EXCERPT

Effective Professional Development

A recent white paper prepared by Center for Research on Learning researchers establishes a framework for quality professional development. Here are excerpts from the paper. You may download the complete paper at http://kucrl.org/simville/pd/PD-whitepaper-6_20_12.docx. (Note: You will need the SIMville user name and password to download this document.)

Effective Professional Development for Adult Learners, excerpts from the white paper by Patty Graner, Marilyn Ault, Daryl Mellard, and Robin Gingerich.

BACKGROUND

For this paper and for our work, professional development is defined as ongoing learning through a comprehensive, sustained and intensive approach to improve participants' effectiveness by advancing their skills or expertise. ^{1,2} Professional development (PD) addresses all staff. PD for teachers, instructors and others is about improving their practices to improve student achievement and outcomes. 3, 4, 5, 6, 7 PD is not about dissemination, one-shot sessions or training; it is about applying research-based experiences regarding structures, activities, and supports to ensure that participants can implement the behaviors or interventions with fidelity and to produce deep changes in their instructional practice. Research evidence indicates that student achievement increases when teachers participate in PD that concentrates on increased, meaningful and relevant learning for students, 8 as well as ways of helping students to develop deep understanding of content, to think critically and solve problems. 9

The PD framework described here is evidence-based

and systemic. The framework supports participants' (a) learning and (b) implementation. The framework also addresses two important outcomes: institutionalization and sustainability of new information or practice. This PD framework is intended for application across all PD topics or foci and has three important components: guiding principles, practices, and structural elements.

GUIDING PRINCIPLES OF ADULT LEARNING

1. Need for Orientation and Motivation

Prior to the PD event, the learner has a motivational perspective about his/her incentive to participate. When participants feel they have a sense of control or decision about participation, they allocate more time and effort and spend more time engaged in on-task learning activities. Another influence on the decision to participate in PD is tied to meeting current or expected work role demands. As one might expect, the more the PD is connected to role demands, the stronger the motivation is to engage in the PD.

Participation *during* PD is influenced by a number of factors including work climate, the sense of progress in learning the materials, and engagement. A supportive environment is an important determinant for maintaining motivation during the PD. In high quality PD, participants must have an opportunity to be engaged through active learning rather than passive learning that may be characterized as a lecture or observation of demonstrations. Regularly building in opportunities for active engagement, modeling, practice, practice with feedback, real life application, role playing and problem solving can ensure transfer of the learning to the classroom. 11, 12, 13

CONTENTS

• 2012/2013 virtual conference registration form, 5-6 • Strateworks renewal, 7 • KUCRL calendar, 8



After the PD is completed, the focus shifts to the transfer of learning to the work environment. The two strongest influences to support transfer are the organizational support and the immediate supervisor's support for utilizing the new competencies. An interesting consideration is that regardless of the learners' mastery of the new knowledge and skills, the successful application depends on the support of external influences (e.g., policy, administrative & collegial support, technical assistance).

2. Need for Human Sense Making

An effective PD process allows and supports human sense making, which occurs at the personal level. While PD facilitators are overtly teaching a method or practice, they must also attend to how the participants are adapting these new practices to align with their personal theories, beliefs, attitudes and work roles—the what, when, purpose, and how of their instructional practices and guidance to others.14, 15 Thus, opportunities for staff discussions and personal reflection about the intent, supports, and challenges of implementation must take place during and after the PD session to support their human sense making. Providing the opportunity to reflect on and evaluate one's learning has been shown to be a successful PD practice and is a powerful component in supporting human sense making.

3. Need to Balance Content and Coherence

Each PD session must have a content focus, and, according to Desimone, this may be the most influential feature for participants. A number of studies confirm that PD delivered to educational professionals is most successful if activities in which participants engage are focused on how their students will learn the informa-

tion, gain the knowledge and skills thus increasing student achievement. PD must reflect also *coherence*, which emphasizes the extent to which the learning is consistent with participants' knowledge and beliefs, and reflects the policies and reforms of the organization.¹⁶

DURING PD: PRACTICES THAT REFLECT GUIDING PRINCIPLES

Following are four practices important to improving mastery through the PD experience. The practices are intended to move the participant from a surface introduction of the principle or practice through implementation and self-assessment and reflection.

