

# Identify potential barriers to learning and wellbeing

A suggestion for implementing the strategy

'How to plan using UDL' from the Guide:

[Universal Design for Learning](#)

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## **Includes:**

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Useful resources

Inclusive Education

From

Guide: [Universal Design for Learning](#)

Strategy: [How to plan using UDL](#)

Suggestion: [Identify potential barriers to learning and wellbeing](#)

Date

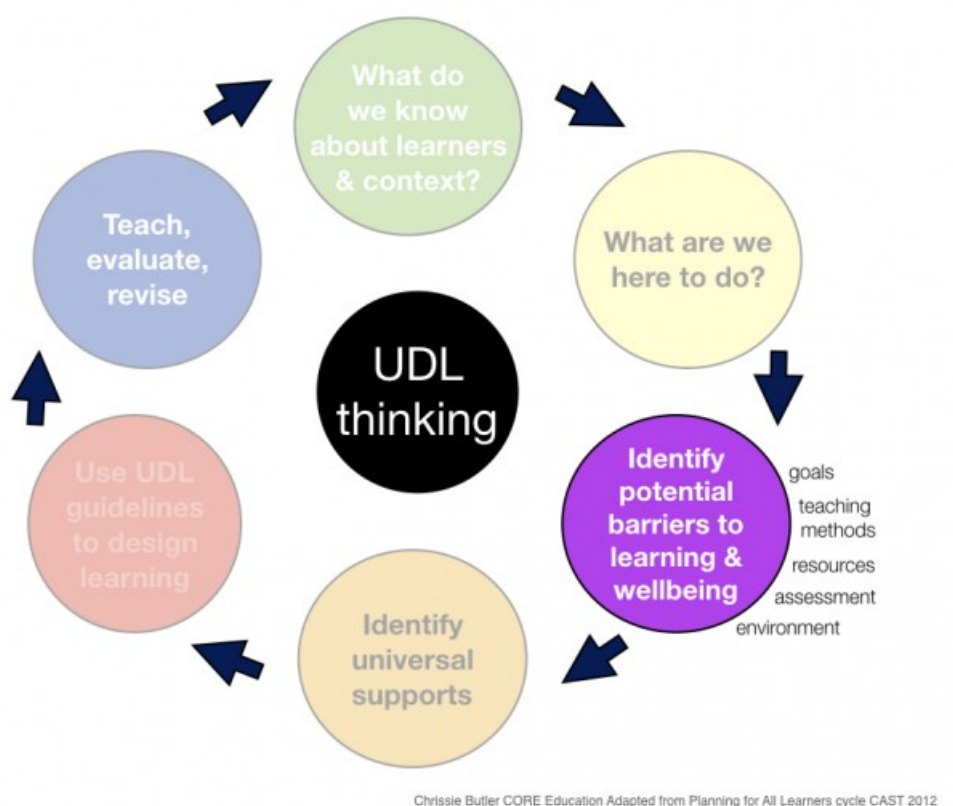
29 August 2025

Link

[inclusive.tki.org.nz/guides/universal-design-for-learning/identify-potential-barriers-to-learning-and-wellbeing](http://inclusive.tki.org.nz/guides/universal-design-for-learning/identify-potential-barriers-to-learning-and-wellbeing)

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## Identify barriers to learning and wellbeing



Source:

Chrissie Butler CORE Education

<http://www.core-ed.org/>

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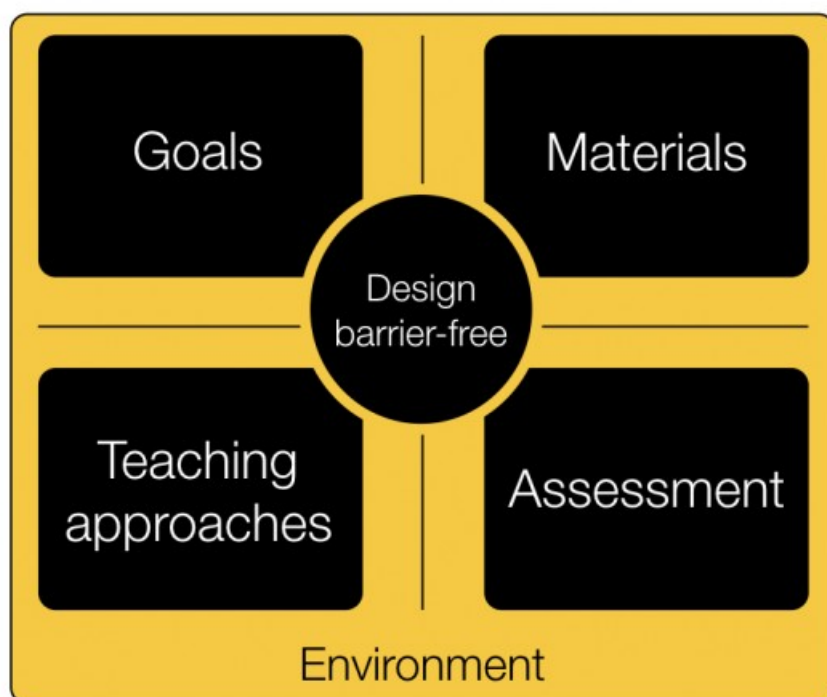
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## Consider potential barriers



Chrissie Butler CORE Education Adapted from UDL Framework CAST 2016

Source:

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## Social and emotional barriers

We also need to consider potential social and emotional barriers to learning.

Ask yourself the following questions:

- Do I know how to pronounce every students name correctly?
- Am I aware of student's preferences and sensitivities?
- I am aware of what could diminish or threaten student's self esteem?
- Do I know how to authentically connect learning to students?

## Examples of barriers

Knowledge of learner	Design choice	Potential barrier
Low vision	Paperback book	Text cannot be enlarged
Decodes text slowly	15 minute time frame for multiple choice test	Insufficient time to complete test
Prefers not to speak in front of the class	Class debate	Does not attend class
Uses a wheelchair	Class presentation on the school stage	Steep flight of steps onto the stage
Takes time to compose thoughts	Fast, whole class online quiz	Unable to make decisions quickly enough to participate

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## Reflection questions

Take a moment to reflect on this idea of hidden barriers.

In what ways do you intentionally identify potential barriers within learning experiences?

How can you proactively plan to minimise barriers?

Discuss ways to engage learners and whānau in conversations, identifying barriers to learning, participation and wellbeing.

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## Useful resources



How to break down barriers to learning with UDL

How to break down barriers to learning with UDL

[Visit website](#)

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