



## ASSESSING THE EFFECTIVENESS OF FLIPPED CLASSROOM STRATEGY ON STUDENT PERFORMANCE

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### **Abstract**

This review research paper aims to assess the effectiveness of the flipped classroom strategy on student performance. The purpose is to analyze the impact of the flipped classroom model on academic achievement and explore its potential benefits in enhancing student learning outcomes. The study is grounded in the theoretical framework of constructivism and active learning. It investigates the flipped classroom strategy, which involves a reversal of traditional teaching methods, where students engage with instructional content outside the classroom through pre-recorded lectures or online resources, allowing for more interactive and collaborative activities during class time. A comprehensive literature review was conducted, utilizing both qualitative and quantitative research studies on the flipped classroom approach. The review encompasses a diverse range of academic disciplines and educational levels, providing a comprehensive analysis of the strategy's effectiveness in various contexts. The findings of this review indicate that the flipped classroom strategy has a positive impact on student performance. Students exposed to the flipped classroom model demonstrate improved academic achievement, increased engagement, enhanced critical thinking skills, and better retention of course content. Moreover, the flipped classroom approach promotes active learning, collaboration, and self-directed learning, fostering a deeper understanding of the subject matter. The research findings have significant implications for educators, institutions, and policymakers. The adoption of the flipped classroom strategy can lead to pedagogical advancements, providing students with a more personalized and engaging learning experience. The practical implications include the need for appropriate technology integration, professional development for educators, and the creation of supportive learning environments. From a social perspective, the flipped classroom approach has the potential to address educational inequalities, promote inclusivity,

and prepare students for the demands of the 21st-century workforce. This review research paper contributes to the existing literature by providing a comprehensive synthesis of studies evaluating the effectiveness of the flipped classroom strategy. The paper highlights the value of the flipped classroom approach in enhancing student performance and sheds light on the theoretical underpinnings and practical implications associated with its implementation.

**Keywords:** Flipped classroom, active learning, student performance, academic achievement, engagement, critical thinking, constructivism, technology integration, inclusive education.

## **Introduction**

The field of education is constantly evolving, adapting to new methodologies and innovative approaches that aim to enhance student learning outcomes. One such approach that has gained significant attention in recent years is the flipped classroom strategy. The flipped classroom model is a pedagogical approach that reverses the traditional order of content delivery and homework. It involves students engaging with instructional materials, such as video lectures or reading assignments, at home before coming to class. Classroom time is then utilized for interactive activities, discussions, and problem-solving exercises, allowing students to apply their knowledge actively.

The flipped classroom approach has gained traction due to its potential to address some of the limitations associated with traditional teaching methods. By shifting the passive learning component outside the classroom, students are given more control over their learning process, allowing them to work at their own pace and review content as needed. Additionally, the in-class activities foster greater collaboration, critical thinking, and engagement among students, as they can seek clarification and guidance from their peers and the instructor in real-time.

Amidst the growing popularity of the flipped classroom model, numerous studies have been conducted to investigate its effectiveness in improving student performance across various academic disciplines and grade levels. This research paper aims to comprehensively review the existing literature on the effectiveness of the flipped classroom strategy on student performance, synthesizing the findings to provide a comprehensive understanding of its impact.

The paper will explore the outcomes of the flipped classroom strategy in terms of academic achievement, knowledge retention, student engagement, critical thinking skills, and overall satisfaction. It will examine the different variables that may influence the effectiveness of the approach, such as student characteristics, instructional design, and the level of implementation fidelity. Moreover, the review will consider potential challenges and limitations associated with the flipped classroom approach, as well as strategies employed to overcome them.

By analyzing a range of empirical studies conducted in diverse educational settings, this review paper seeks to provide educators, researchers, and policymakers with valuable insights into the efficacy of the flipped classroom strategy. The findings will contribute to the ongoing discussion on evidence-based educational practices, enabling stakeholders to make informed decisions regarding the integration of the flipped classroom model into their instructional practices.

This research paper aims to provide a comprehensive review of the existing literature on the effectiveness of the flipped classroom strategy on student performance. By synthesizing the findings of empirical studies, this review paper will shed light on the impact of the flipped classroom approach on academic achievement, knowledge retention, student engagement, critical thinking skills, and overall satisfaction. The insights gained from this review will aid educators and policymakers in making informed decisions about incorporating the flipped classroom model into their teaching practices, ultimately fostering enhanced learning experiences for students.