Practice #1. Information Preview, Introductory Activities, and Presentation of Theory

Engaging learners in a preview of the material, knowledge, or practice can lay the groundwork for participants to begin to make sense of a new idea or information.

Information preview can include providing participants with a pretest, introductory videos, readings, or warm-ups before a PD session. Dunst, et al., refer to introductory activities that are often used before or at the beginning of a session as a means to introduce new information to participants.¹³ In their research, out-of-class activities and introductory workshop presentations were most effective for familiarizing participants with new knowledge and presenting theory.

Practice #2. Demonstration and Illustration

Participants are able to see the applicability to their daily work via demonstrations of how the material, knowledge, or practice will be used. These demonstrations are important for human sense making. Demon-

stration and illustration of a practice through instructor simulations and learner input, perhaps reflecting their own experiences, are effective for demonstrating what a practice should look like. 11, 12, 13

Practice #3. Modeling, Application, Active Learning

Practice, practice, practice makes perfect. In this PD practice, the participants must be engaged in activities that allow them to apply the material, knowledge, or practice in order to reach mastery. This involves the instructor modeling the use of the material or practice and the participants' application and active involvement. Research confirms what many would consider obvious, that real life or applied use of knowledge or a practice alone or paired with role play, is superior to just informing or demonstrating for participants a method and instructing them to apply the knowledge. 10, 11, 12, 13 However, observation and engagement in interactive feedback and discussion is key to successful application.

Practice #4. Self-Reflection, Self Assessment and Feedback

Self-reflection, self-assessment and feedback are all important activities during and after PD. Allowing time during PD to reflect on the knowledge, skill or practice being learned can ensure participants' engagement and learning. This time allows them to ask themselves questions about what they did well, what was challenging for them, what they can do better and ensures an opportunity for feedback with an expert.

AFTER PD: PRACTICES THAT REFLECT GUIDING PRINCIPLES

Once the actual PD sessions, whether face-to-face or online, are completed, more work lies ahead for the learners and for the professional developer.

This follow-up work is a distinguishing feature and hallmark of effective PD.

Practice #1. Reflection

Subsequent to the initiating PD session, participants should reflect on what they learned and how they are implementing the new knowledge, skill or practice. Dunst and his colleagues identified three reflective activities: performance improvement reviews, learner journaling with instructor behavioral suggestions, and group reflection on instructor feedback.^{12, 13} The practice with the greatest effect size (ES = .89 - 1.65) included expert-guided and expertfacilitated reflection. The distinction between the two practices involves the role of the leader in the reflective process. In expert-guided reflection, the expert takes the lead in providing feedback about the learner's performance. In expert-facilitated reflection, the learner takes the lead in discussing the impact of the professional development and perception of mastery.

Practice #2. Performance Assessment

Learner self-assessment of the application of a method was an effective means of evaluation. ^{12, 13, 17} Having learners self-assess their performance against a standard or performance checklist is an application strategy that is a successful PD technique and results in sustained learning. ^{12, 13} Professional developers and participants should engage in

intentional, ongoing, and systematic evaluation and assessment of new learning.⁴

Practice #3. Coaching, Technical Assistance, and Feedback

Coaching and technical assistance are essential to successful implementation of new practices. As described by Joyce and Showers, effect sizes for transfer of PD when only introduction of theory, demonstration and practice are included is .00.11 When feedback and coaching are added as PD practices, the effect size for transfer of PD increases to 1.68. Hence, wide scale, successful application of instructional methods requires a combination of modeling, observation, feedback and coaching as components of the PD within a comprehensive system of learning and improvement.18

STRUCTURAL ELEMENTS IN SUPPORT OF PD

Decisions about the structure of the professional learning opportunities also influence the effect size of the intended outcome.

Structure #1: Collective Participation

Adult professional learning is most successful when the PD occurs in authentic settings, within a social, collaborative environment, when educators routinely collaborate with trusted colleagues to solve the problems. Those conducting PD must plan for and facilitate the means and opportunities to ensure collective

participation, communities of learners, communities of practice, and collegial support networks.

