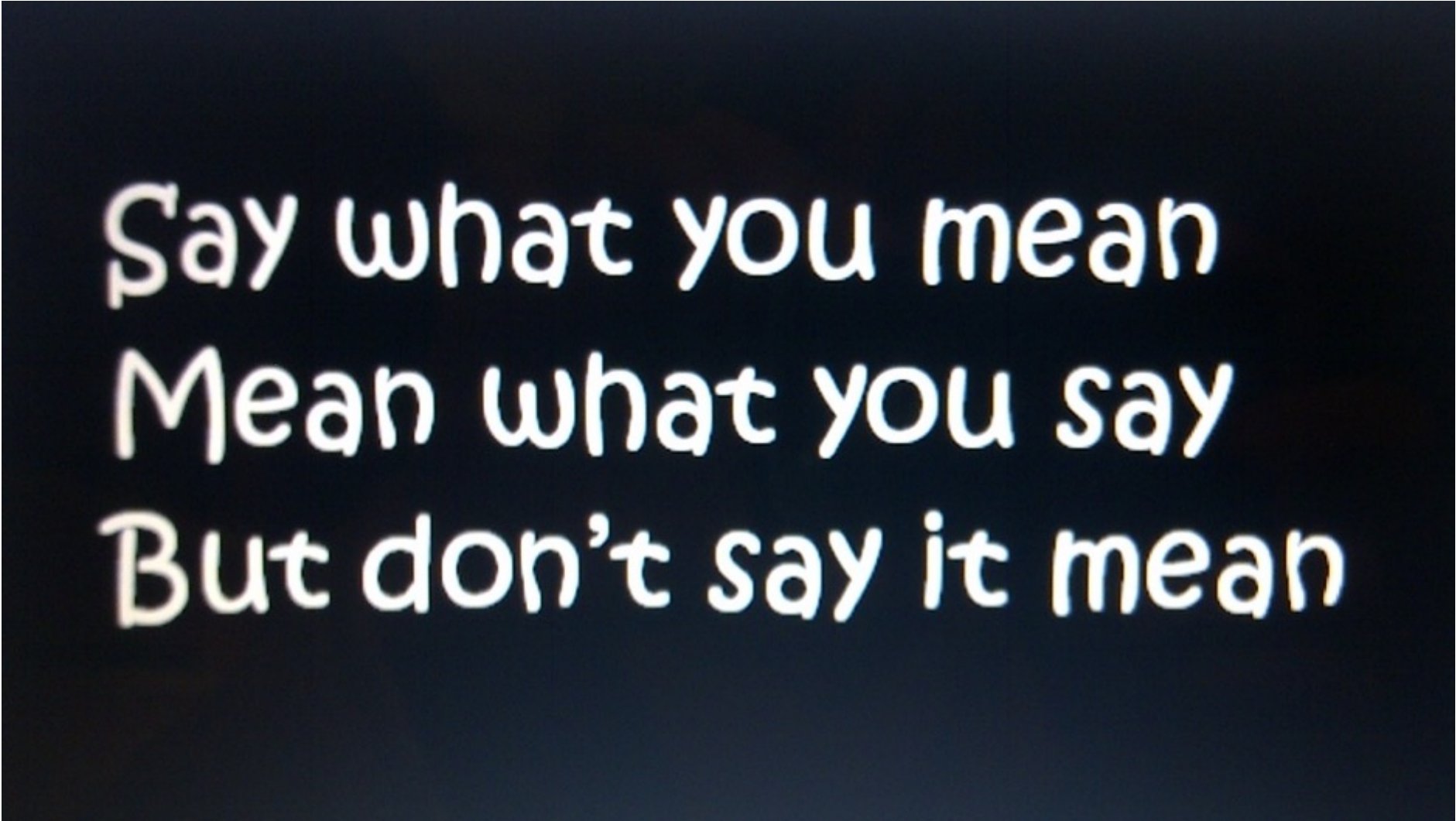




## *Declarative Knowledge*



## HLP 16: Use Explicit Instruction



Say what you mean  
Mean what you say  
But don't say it mean



# Key Elements of Explicit Instruction





- Use clear language
- Use cues
- Break complicated content into chunks
- Make connections to prior learning
- Highlight relevant and varied examples (and non-examples)
- Use an engaging, deliberate, and predictable pace
- Provide lots of (varied) opportunities to respond (OTRs)
- Deliver high-quality feedback
- Model (I do) regularly
- Provide guided practice (we do) regularly
- Utilize independent practice (you do) when students are ready



