☰

> Home > Academic planning > High-Impact Practices

High-Impact Practices

What are High-Impact Practices?

High-Impact Practices (HIPs) are experiences that promote student engagement, facilitate deep learning, critical thinking, personal growth, community engagement, and result in positive outcomes for students. These practices go beyond traditional coursework, offering opportunities for you to apply your knowledge in real-world settings and engage deeply with your studies.

Why do High-Impact Practices matter?

Students who use these approaches tend to earn higher grades and retain, integrate, and transfer information at higher rates (Kuh, 2008). By actively engaging in High-Impact Practices, you are enriching your college experience in a way that will leave a la:

Academic Planning

Plan your degree

For new students

For prospective transfer students

Transfer Newsletter

Pre-health/pre-law

Choosing your major/courses

Registration restrictions

Cross-campus registration

Placement testing

Chemistry, math, & physics

Schedule an Advising Appointment   Email

impact on your personal and professional journey.

How do you pick?

There is no right answer when it comes to choosing which High-Impact Practices to participate in – it's all about what you want your college experience to include.

Questions to ask yourself

HIPs at UW

First-Year Experiences

First-year experiences are first-year seminars or other programs that bring small groups of students together with faculty or staff on a regular basis. These could include critical inquiry, frequent writing, information literacy, collaborative learning, and other skills that develop students' intellectual and practical competencies.

First-Year Experiences

Common Intellectual Experiences

A set of required general education programs that includes advanced integrative studies

Schedule an Advising Appointment   Email

and/or required participation in a learning community.

Common Intellectual Experiences

Learning Communities

In learning communities, students take two or more linked courses as a group and work closely with one another and with their professors. Many learning communities explore a common topic and/or common readings through the lenses of different disciplines with the hope of encouraging integration of learning across courses.

Learning Communities

Writing-Intensive Courses

Writing-intensive courses emphasize writing at all levels of instruction and across the curriculum, including final-year projects. Students are encouraged to produce and revise various forms of writing for different audiences in different disciplines.

Writing-Intensive Courses

Schedule an Advising Appointment   Email

Collaborative Assignments and Projects

Collaborative learning combines two key goals: learning to work and solve problems in the company of others, and sharpening one's own understanding by listening seriously to the insights of others, especially those with different backgrounds and life experiences. Approaches range from study groups within a course, to team-based assignments and writing, to cooperative projects and research.

Collaborative Assignments and Projects

Undergraduate Research

In undergraduate research, students are involved with actively contested questions, empirical observation, cutting-edge technologies, and the sense of excitement that comes from working to answer important questions. Being involved in research also usually includes being mentored by faculty and working alongside peers.

Undergraduate Research

Diversity and Global Learning

Schedule an Advising Appointment   **Email**

Diversity and global learning include courses and programs that help students explore cultures, life experiences, and worldviews different from their own. These studies - which may address U.S. diversity, world cultures, or both - often explore racial, ethnic, and gender inequality, or continuing struggles around the globe for human rights, freedom, and power. Frequently, intercultural studies are augmented by experiential learning in the community and/or by study abroad.

Diversity and Global Learning

Service Learning, Community-Based Learning

In service learning and community-based learning, field-based experiential learning with community partners is an instructional strategy. The idea is to give students direct experience with issues they are studying in the curriculum and with ongoing efforts to analyze and solve problems in the community. A key element in these programs is the opportunity students have to both apply what they are learning in real-world settings and reflect in a classroom setting on their service experiences.

Service Learning, Community-Based Learning

Schedule an Advising Appointment   **Email**

Internships

Internships are a common form of experiential learning. The idea is to provide students with direct experience in a work setting - usually related to their career interests - and to give them the benefit of supervision and coaching from professionals in the field. If the internship is taken for course credit, students complete a project or paper that is approved by a faculty member.

Internships

Capstone Courses and Projects

Whether they're called "senior capstones" or some other name, these culminating experiences require students nearing the end of their college years to create a project of some sort that integrates and applies what they've learned.

Capstone Courses and Projects

ePortfolios

ePortfolios enable students to electronically collect their work over time, reflect upon their personal and academic growth, and then share

Schedule an Advising Appointment   **Email**

selected items with others, including professors, advisors, and potential employers. Because collection over time is a key element of the ePortfolio process, employing ePortfolios in collaboration with other high-impact practices provides opportunities for students to make connections between various educational experiences. Some departments require their students to create a portfolio of their work to graduate, but if it's not required, you can put one together on your own or through another program.

ePortfolios

Other Resources and Co-Curricular Activities

Campus Involvement

Campus Involvement

Finding Your Campus Community

Finding Your Campus Community

Academic Support Resources

Schedule an Advising Appointment   **Email**

Academic Support Resources

Mentorship/Mentoring Opportunities

Mentorship/Mentoring Opportunities

UAA Advising catalyzes the broad learning of UW Undergraduates. As educators, we guide and support students in exploring, questioning, and navigating the events and significance of their undergraduate education. As a team of experienced practitioners and engaged scholars we serve the UW and the greater higher education community.

Accessibility / Contact Us / Jobs / Campus Safety / My UW / Privacy / Terms

© 2025 University of Washington | Seattle, WA

Schedule an Advising Appointment **Email**