Structure #2: Duration

Arriving at the goals of PD takes time. No shortcut exists. Duration is defined as the span of time over which the PD activity is spread. 19 PD requires sustained and intensive contact across a period of time in order for teachers and other adult learners to absorb, acquire, and practice newly acquired knowledge and skills.4, 20, ²¹ Larger effect sizes were reported when participants were engaged for longer periods of time: 1-10 hours (.21), 11-40 hours (.55), and more than 40 hours (.60). 12, 13 In fact, 20 hours of PD, in which four to five of the practices were integrated yielded the highest effect size.12, 13

Structure #3: Group Size

When planning for PD, attending to the size of the group that will be learning, practicing and engaged in activities together is imperative. Small groups, such as nine to 34 participants, had higher effect sizes than medium sized (35-75) or large (76-300+) groups. Small groups resulted in an average effect size of .91, nearly twice that of medium sized groups, at .48, and nearly three times that of large groups, with an average effect size of .33.12, 13 Clearly, to actively engage participants in the level of analysis, reflection, and practice necessary, the ratio of professional developers to learners must allow for such

The University of Kansas
Center for Research on Learning
Joseph R. Pearson Hall
1122 West Campus Road, Room 521
Lawrence, KS 66045-3101
Main Office: 785.864.4780
Order Desk: 785.864.0617
Fax: 785.864.5728
E-mail: simpd@ku.edu

Contributors: Donald D. Deshler | Patricia Graner | Mona Tipton | Peony Allen

Communications Director: Julie Tollefson Art Director: David Gnojek STRATENOTES is published eight times from September through May and once every summer by the University of Kansas Center for Research on Learning as part of Strateworks for the International Professional Development Network. Publication period 2012-2013; cost \$50.00. Permission to reproduce any or all parts of Stratenotes to support professional development activities is hereby given.

The University of Kansas prohibits discrimination on the basis of race, color, ethnicity, religion, sex, national origin, age, ancestry, disability, status as a veteran, sexual orientation, marital status, parental status, gender identity, gender expression and genetic information in the University's programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of the Office of Institutional Opportunity and Access, IOA@ku.edu, 1246 W. Campus Road, Room 153A, Lawrence, KS 66045, 785.864.6414, 711 TTY.

interaction. Research suggests that online PD should be limited to group or cohort sizes of 20 or fewer in order to provide optimum facilitation.

Structure #4: Setting

Setting is an important factor in supporting job embedded, local PD as effect sizes were, on average, twice as large when the PD was conducted at the participant's work setting. 12, 13 As mentioned above, adult professional learning is most successful when the PD occurs in authentic settings, within a social, collaborative environment, in which educators routinely collaborate with trusted colleagues to solve the problems. Effective professional learning is intensive, ongoing, focused on the classroom or instructional setting, and occurs during the participant's workday.22

Structure #5: Instructional Integration of Technology (On-line Delivery)

Finding the optimal balance of face-to-face and online PD activities can be difficult. The research suggests that PD delivery be a blended and multi-modal, dynamic, and responsive process supported by online resources and technologies as well as face-to-face interactions. The intent is to provide ongoing, embedded professional learning opportunities and resources that will be open, accessible, and accommodate flexible delivery options. Many collaborative technologies, facilitated or independent, allow participants to engage in teamwork and utilize online resources, such as videoconferencing, online learning, social networking, and instant messaging. The thoughtful use of collaborative technologies can engage and extend the learning experience, providing access to support at a time and place convenient for the learner.

