



High-Dosage Tutoring in Action

How districts use an evidence-based approach to accelerate student achievement and deliver equity through high-dosage tutoring

Purpose of Overview

School districts nationwide are looking for solutions to address the social, emotional, and academic student needs resulting from the COVID-19 pandemic. Fortunately, many are finding answers in high-dosage tutoring. In fact, study after study provides consistent evidence that **high-dosage tutoring leads to significant improvements in learning outcomes for a wide range of students.**

We designed this overview to help school districts better understand how tutoring impacts student achievement, the key criteria for an effective high-dosage tutoring program, and how Varsity Tutors for Schools provides a model for implementing evidence-based tutoring.

We will cover:

Summarized evidence of tutoring's transformative impact.

How to implement effective high-dosage tutoring using four research-backed criteria.

Why districts choose Varsity Tutors for Schools evidence-based solution.

What to watch out for when implementing your tutoring program.

Tutoring's Transformative Impact

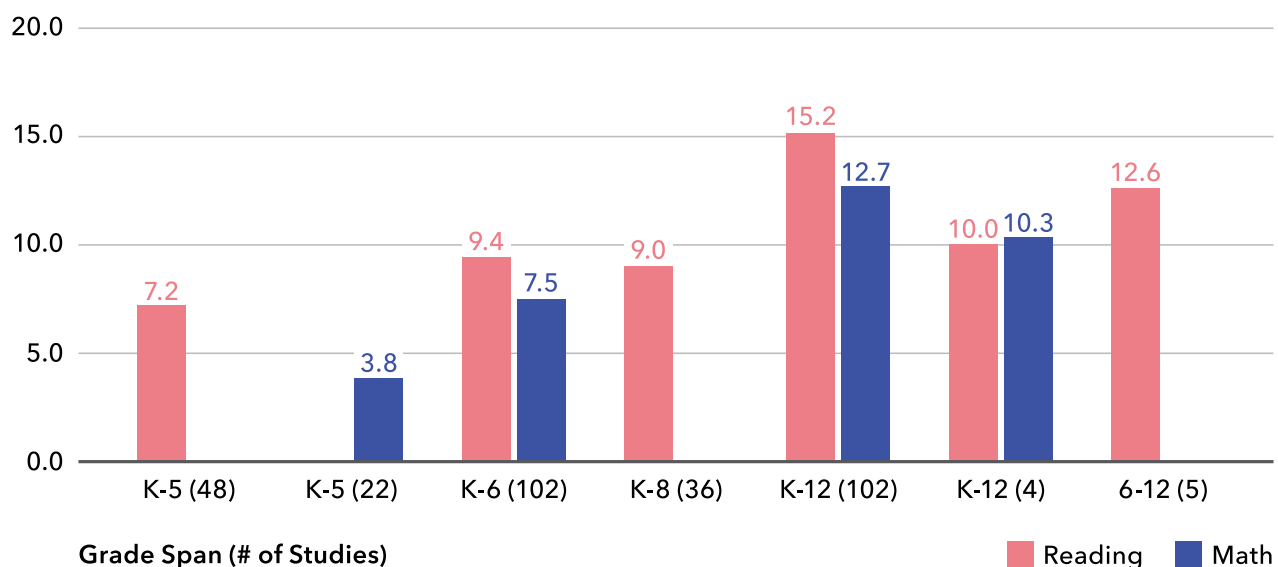
For school districts that want to address unfinished learning there is one intervention that stands out from the rest: **high-dosage tutoring**. There is strong evidence that high-dosage tutoring consistently leads to large improvements in academic achievement, and also helps improve social and emotional outcomes.

- An analysis of 14 interventions to improving student achievement found that high-dosage tutoring was the most effective.¹

- High-dosage tutoring helps students **gain an additional two years of math comprehension**² and an **additional year of understanding in English language arts**—on top of classroom learning.³
- Students who participated in high-dosage tutoring for at least one semester grew to proficiency at a rate of 80%, compared to 45% for students without assistance from Varsity Tutors.

Months of Additional Learning for Students in the Median Grade Level⁴

Over 150 studies consistently find tutoring results in substantial additional learning for students.



District leaders [should] set a goal of giving every child that fell behind during the pandemic at least 30 minutes per day, three times a week, with a well-trained tutor.

Miguel A. Cardona, Secretary of Education⁵

1. Academic Interventions for Elementary and Middle School Students With Low Socioeconomic Status: A Systematic Review and Meta-Analysis. Jens Dietrichson, Martin Bog, Trine Filges, Anne-Marie Klint Jørgensen. January 24, 2017.

2. The Hamilton Project. *Improving Academic Outcomes for Disadvantaged Students: Scaling Up Individual Tutorials*. 2016.