<https://vimeo.com/623713073>

TTAC HLP Series Vignette 1: ABCs of Explicit Instruction and Effective Feedback  
from Michael Kennedy

# High-Leverage Practices for the Post-COVID Classroom: Preparing Teachers, Staff, and Other Stakeholders for Instructional and Behavioral Challenges



54:39

vimeo

**TTAC HLP Series Vignette 1: ABCs of Explicit Instruction and Effective Feedback**



The Importance of Clear Language  
& Being Deliberate



## The Importance of OTRs





## The Importance of Feedback



## The Importance of Modeling



## The Importance of Guided Practice



The Importance of Clear Language





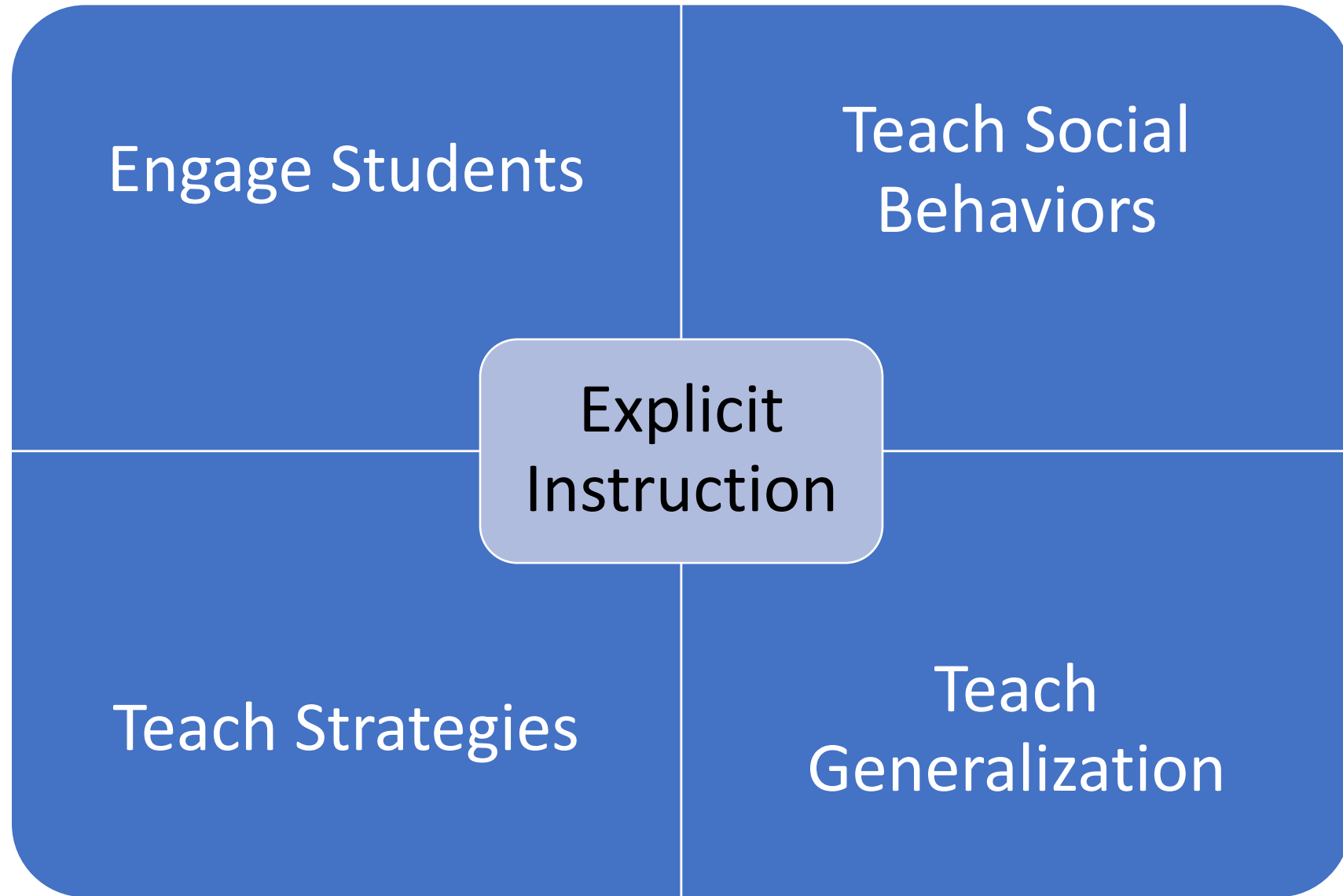
## The Importance of Examples



The Importance of Independent Practice

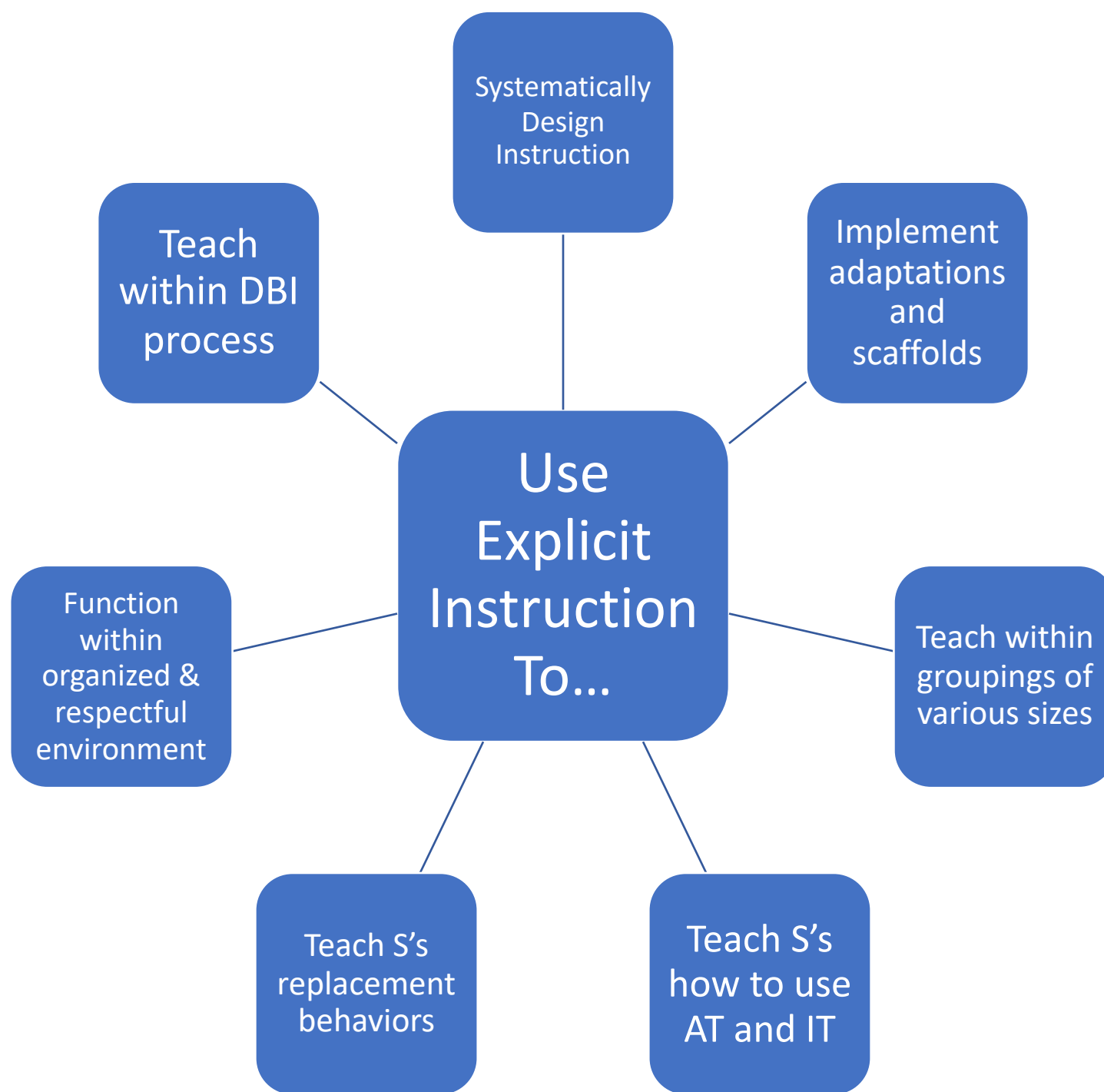
The importance of  
providing  
demonstrations and  
getting students to  
dig their hands in  
and do some deep  
thinking