REFERENCES

- 1. Hirsch, S. (2009). *Journal of Staff Development*, Vol. 30, No. 4.
- 2. Yoon, K.S., Duncan, T., Lee, S.W.Y., Scarloss, B., & Shapley, K. (2007). Reviewing the evidence on how teacher professional development affects student achievement (Issues & Answers Report, REL 2007–No. 033). Washington, DC: U.S. Department of Education, Institute of Education Sciences, National Center for Education Evaluation and Regional Assistance, Regional Educational Laboratory Southwest. Retrieved from http://ies.ed.gov/ncee/edlabs
- 3. Elmore, R.F. (1992). Why restructuring alone won't improve teaching. *Educational Leadership*, 49(7), 44–48.
- Guskey, T. (2000). Foreword. In D. Sparks. Evaluating professional development. Thousand Oaks, CA: Corwin Press, Inc.
- 5. Fullan, M. (1993). *Change forces: Probing the depth of educational reform.* London, New York: Falmer Press.
- Joyce, B. & Showers, B. (2002). Foreword. In M. Fullan. Student achievement: Through staff development (3rd ed.). Alexandria, VA: Association for Supervision and Curriculum Development (ASCD) Publications.
- 7. Mundry, S., & Loucks-Horsley, S. (1999). Designing professional development for science and mathematics teachers: Decision points and dilemmas (NISE Brief Vol. 3, No. 1).
- 8. Hawley, W. & Valli, L. (1999). The essentials of effective professional development. In L. Darling-Hammond & G. Sykes (Eds.), Teaching as the learning profession: Handbook of policy and practice (pp. 137–150). San Francisco: Jossey-Bass.
- 9. Borko H. & Putnam, R. (1995). Expanding a teacher's knowledge base. In T. Guskey & M. Huberman (Eds.), *Professional development in education*.
- 10. Fullan, M. (2007). Change the terms for teacher learning. *Journal of Staff Development*, 28(3), 35-36.
- 11. Joyce, B. & Showers, B. (1995). Student achievement through staff development: Fundamentals of school renewal, p. 113. NY: Longman.
- 12. Dunst, C.J. & Trivette, C.M. (2013). *Moderators of the effectiveness of adult learning method practices.*, 8(2), 143-148.

- 13. Dunst, C.J., Trivette, C.M., & Hamby, D.W. (2010) Meta-analysis of the effectiveness of four adult learning methods and strategies. *International Journal of Continuing Education and Lifelong Learning*, 3(1), 92-121.
- 14. Reid, W. (1987). Institutions and practices: Professional education reports and the language of reform. *Educational Researcher*, 16(8), 125.
- 15.Spillane, J., Reiser, B., & Reimer, T. (2002). Policy implementation and cognition: Reframing and refocusing implementation research. Review of Educational Research, 72(3), 387–431.
- 16.Desimone, L. (2009). Improving impact studies of teachers' professional development: Toward better conceptualizations and measures. *Educational Researcher*, 38(3), 181–189.
- 17. Elmore, R.F. (2004). School reform from the inside out: policy, practice, and performance. MA: Harvard Educational Press.
- 18. Wei, R.C., Darling-Hammond, L., Andree, A., Richardson, N., & Orphanos, S. (2009). Professional learning in the learning profession: A status report on teacher development in the United States and abroad. Dallas, TX: National Staff Development Council. Retrieved from www.nsdc.org/news/NSDCstudytechnicalreport2009.pdf
- 19. Desimone, L. (2009). How can we best measure teacher's professional development and its effects on teachers and students? *Educational Researcher* 38(3): 181-199.
- 20. Smith, C., Hofer, J., Gillespie, M., Solomon, M., & Rowe, K. (2003). How teachers change: A study of professional development in adult education (NCSALL Rep. No. 25). Boston: National Center for the Study of Adult Learning and Literacy.
- 21. Darling-Hammond, L. (1998). Teachers and teaching: Testing policy hypotheses from a national commission report. *Educational Researcher*, 27 (1), 5-15.
- 22.Darling-Hammond, L., Wei, R., Andree, A., Richardon, N., Orphanos, S. (2009). Professional learning in the learning profession: A status report on teacher development in the United States and abroad. NSDC. Elmore, R. (1992). Why restructuring alone won't improve teaching. Educational Leadership, 49(7), 44–48.