3. Kraft, A., *How to Make Additional Time Matter: Integrating Individualized Tutorials in an Extended Day*. 2013.

4. National Student Support Accelerator, *High Impact Tutoring: Equitable and Effective Learning Acceleration*, 6.

5. U.S. Department of Education. "Secretary Cardona's Priorities." Youtube, 27 January 2022, <https://www.youtube.com/watch?v=45R0HG0PDM4>.

Implementing Effective High-Dosage Tutoring

High-dosage tutoring shows clear, positive results. Research from the Annenberg Institute at Brown University⁶, the J-PAL at MIT⁷, and the CRRE at Johns Hopkins⁸, identify **four common criteria of effective tutoring programs** that school districts should follow. Varsity Tutors for Schools makes them easy to implement with our evidence-based solution.

While it can be a challenge for districts to implement high-dosage tutoring on their own, increased access to federal funding provides new opportunities to get help from outside platforms. Districts can now maximize impact by partnering with programs like Varsity Tutors for Schools that take an evidence-based approach.

Criteria of Effective Tutoring Programs

Criteria	Summary	Varsity Tutors for Schools
High-quality, frequent instruction	Tutoring sessions occur at least 3 times per week in 1-on-1 or small groups and use high-quality instructional materials aligned to standards and classwork.	✓
Strong tutor-student relationship	Students work with a consistent tutor that builds a strong relationship and understands a student's specific learning needs.	✓
Embedded in the school program	Providing tutoring before, during, or immediately after the school day means more students have access, especially the students who need the most help.	✓
Data-driven personalization	Programs use data to focus tutoring on student needs and to evaluate effectiveness.	✓

6. EdResearch for Recovery. *Accelerating Student Learning with High-Dosage Learning*, February 2021. https://annenberg.brown.edu/sites/default/files/EdResearch_for_Recovery_Design_Principles_1.pdf

7. J-Pal. *The Transformative Potential of Tutoring for PreK-12 Learning Outcomes*, https://www.povertyactionlab.org/sites/default/files/publication/Evidence-Review_The-Transformative-Potential-of-Tutoring.pdf.

8. Johns Hopkins School of Education. *Evidence-Based Education*. <https://education.jhu.edu/crre/evidence-based-education/>

High-Quality, Frequent Instruction

With Varsity Tutors for Schools, tutoring sessions occur multiple times per week in 1-on-1 or small groups and use high-quality instructional materials aligned to your state standards and classwork.

- Our all-in-one platform and dedicated support team make it easy to implement, schedule, and manage tutoring sessions for every student in your district. We also provide attendance monitoring for accountability.
- Both highly personalized 1-on-1 and small group tutoring is available for your students. We leverage

proprietary matching algorithms to place students in groups with peers at similar proficiency levels, resulting in better collaborative learning.

- Students complete diagnostics and targeted assignments that align to state standards and adapt to their learning needs. Additionally, every tutoring session takes place on our award-winning Live Learning Platform that combines 2-way video, a collaborative workspace, and interactive tools, which enables tutors to seamlessly work with students on classroom content and reinforce classroom instruction.



What to watch out for

Because of their inconsistency, opt-in tutoring programs tend to be ineffective for the students who need the most help.

Strong Tutor-Student Relationship

Students work with the same tutors for each content area who are able to build strong relationships and understand their specific learning needs.

- Meeting face-to-face with the same tutor on our Live Learning Platform enables students to build relationships and trust, leading to better academic, social, and motivational outcomes.
- Providing the best support for your students starts with access to the best tutors. Each tutor in our network is U.S.-based and has been rigorously vetted with background checks, comprehensive interviews, diagnostic testing, and virtual tutoring sessions.
- Our proprietary matching process utilizes over 100+ variables to pinpoint the best-fitting 1-on-1 or small group tutor for your student's needs.



What to watch out for

Relying on bots, tutors-on-call, and chat-based programs to offer homework help removes the benefit from relationship-based tutoring and student-teacher rapport.

Embedded in the School Program

We embed tutoring in the school day, or immediately before or after, maximizing student access and reaching those who need it most.

- Our Live Learning Platform expands a district's capability to provide face-to-face instruction before, during, and after school via 2-way video. Students can seamlessly access tutoring sessions through single sign-on from any desktop, tablet, or mobile device.
- Virtual tutors mean it's possible to match students during the school day on short-notice, while avoiding the challenging task of finding and hiring support amid nationwide shortages.
- Our team supports logistics and administration so your staff and teachers don't have to.



What to watch out for

Tutoring programs exacerbate educational inequalities if schools do not take an active role in connecting students with tutors. Many students who would benefit from tutoring are unlikely to sign up for tutoring on their own.

Data-Driven Personalization

Varsity Tutors for Schools uses data to focus tutoring on student needs and to evaluate effectiveness.

