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| Acceleration Option | Brief Description | Academic Effect Size |
| Early admission to kindergarten | Student enters school before the legal age as determined by state or district policy | +.30 |
| Early admission to first grade | Student skips kindergarten or spends some time there but moves onto first grade their first year | +.30 |
| Grade-skipping | Student skips an entire year of school | +.67 |
| Continuous progress | Student moves on to new content as soon he has mastered the previous content | +.25 |
| Self-paced instruction | A type of continuous progress except the student controls the pacing | not available |
| Subject-matter acceleration | Student moves into a higher grade for one subject | +.42 |
| Combined classes | Student works at higher grade level within a split class | not available |
| Curriculum compacting | Through preassessment, student studies only those concepts not known in a unit of study | +.20 |
| Telescoping curriculum | Through a deliberate plan, student accelerates through curriculum mastering multiple years of material in one year or multiple semesters in one | not available |
| Mentoring | Student teams with mentor who provides advanced instruction | +.22 |
| Extracurricular activities | Student earns credit in classes outside typical school day such as summer programs | Talent Search Programs +.34  Summer University Course +.43  Saturday Classes on University Campus +1.56 |
| Distance learning courses | Student learns via computer class or correspondence class through an outside agency; typically there is a cost involved | +.72 |
| Concurrent/dual enrollment | Student gets double credit for a class such as middle/high school for Algebra or high school/college for a college-level class taught in high school by a college-sanctioned teacher | +.41 |
| Advanced Placement™ | College-level course taught in middle or high school by specially trained College Board teachers; advanced credit possible with passing grade on standardized test | +.60 |
| International Baccalaureate | Student participates in IB program that offers college credit based on exam scores | +.70 |
| Accelerated/honors high school or residential high school on college campus | Student attends high school designed for gifted students | Accelerated/Honors classes in high school +.69  Residential high school +.29 |
| Credit by examination | Student earns credit for a class through activity or exam such as College Board CLEP tests | not available |
| Early entrance to middle school, high school, or college | Student enters school early | College +.23 |
| Early graduation from high school or college | Student graduates in less than four years | not available |
| Acceleration in college | Student earns multiple degrees in four years | Honors classes in college +.56 |

Note. Types of acceleration come from Southern & Jones (2015) while effect sizes stem from the work of Rogers (2015).