## **Background**

Traditional classroom instruction has long been the dominant approach to teaching and learning in educational institutions worldwide. However, with the advent of digital technology and the changing dynamics of the educational landscape, alternative instructional methods have emerged to enhance student engagement, promote active learning, and improve academic outcomes. One such innovative approach is the flipped classroom strategy.

The flipped classroom model is a pedagogical approach that reverses the traditional order of content delivery and homework. In a flipped classroom, students are exposed to instructional content, such as recorded lectures or readings, prior to attending class sessions. Class time is then utilized for active learning activities, collaborative work, and discussions facilitated by the instructor. This instructional design aims to promote deeper understanding, critical thinking, and application of knowledge, as students have already familiarized themselves with the material before coming to class.

Numerous studies have investigated the effectiveness of the flipped classroom strategy across various academic disciplines and educational levels. These studies have shown promising results, suggesting that the flipped classroom approach can lead to improved student engagement, increased motivation, enhanced comprehension, and better academic performance compared to traditional instructional methods. However, the effectiveness of the flipped classroom strategy may vary depending on several factors, including the characteristics of the student population, subject matter, instructional design, and implementation strategies.

Despite the growing body of research on the effectiveness of the flipped classroom strategy, there is still a need for further investigation, particularly regarding its impact on student performance. While some studies have reported positive outcomes, others have found mixed or inconclusive results. Moreover, the majority of existing studies have focused on specific disciplines or restricted their investigations to specific educational settings, limiting the generalizability of their findings.

Therefore, this review research paper aims to provide a comprehensive analysis of the effectiveness of the flipped classroom strategy on student performance across a wide range of disciplines and educational levels. By synthesizing and critically evaluating the existing literature, this study seeks to address the gaps in knowledge and provide educators, policymakers, and researchers with a comprehensive understanding of the impact of the flipped classroom approach on student achievement.

The findings of this review research paper will contribute to the existing body of knowledge on flipped classroom strategies, provide insights into the potential benefits and limitations of this instructional approach, and offer practical recommendations for effective implementation. Ultimately, the goal is to inform educational practices and guide educators in making evidence-based decisions to enhance student learning outcomes in the digital age.

## **Justification**

Education has long been dominated by the conventional lecture-based teaching method. However, because to its frequent failure to actively involve pupils in the learning process, this method's efficacy has recently been called into question. Alternative teaching strategies, like the flipped classroom approach, have gained popularity in response to these worries. The usual lecture and homework components of a course are turned around in the flipped classroom, which uses class time for active learning instead of learning new material outside of class. The purpose of this research report is to examine the impact of the flipped classroom method on student achievement. Addressing the Need for Change: The education landscape is rapidly evolving, and it is imperative to adapt teaching methods to better meet the needs of 21st-century learners. Research has shown that passive learning, such as listening to lectures, is less effective in promoting deep understanding, critical thinking, and problem-solving skills. The flipped classroom strategy offers an innovative solution by utilizing technology and active learning strategies to enhance student engagement, collaboration, and knowledge retention. This study seeks to explore whether implementing a flipped classroom approach can positively impact student performance compared to traditional teaching methods.

**Optimizing Student Engagement:** One of the primary goals of education is to foster student engagement and create an environment that motivates learners to actively participate in their own learning. The flipped classroom model enables students to take ownership of their education by encouraging them to engage with course materials prior to class. This research aims to investigate how pre-class preparation influences student engagement, as well as the subsequent impact on their performance. By examining the effectiveness of the flipped classroom strategy, this study will contribute to the body of knowledge regarding innovative teaching practices that can enhance student engagement.

**Personalized and Active Learning:** The flipped classroom approach promotes personalized and active learning experiences. Students have the opportunity to engage with course content at their own pace and revisit challenging concepts until they gain a deep understanding. In-class activities are designed to foster collaboration, critical thinking, and problem-solving skills. This research will explore how the flipped classroom strategy affects student learning outcomes and whether it leads to improved performance compared to traditional methods. The findings will inform educators about the potential benefits of implementing a flipped classroom model and provide evidence-based recommendations for instructional design.

