# Using the Dimensions of Ability Tool: Example

1. Think about a typical day in a course you have designed. (You can also repeat this process for “special” days in a course.) List the instructional strategies/activities you use.
2. For each activity listed above, examine how it loads on each dimension of ability. Record your reasoning below.
* Instructional Strategy 1:
	+ Health:
	+ Cognitive:
	+ Visual:
	+ Hearing:
	+ Emotional/Mental Health:
	+ Physical/Mobility:
* Instructional Strategy 2:
	+ Health:
	+ Cognitive:
	+ Visual:
	+ Hearing:
	+ Emotional/Mental Health:
	+ Physical/Mobility:
* *Repeat as needed*
1. Plot the loading for each instructional strategy on the radar chart on the next page.
2. Consider the overall impact of the instructional design. Are certain dimensions repeatedly tasks? How could you change the instructional design to vary the load on repeatedly taxed dimensions?

