Conceptualizing High-Uptake Practices

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What is a high-uptake practice?

High-uptake practices are instructional actions that are **readily** and **frequently** utilized by teachers. High-uptake practices are **not contingent upon the quality of the action**, but **rather by the rate at which teachers incorporate them** into their instructional repertoire.

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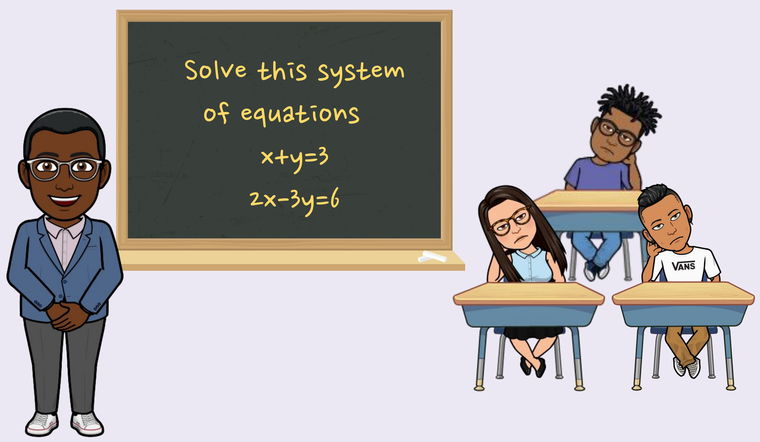
What are incremental high-uptake practices (i.e., Instructional Nudges)?

Practices **easily taken up that provide incremental or modest improvements** to teachers' instruction (Star, 2016). Practices are clearly articulated teacher actions (**instrumentality**), aligned with a teacher's current instructional approach and context (**congruence**), and the expected benefit from implementing the practice exceeds the effort and resources to enact it (**cost**) (Doyle & Ponder, 1977; Janssen et al., 2013).

Why use incremental high-uptake practices (i.e., Instructional Nudges)?

COVID-19 and its repercussions have put a strain on teachers emotionally, physically, socially, and/or professionally. This reality has made traditional approaches to PD challenging to enact. We see instructional nudges as a potential solution to such challenges because they **center teachers' current practice** and offer small, modest changes that are **less resource intensive** and **tailored to fit with teachers' realities**.

Before



SAMPLE INSTRUCTIONAL NUDGE

Rate and Review

Given a problem that is pre-solved, ask students to rate the solution and review it like they would on a web service. This builds on Star et al.'s (2015) suggestion to use worked examples to support students' algebra reasoning and sense-making but it also connects with an everyday social practice.

After

Ji Yeong's teacher asked her to solve the following system of equations:

$$x + y = 3$$
$$2x - 3y = 6$$

Ji Yeong solved it like this:

$$2(x + y) = (3)2$$
$$-1(2x - 3y) = (6)(-1)$$

$$2x + 2y = 6$$
$$+\ \ -2x + 3y = -6$$

$$5y = 0$$
$$y = 0$$

$$x + 0 = 3$$
$$x = 3$$

So, the solution is (3, 0)

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