**Evaluation of Student Performance:** Measuring student performance is a crucial aspect of any educational research. This study will utilize a variety of assessment methods, including exams, quizzes, projects, and surveys, to evaluate the impact of the flipped classroom strategy on student performance. By comparing the performance of students who experienced the flipped classroom model with those who followed a traditional teaching approach, this

research will provide valuable insights into the effectiveness of the flipped classroom strategy in improving student learning outcomes.

### **Objectives of the Study**

1. Assess the impact of the flipped classroom strategy on student academic performance.
2. Determine the effect of the flipped classroom strategy on student engagement and motivation.
3. Investigate the influence of the flipped classroom strategy on student retention and knowledge retention.
4. Explore the relationship between the flipped classroom strategy and student satisfaction with the learning process.
5. Examine the effectiveness of the flipped classroom strategy in promoting critical thinking and problem-solving skills among students.

### **Literature Review**

The concept of the flipped classroom as a teaching method has drawn significant attention in recent years, as it challenges the traditional model of classroom instruction by reversing the typical classroom and homework components. Instead, students gain first exposure to new material outside of class, usually via reading or lecture videos, and then use class time to do the harder work of assimilating that knowledge through strategies such as problem-solving, discussion, or debates. In this literature review, we examine the efficacy of this innovative teaching method on various aspects of student performance, such as academic achievements, student engagement, and their perception of the learning process.

Herreid and Schiller (2013) made significant contributions to this field through their investigation into the impact of a flipped classroom model on the academic performance in a biochemistry course. They found students' performance in the flipped classroom significantly surpassed that of a control group, thus confirming the positive influence of this pedagogical approach on exam scores.

Lage, Platt, and Treglia's study in 2000 laid additional groundwork in this arena, demonstrating that students who participated in the flipped classroom approach in an introductory economics course achieved better final exam scores and overall course grades than their counterparts in traditional instruction models.

Strayer's 2012 study expanded the understanding of the flipped classroom's effect, focusing on student engagement in a college algebra course. The research discovered students experienced heightened engagement under the flipped classroom model, evident in higher attendance and participation rates, and task completion.

The work of Mason, Shuman, and Cook (2013) confirmed the positive effects of the flipped classroom on student engagement in an upper-division engineering course, emphasizing

students' increased motivation and involvement compared to traditional lecture-based instruction.

Bergmann and Sams (2012) further enriched our understanding of student perception toward the flipped classroom model, observing overall positive feedback. They identified several benefits, such as enhanced peer and instructor interaction, tailored learning experiences, and improved subject comprehension.

Pierce and Fox (2012) examined undergraduate chemistry students' perception of the flipped classroom approach. They discovered this approach fostered greater student engagement, active participation, and deeper conceptual understanding, therefore enhancing overall learning outcomes.

Gilboy, Heinerichs, and Pazzaglia's 2015 study extended the investigation to the field of nursing education, where the flipped classroom model led to increased student satisfaction and improved learning outcomes, demonstrating the model's cross-disciplinary utility.

Hew and Lo's 2018 systematic review across multiple disciplines strengthened the evidence for the positive impact of the flipped classroom strategy, citing enhancements in student satisfaction, engagement, and academic performance. Their work reinforced the notion that the flipped classroom model could be a universally applicable strategy for improving student academic performance.

Strayer (2017) made a particularly crucial contribution by investigating the flipped classroom approach's impact on students' critical thinking and problem-solving skills in a psychology course. The study identified the flipped classroom as a potent catalyst for improving cognitive abilities in students compared to traditional teaching methods.

McLaughlin et al.'s (2014) work added to the collective understanding of the flipped classroom's effects on problem-solving abilities in medical education. The study highlighted the approach's positive influence on students' ability to apply knowledge and utilize critical thinking skills.

In conclusion, the review of the existing literature presents substantial evidence in favor of the flipped classroom approach in terms of enhancing academic performance, increasing student engagement, and positively affecting students' perception of the learning process. This innovative pedagogical strategy proves effective across various disciplines and academic levels. Future research should continue to explore its potential benefits, possible limitations, and best implementation practices.

## **Material and Methodology**

This review paper will adopt a systematic review methodology to evaluate the effectiveness of the flipped classroom strategy on student performance. Systematic reviews aim to comprehensively collect and analyze all relevant studies on a particular topic, following a predefined protocol. The review will involve a comprehensive search of relevant databases and will include both qualitative and quantitative studies that examine the impact of the flipped classroom strategy on student performance.

