

Kuh's High Impact Practices

What are High Impact Practices (HIPs) and why do they matter?

High Impact Practices (HIPs) are teaching practices that have been identified through research by Kuh (2008) to have a greater impact on learning than other teaching practices. According to his research, these practices improve student retention, student engagement, and lead to higher levels of deep learning. There are 11 teaching practices that have been identified as HIPs by Kuh, which are listed below. For descriptions and details on each practice, please refer to the resources listed at the end of this document. Multiple HIPs can be incorporated into one course. HIPs can be contained within one activity in a course or an entire course can be designed around it.

1. First-year seminars
2. Common intellectual experiences (core curriculum)
3. Learning communities
4. Writing intensive courses
5. Collaborative assignments and projects
6. Undergraduate research opportunities
7. Diversity oriented and globally focused learning
8. Service learning and community based learning
9. Internships/co-op/practicum
10. Capstone courses/projects
11. E-portfolio

High impact teaching practices share several key elements that contribute to deeper learning:

- they require meaningful interactions with faculty and peers
- they require significant student time and effort
- they offer exposure to diversity
- they allow for frequent, timely and constructive feedback
- they provide an opportunity for the application of knowledge and skills in different environments, including real-world application
- performance expectations are set high
- competence is publicly demonstrated
- they allow opportunity for structured personal reflection

High Impact Practices and Experiential Learning are not synonyms. Several HIPs can be intentionally developed as experiential learning opportunities, but they must be designed to demonstrate all of the specific attributes of experiential learning noted in the [“Experiential Learning” definition in the glossary](#).

For more in-depth information on HIPs and descriptions of each practice we recommend reading *“Experiential Learning: A path towards improving the student experience”* (Kuh, G. 2008) and *“Ensuring quality & taking high-impact practices to scale”*. Washington, DC: Association of American Colleges & Universities. (Kuh, G. D. & O'Donnell, K. 2013).