SIM PROFESSIONAL DEVELOPERS 2012/2013 SIM VIRTUAL CONFERENCE Registration Form

Name:		
School/District/Workplace		
	Fax:	
City:State/Province	ZIP:	
Home Address:	Mailing Address: □Home Address □Work Address	
	ZIP:	
Phone (home)	(work)	
	is conference:	
Choose your virtual conference session of Jan. 14-Feb. 4, 2013; webinar dates February 6 and □ April 23-May 13, 2013; webinar dates May 15 and 1	7 REGISTRATION DEADLINE: JAN. 7, 2013	
Design your conference below.		
Janis Bulgren and Keith Ben-Hanania Lenz Unmistakable Impact and the Strategic Instruction	ds and Content Enhancement Routines Strand Leaders: on Model Strand Leader: Jim Knight e State Standards Strand Leaders: Jean Schumaker and	
	our choice of five of the following sessions. You may purchase scriptions and speaker bios: http://sim.conference.kucrl.org.	
☐ 360 Degrees of Technology in Professional Development—Amber Nutt, Jim Black, Jana Craig Hare, Elizabeth Hardman, Amber Roland, and Aaron Sumner	☐ Energize Oral Language and Social Skill Instruc- tion with the Interactive Multimedia Programs Speak- ing with Power and Socially Wise—Sue Vernon	
$lue{}$ All Aboard the Professional Developer's Train!—	☐ Feeling a Little Wordy—Paula Lancaster	
Jana Craig Hare and Amber Rowland	☐ Linking SIM Professional Development to Instruc-	
☐ Bug-in-Ear Coaching—Marti Elford	tional Frameworks and Teacher Evaluation—Debbie	
☐ Dear Mona, Can You Tell Me How to Get to SIM-		
ville?—Patty Graner	The Listening and Note-Taking Strategy Study	
□ Dubuque, Iowa: Our Journey to Sustain Fusion		
Reading —Irma Brasseur-Hock, Mike Hock, Lynn Helmke, Brenda Konrardy, Jennifer Elbert, Joanne Loeffelholz, Lisa	Literacy Leadership Team: Finding Direction— Sue Woodruff	
Putchio, and Julie Spahn	☐ The Main Idea Strateay—Dan Boudah	

☐ The Main Idea Strategy—Dan Boudah

☐ The New GIST 2.0 —Keith Ben-Hanania Lenz, Peter Lenz, and Sherri Wagner	☐ Some Routine Rules for Adapting, Shrinking, and Expanding Content Enhancement Devices—Janis
□ A Phone, a Closet, and a Tennis Ball: Tools for Designing Effective Slide Presentations—David Gnojek □ Resources for the Listening and Note-Taking Strategy—Gwen Berry □ RTI and the Strategic Writing Program: Effective Practices that Work Together—Suzanne Robinson, Bev Colombo, Diane Larson, Shari Schindele, and Jean Schumaker	Bulgren and Keith Ben-Hanania Lenz Strategic Math Series: Addition with Regrouping and Subtraction with Regrouping—Bradley Kaffar STRUCTURE Your Reading—Barbara Ehren and Melissa Malani
AMOUNT ENCLOSED:	
Registration	\$400 (U.S. funds) \$
(Your registration fee includes DVDs of both keynote: You may purchase additional DVDs at a cost of \$15	
Additional sessions	@ \$15 each \$
Strateworks membership renewal (optional) Check here to receive your Stratenotes newslette	\$50 \$ r by email (e-Stratenotes)
	Total \$
PAYMENT INFORMATION	
☐ Check (made payable to KUCRL)	
☐ Credit card (Visa or MasterCard) # 3-digi	
Expiration date: 3-digi	t security code (req.)
Billing address (req.):	
Authorization signature:	
Email for paid credit card receipt:	
	e of institution issuing P.O.:
Mail or fax completed fo KUCRL, Joseph R. Pearson Hall, 1 Lawrence, KS Fax: 785.864.5728 • Em	122 West Campus Rd, Rm. 517, 666045-3101

Refund Policy: If you cannot participate in this conference, you must notify KUCRL no later than 14 days before the starting date to receive a refund of your registration fee. **There will be a cancellation fee of \$25 for all cancellations.** We will be unable to issue refunds for cancellations received **after Dec. 31, 2012, for the virtual conference beginning Jan. 14, 2013,** or for cancellations received **after April 9, 2013, for the virtual conference beginning April 23, 2013.**

Please make a copy of this information for your records before returning both pages of the form to us.