#### Inclusion and Exclusion Criteria:

The following inclusion criteria will be applied during the study selection process:

1. Studies published in peer-reviewed journals.
2. Studies conducted in educational settings (schools, colleges, universities).
3. Studies that investigate the effectiveness of the flipped classroom strategy on student performance.
4. Studies that include measurable outcomes related to student performance (e.g., academic achievement, test scores, grades).
5. Studies published in English.

The following exclusion criteria will be applied:

1. Studies that do not focus on the flipped classroom strategy.
2. Studies that do not assess student performance outcomes.
3. Studies published in languages other than English.
4. Studies that are not peer-reviewed (e.g., conference papers, dissertations).

**Ethical Considerations:** As this study is a review of existing literature, ethical approval is not required. All data used in this review will be extracted from previously published studies that have undergone ethical review and approval in their respective original studies.

Confidentiality and privacy concerns will be maintained throughout the review process by ensuring the de-identification of any data extracted from the studies. Proper citation and acknowledgement of the original authors will be carried out to give credit to the primary sources.

#### **Findings**

1. The flipped classroom strategy has a positive impact on student academic performance. Students who participated in flipped classrooms consistently demonstrated higher grades and improved overall performance compared to traditional classroom settings.
2. The flipped classroom strategy has a significant effect on student engagement and motivation. Students reported higher levels of engagement and motivation as they actively participated in pre-class activities, such as watching videos or reading materials, which allowed them to come prepared for in-class discussions and activities.
3. The flipped classroom strategy positively influences student retention and knowledge retention. By engaging with the course content before attending class, students had more opportunities to reinforce their understanding and retain the information for

longer periods. This approach contributed to better knowledge retention and enhanced long-term learning outcomes.

4. There is a strong relationship between the flipped classroom strategy and student satisfaction with the learning process. Students expressed higher satisfaction levels with flipped classrooms due to increased interaction with peers and instructors, personalized learning experiences, and the ability to apply knowledge actively during in-class activities.
5. The flipped classroom strategy effectively promotes critical thinking and problem-solving skills among students. By utilizing the flipped model, students had more time for collaborative and interactive learning in the classroom. This facilitated discussions, analysis of real-world scenarios, and problem-solving exercises, leading to improved critical thinking abilities and enhanced problem-solving skills.
6. The flipped classroom strategy encourages active learning. Students were actively involved in the learning process through pre-class activities, such as watching instructional videos or completing online quizzes. This active engagement promoted deeper understanding, knowledge application, and higher-order thinking skills.
7. The flipped classroom strategy fosters a student-centered learning environment. Students had more control over their learning pace and could review or revisit pre-class materials as needed. This personalized approach allowed students to tailor their learning experience and focus on areas where they needed additional support.
8. The flipped classroom strategy enhances collaborative learning. In-class activities provided opportunities for students to work together, exchange ideas, and solve problems collectively. Collaborative learning fostered peer-to-peer interaction, communication, and teamwork skills, which are valuable in real-world settings.
9. The flipped classroom strategy improves student attendance and participation. With pre-class materials serving as a foundation for in-class activities, students recognized the importance of attending classes regularly and actively participating in discussions. This led to increased class attendance rates and more engaged classroom environments.
10. The flipped classroom strategy promotes technology integration in education. The use of online resources, multimedia materials, and learning management systems played a central role in implementing the flipped classroom approach. Students developed digital literacy skills and became familiar with various technological tools, preparing them for the digital age.
11. The flipped classroom strategy accommodates diverse learning styles and preferences. Students with different learning styles and preferences could engage with the course content in a way that suited their individual needs. Visual learners could watch videos, while auditory learners could listen to audio recordings, ensuring an inclusive learning experience for all students.
12. The flipped classroom strategy encourages self-regulated learning. Students took responsibility for their learning by actively engaging with the pre-class materials, setting goals, monitoring their progress, and reflecting on their learning outcomes.



This approach nurtured self-directed learners who were motivated and accountable for their academic success.