- To deliver personalized learning at scale, we use adaptive diagnostics and ongoing assessments to pinpoint student needs, create individualized learning plans, inform tutoring sessions, and track

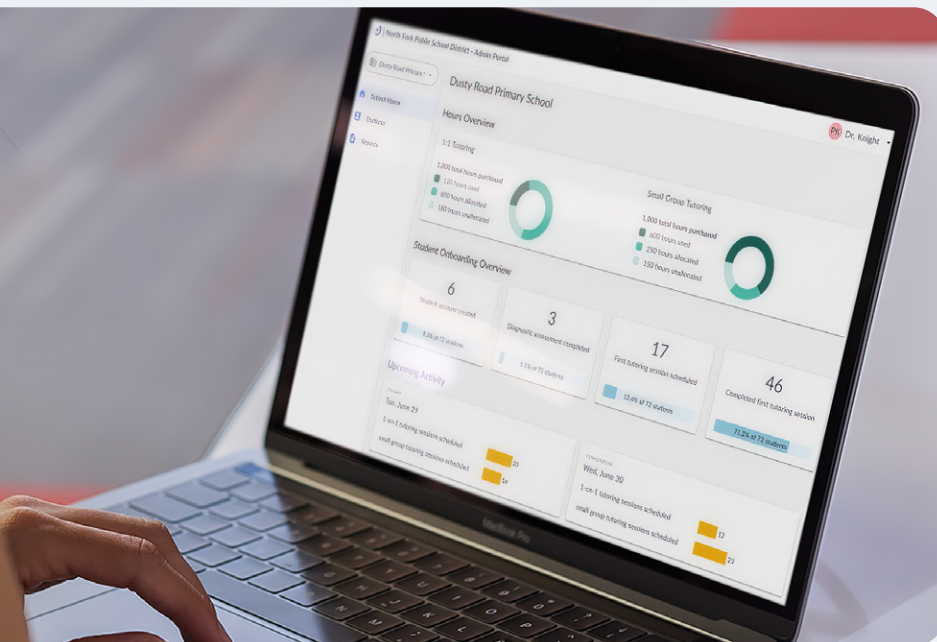
student progress throughout every stage of the program.

- Our Admin Portal includes dashboards and reporting tools that give administrators a real-time understanding of progress at the student, classroom, school, district, and state level.

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We've received incredible support from Varsity Tutors and have been able to customize and create an environment for our schools to be successful.

Cheryl Lawson, Superintendent of Lawson Academy



What to watch out for

Question-resolution solutions that don't provide a personalized approach.

Varsity Tutors for Schools in Action

Since 2007, Varsity Tutors has delivered personalized tutoring from highly vetted subject matter experts for over 1M+ students and families. We've partnered with over 100 schools and districts in the 2021-2022 school year to provide live, evidence-based tutoring services focused on accelerating learning and driving

student achievement. On behalf of school and district partners, [Varsity Tutors for Schools](#) manages student enrollment and onboarding, including training and communication support, and budget allocations and consumption at the district, school, and individual student level.



Advancing High-Dosage Tutoring Research

Varsity Tutors is partnering with a third-party education institution to implement a study measuring the efficacy of our high-dosage tutoring for K-12 students. The project will begin and end with an assessment of student skills and knowledge to determine student growth. We will share the results of the study in fall 2022.

100+ SCHOOL DISTRICT
partners for high-dosage tutoring



Learn more about Varsity Tutors for Schools by [scheduling a meeting](#) or calling (800) 908-4120.

Sources & Additional Reading

In order of appearance:

1. [Academic Interventions for Elementary and Middle School Students With Low Socioeconomic Status: A Systematic Review and Meta-Analysis.](#) Jens Dietrichson, Martin Bøg, Trine Filges, Anne-Marie Klint Jørgensen. January 24, 2017.
2. [The Hamilton Project. *Improving Academic Outcomes for Disadvantaged Students: Scaling Up Individual Tutorials.*](#) 2016.
3. [Kraft, A., *How to Make Additional Time Matter: Integrating Individualized Tutorials in an Extended Day.*](#) 2013.
4. [National Student Support Accelerator, *High Impact Tutoring: Equitable and Effective Learning Acceleration,*](#) 6.
5. [U.S. Department of Education. “Secretary Cardona’s Priorities.” *Youtube*, 27 January 2022, <https://www.youtube.com/watch?v=45RoHGoPDM4>.](#)
6. [EdResearch for Recovery. *Accelerating Student Learning with High-Dosage Learning.*](#) February 2021. https://annenberg.brown.edu/sites/default/files/EdResearch_for_Recovery_Design_Principles_1.pdf.
7. [J-Pal. *The Transformative Potential of Tutoring for PreK-12 Learning Outcomes,*](#) https://www.povertyactionlab.org/sites/default/files/publication/Evidence-Review_The-Transformative-Potential-of-Tutoring.pdf.
8. [Johns Hopkins School of Education. *Evidence-Based Education.*](#) <https://education.jhu.edu/crre/evidence-based-education/>.