The University of Kansas prohibits discrimination on the basis of race, color, ethnicity, religion, sex, national origin, age, ancestry, disability, status as a veteran, sexual orientation, marital status, parental status, gender identity, gender expression and genetic information in the University's programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of the Office of Institutional Opportunity and Access, IOA@ku.edu, 1246 W. Campus Road, Room 153A, Lawrence, KS, 66045, (785) 864-6414, 711 TTY.

STRATEWORKS MEMBERSHIP RENEWAL 2012-2013: \$50 SEPTEMBER 1, 2012-AUGUST 31, 2013

Name:		
City:	State:	ZIP:
Work Address:		
City:	State:	ZIP:
Home Phone:	Work Phone:	
Email address:		
	ess: MTRAINER-L, the email discussion list for SIM Profess:	
Please check one:	☐ Professional Developer ☐ Apprentice or Potential Professional Developer	☐ Not a Professional Developer☐ Other:
	e you prefer to receive mail (<i>Stratenotes</i> newsletter): to receive the <i>Stratenotes</i> newsletter by email (<i>e-Strateno</i>	
	her you are interested in receiving referrals for independent of the schools in your area/state: \square Yes \square N	*
 Stratedirectory Onli SIMTRAINER-L— SIMville—a collect Stratepubs—two regardless of when you August of the next year 	sletter published nine times a year ne—a searchable, web-based listing of SIM Professional an optional e-mail discussion list for SIM Professional ion of resources on our website available to active SIM ecent research articles distributed each winter begin or renew your membership, the Strateworks membership to Thus, if you renew your membership in December 2012, you say the same professional in the strategies of all Strategies newsletters are available in the	Developers Professional Developers year begins in September and runs through your membership is valid from September
PAYMENT INFORMAT		
☐ Check (made p		
Expiration date: Personal carc	OR 🗖 Name of institution:	
	eq.):	
	redit card receipt: Phone:	
		ng P.O.:
	Mail or fax completed form and your payment of KUCRL, Joseph R. Pearson Hall, 1122 West Campus	of \$50 (U.S.)

The University of Kansas prohibits discrimination on the basis of race, color, ethnicity, religion, sex, national origin, age, ancestry, disability, status as a veteran, sexual orientation, marital status, parental status, gender identity, gender expression and genetic information in the University's programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of the Office of Institutional Opportunity and Access, IOA@ku.edu, 1246 W. Campus Road, Room 153A, Lawrence, KS, 66045, (785) 864-6414, 711 TTY.

Lawrence, KS 66045-3101 Fax: 785.864.5728 • Email: pmynsted@ku.edu

INSIDE:

- Effective professional development, 1
- 2012/2013 virtual conference registration form, 5-6
- Strateworks renewal form, 7

KUCRL CALENDAR 2011-2012

Dec. 6-7, 2012

Ohio Update Conference Toledo Conference Center of Lake Erie West, Toledo, Ohio

Jan. 14-Feb. 4, 2013

Winter SIM Virtual Conference

Jan. 29-30, 2013

Northeast Update for SIM Professional Developers Mason Inn Conference Center and Hotel, Fairfax, Va.

Feb. 21-22, 2013

West Region Update Conference for SIM Professional Developers University of Nevada, Las Vegas

Feb. 26-27, 2013

Southeast Region Update Conference for SIM Professional Developers Charleston, S.C.

April 23-May 13, 2013

Spring SIM Virtual Conference

May 29-31, 2013

SIM Learning Strategies for Preservice Educators Lawrence, Kan.

May 29-31, 2013

SIM Content Enhancement Routines for Preservice Educators Lawrence, Kan.

More information and complete calendar at http://kucrl.org

ADDRESS SERVICE REQUESTED

Joseph R. Pearson Hall
1722 West Campus Road, Room 517
Lawrence, Kansas 66045-3101

STRATENOTES Volume 21, Issue #2

THE University of Kansas

The University of Kansas

Presorted First Class U.S. Postage PAID Lawrence, KS