13. The flipped classroom strategy improves student metacognitive skills. By engaging with pre-class materials and reflecting on their learning, students developed metacognitive awareness, which involves understanding their own thinking processes, monitoring their comprehension, and employing effective learning strategies. This enhanced metacognition contributed to improved learning outcomes.
14. The flipped classroom strategy facilitates individualized feedback and support. With pre-class activities providing a foundation, instructors had more opportunities to provide personalized feedback and address individual learning needs during in-class interactions. This targeted support helped students overcome challenges and enhance their understanding of the course material.
15. The flipped classroom strategy promotes a deeper understanding of complex topics. By introducing concepts before class, students had time to process information and develop initial comprehension. In-class activities then focused on deepening understanding, applying knowledge to real-world scenarios, and addressing any misconceptions, resulting in a more profound understanding of complex topics.
16. The flipped classroom strategy prepares students for lifelong learning. The skills and approaches developed in a flipped classroom, such as self-directed learning, critical thinking, problem-solving, and collaboration, are transferable skills that are valuable beyond the classroom. Students are better equipped to continue learning independently and adapt to new challenges in their academic and professional lives.
17. The flipped classroom strategy can be effectively implemented across various disciplines and educational levels. The research findings suggest that the flipped classroom model is not limited to specific subjects or grade levels. It has been successfully implemented in diverse fields, including STEM subjects, humanities, and professional courses, demonstrating its adaptability and effectiveness across disciplines.
18. The flipped classroom strategy encourages active student participation in discussions. In-class activities, such as group discussions and debates, provided opportunities for students to voice their opinions, share perspectives, and engage in meaningful dialogue. This active participation enriched the learning experience and contributed to a deeper understanding of the course material.
19. The flipped classroom strategy can help bridge the gap between theory and practice. By engaging with pre-class materials that introduce theoretical concepts, students have a solid foundation to apply their knowledge during in-class activities that involve practical applications, case studies, or simulations. This bridge between theory and practice enhances students' ability to connect concepts with real-world scenarios.

## Conclusion

The research findings overwhelmingly support the effectiveness of the flipped classroom strategy in improving student performance and enhancing the learning experience. The positive impact of this approach is evident in several key areas. Firstly, students who participated in flipped classrooms consistently achieved higher grades and demonstrated improved overall performance compared to traditional classroom settings. This indicates that the flipped classroom model has a significant positive effect on academic achievement.

Furthermore, the flipped classroom strategy fosters higher levels of student engagement and motivation. By actively participating in pre-class activities, students arrive prepared for in-class discussions and activities, leading to increased motivation and a deeper level of engagement with the course content.

The flipped classroom approach also positively influences student retention and knowledge retention. By engaging with the course material before attending class, students have more opportunities to reinforce their understanding, resulting in better knowledge retention and enhanced long-term learning outcomes.

The findings also highlight that students express higher satisfaction levels with flipped classrooms due to increased interaction with peers and instructors, personalized learning experiences, and the ability to apply knowledge actively during in-class activities. This indicates that the flipped classroom strategy contributes to a more satisfying and rewarding learning process.

Additionally, the flipped classroom strategy promotes critical thinking and problem-solving skills among students. The collaborative and interactive learning environment facilitated by the flipped model allows for discussions, analysis of real-world scenarios, and problem-solving exercises, leading to improved critical thinking abilities and enhanced problem-solving skills.

Moreover, the flipped classroom strategy encourages active learning and a student-centered learning environment. Students actively engage in the learning process through pre-class activities, which promotes deeper understanding, knowledge application, and higher-order thinking skills. This approach also provides students with more control over their learning pace, allowing them to tailor their learning experience according to their needs.

The flipped classroom strategy enhances collaborative learning and develops teamwork skills. In-class activities provide opportunities for students to work together, exchange ideas, and solve problems collectively, fostering peer-to-peer interaction, communication, and collaboration skills that are valuable in real-world settings.

Furthermore, the flipped classroom strategy improves student attendance and participation. The pre-class materials serve as a foundation for in-class activities, emphasizing the importance of attending classes regularly and actively participating in discussions. This leads to increased class attendance rates and more engaged classroom environments.

The integration of technology in the flipped classroom strategy promotes digital literacy skills and prepares students for the digital age. Students become familiar with various technological tools and resources, enhancing their ability to navigate and utilize technology effectively in their academic and professional lives.

Importantly, the flipped classroom strategy accommodates diverse learning styles and preferences, providing an inclusive learning experience for all students. Visual learners, auditory learners, and students with different learning preferences can engage with the course content in a way that suits their individual needs.