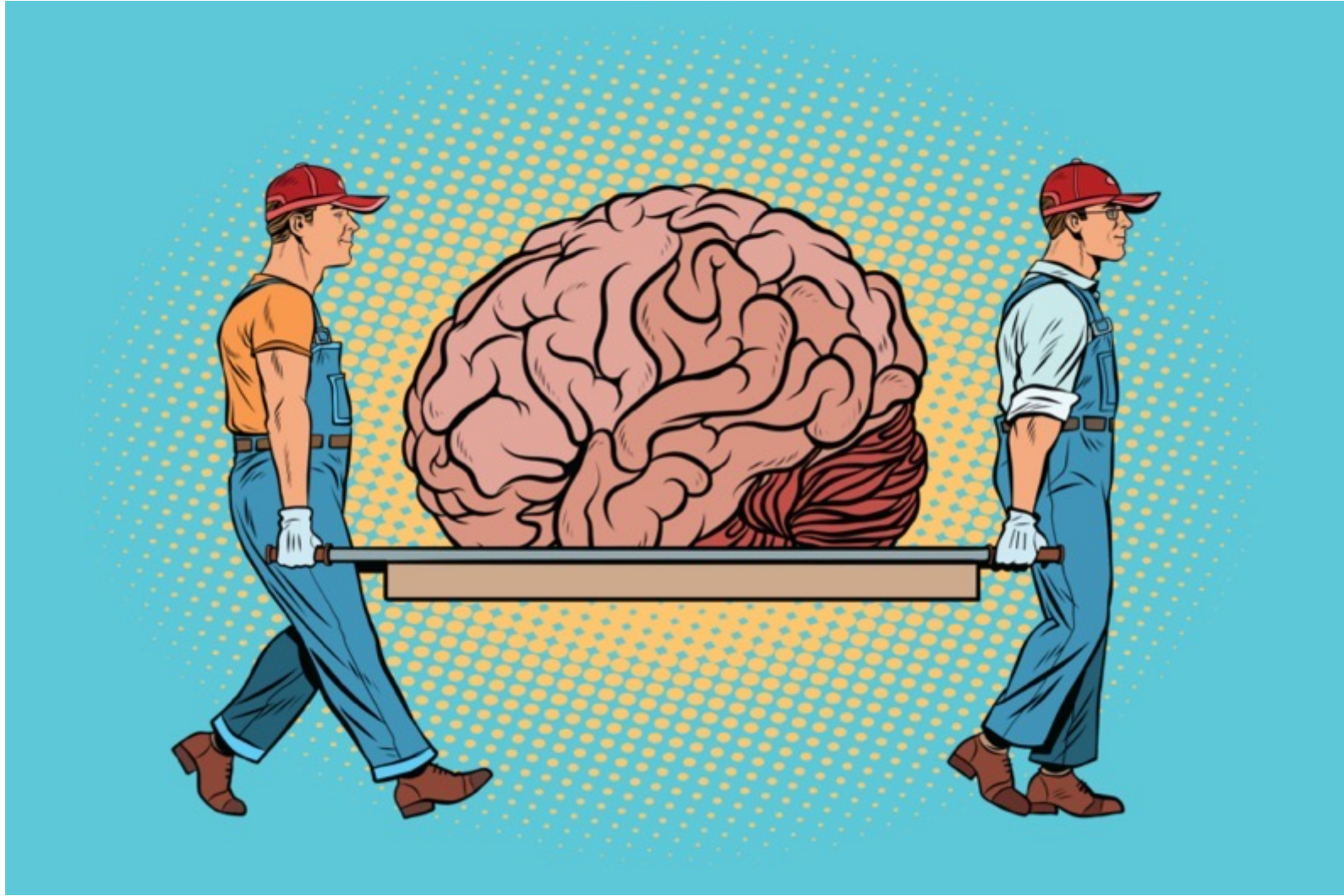


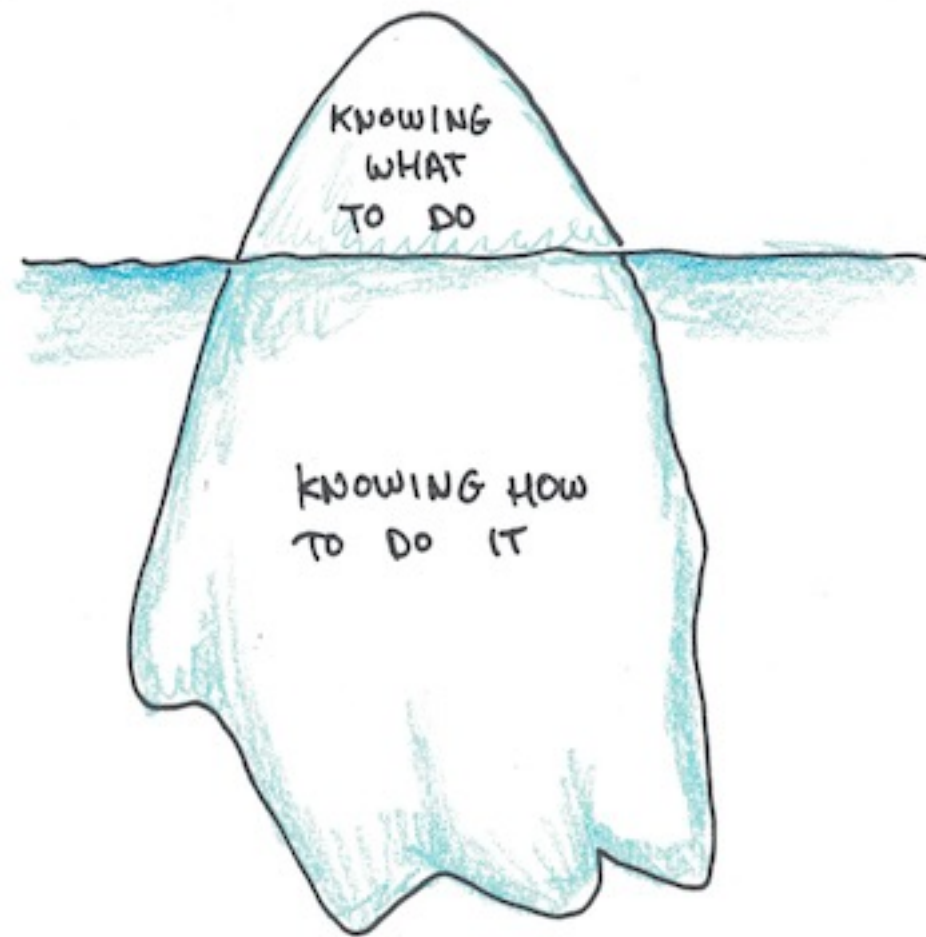
# Part 4

# Putting it All Together









 power thesaurus

# Synonyms for Not enough

insufficient

inadequate

lack

not sufficient

too little



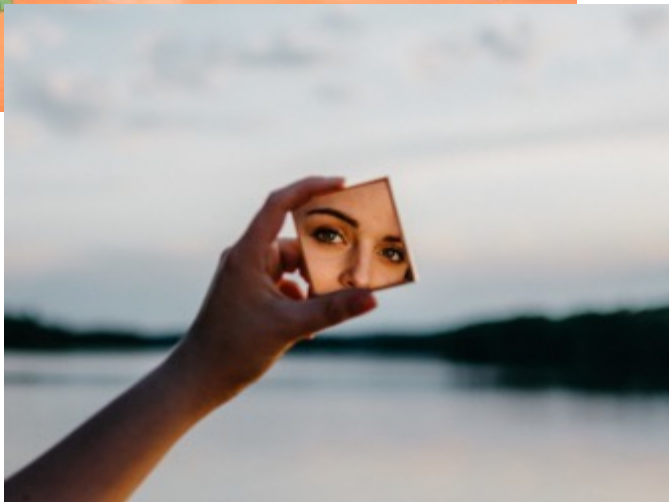
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Rachel Kunemund - [rk8vm@virginia.edu](mailto:rk8vm@virginia.edu)



- So we're going to go over just a few,



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