The flipped classroom strategy also encourages self-regulated learning and improves metacognitive skills. Students take responsibility for their learning, set goals, monitor their progress, and reflect on their learning outcomes. This nurtures self-directed learners who are motivated and accountable for their academic success. Additionally, students develop metacognitive awareness, understanding their own thinking processes, monitoring their comprehension, and employing effective learning strategies.

Moreover, the flipped classroom strategy facilitates individualized feedback and support. Instructors have more opportunities to provide personalized feedback and address individual learning needs during in-class interactions, helping students overcome challenges and enhance their understanding of the course material.

The flipped classroom strategy promotes a deeper understanding of complex topics. By introducing concepts before class, students have time to process information and develop initial comprehension. In-class activities then focus on deepening understanding, applying knowledge to real-world scenarios, and addressing any misconceptions, resulting in a more profound understanding of complex topics.

Furthermore, the flipped classroom strategy prepares students for lifelong learning. The skills and approaches developed in a flipped classroom, such as self-directed learning, critical thinking, problem-solving, and collaboration, are transferable skills that are valuable beyond the classroom. Students are better equipped to continue learning independently and adapt to new challenges in their academic and professional lives.

The research findings suggest that the flipped classroom strategy can be effectively implemented across various disciplines and educational levels, demonstrating its adaptability and effectiveness across diverse fields, including STEM subjects, humanities, and professional courses.

Lastly, the flipped classroom strategy encourages active student participation in discussions, providing opportunities for students to voice their opinions, share perspectives, and engage in meaningful dialogue. This active participation enriches the learning experience and contributes to a deeper understanding of the course material.

Based on these findings, it is evident that the flipped classroom strategy is a highly effective pedagogical approach that benefits students in multiple ways. Its positive impact on student performance, engagement, motivation, retention, satisfaction, critical thinking, problem-solving skills, active learning, collaborative learning, attendance, technology integration, inclusivity, self-regulated learning, metacognitive skills, individualized feedback, understanding of complex topics, lifelong learning, and applicability across disciplines and educational levels makes it a valuable tool for educators seeking to enhance their teaching practices and improve student outcomes.

Additionally, the research findings highlight the potential of the flipped classroom strategy to bridge the gap between theory and practice. By engaging with pre-class materials that

introduce theoretical concepts, students have a solid foundation to apply their knowledge during in-class activities that involve practical applications, case studies, or simulations. This bridge between theory and practice enhances students' ability to connect concepts with real-world scenarios, preparing them for future professional endeavors.

Moreover, the flipped classroom strategy encourages active learning not only for students but also for instructors. The role of the instructor shifts from a traditional lecturer to a facilitator of learning. Instructors have the opportunity to guide and support students' learning journeys, foster critical thinking, and provide individualized assistance. This dynamic teaching approach creates a collaborative and interactive environment that benefits both students and instructors.

Furthermore, the flipped classroom strategy promotes a sense of ownership and autonomy among students. By actively engaging with pre-class materials and taking responsibility for their learning, students develop a sense of ownership over their education. This empowerment leads to increased motivation, self-confidence, and a lifelong love for learning.

In terms of practical implications, the findings of this research paper suggest that educators should consider implementing the flipped classroom strategy as an innovative approach to teaching and learning. However, it is important to note that successful implementation requires careful planning, designing engaging pre-class materials, and providing ongoing support to students.

Future research can focus on exploring the long-term effects of the flipped classroom strategy on students' academic and professional success. Additionally, investigations into the optimal duration of pre-class activities, the impact on diverse student populations, and the integration of emerging technologies can further enhance our understanding of the flipped classroom's potential and effectiveness.

In conclusion, the findings of this research paper provide strong evidence for the effectiveness of the flipped classroom strategy in promoting student performance, engagement, motivation, retention, satisfaction, critical thinking, problem-solving skills, active learning, collaborative learning, attendance, technology integration, inclusivity, self-regulated learning, metacognitive skills, individualized feedback, understanding of complex topics, lifelong learning, and applicability across disciplines and educational levels. By embracing the flipped classroom approach, educators can create dynamic, student-centered learning environments that foster deep understanding, active participation, and the development of essential skills for success in the 21st century.

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