AVID EXCEL®: INDEPENDENT RESEARCH AT A GLANCE

Accelerating Success for Long-Term English Learners

RMC Research Corporation. (2026). *Study of the Implementation and Impact of AVID Excel*.

What AVID Excel Is

AVID Excel is a middle school program specifically designed to accelerate the language acquisition, literacy development, and college and career readiness of long-term English learners (ELs). Unlike generic EL support, Excel provides a structured, research-based approach that addresses the unique needs of students who have been in U.S. schools for multiple years but have not yet achieved English proficiency.

Who It Serves

- Long-term English learners in middle school
- Students needing targeted academic language development
- Schools seeking a research-validated EL intervention, not generic support

What the Independent Research Shows

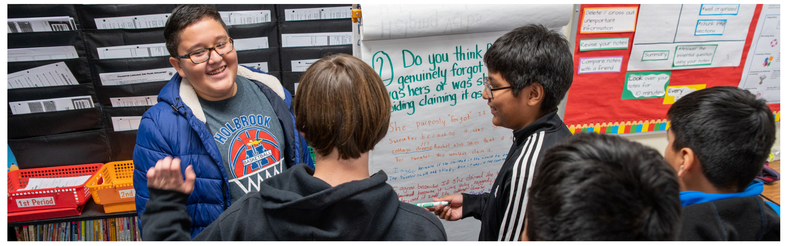
Conducted by RMC Research Corporation, this multiyear, quasi-experimental study examined outcomes for over 2,100 AVID Excel students across 58 schools in six states, with data from the 2021–22 to 2024–25 school years.

Key Student Outcomes

1. Accelerated English proficiency:
   - Grade 8 proficiency scores higher (0.10 standard deviations) than peers
2. Faster reclassification:
   - Nearly twice as likely to reclassify in grade 9 (22% vs. 13%)
3. Clear pathway to rigor:
   - 44% of AVID Excel students enrolled in the AVID Elective in grade 9 (vs. 31% of non-participants), increasing access to college-preparatory coursework

Grade 9 AVID Excel Students Were Nearly Twice as Likely to Reclassify

(22% vs. 13%, $p < 0.05$)

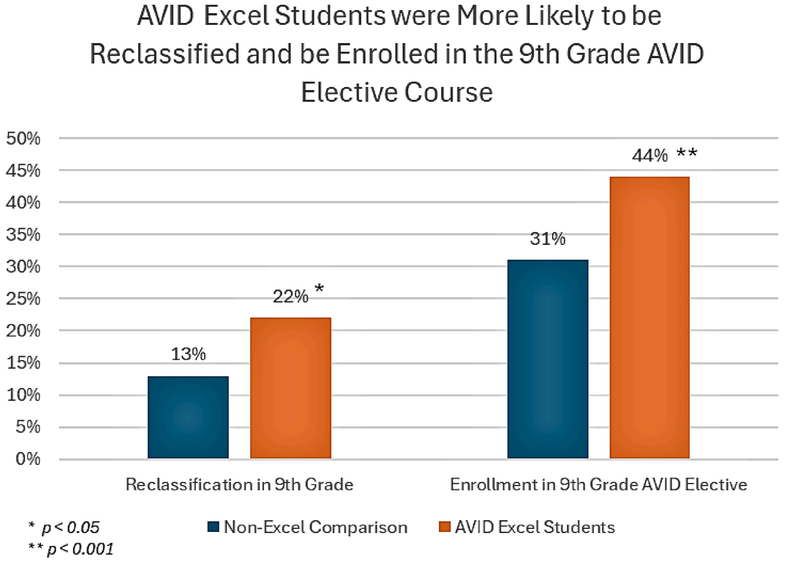


Impact on Educators and Schools

- **80%+ of AVID-trained educators** reported increased capacity to:
  - Accelerate English language acquisition.
  - Engage and motivate multilingual learners.
  - Prepare students for high school, college, and career.
- **94% of educators** reported that AVID Excel fostered a strong sense of community among EL students.
- Strategies transferred beyond the AVID Excel classroom, benefiting all multilingual learners schoolwide.

Implementation That Matters

- Two years of participation (grades 7–8) produced the strongest outcomes.
- Schools with weekly scholar groups saw the highest reclassification gains.
- Sustained high-quality implementation, while using the curriculum and with whole-school support, led to the best student outcomes.



Why It Matters

Long-term English learners are one of the most underserved student populations. This independent research confirms that **AVID Excel delivers measurable, meaningful results**, helping students gain English proficiency faster, access rigorous coursework, and build the foundation for long-term academic success when implemented with sustained high quality over time.

Instructional Design

- Built on AVID's WICOR® (Writing, Inquiry, Collaboration, Organization, and Reading) strategies
- Six instructional strands: Reading · Writing · Oral Language · Academic Vocabulary · Study Skills · Self-Determination and Leadership

"By the midway through the year, kids were dying to be the one that would stand and deliver. Here are kids that don't really like to speak, but you have created a safe environment and given them opportunities to practice with a partner before they share out loud. People are encouraging. No one is making fun. Now they can't wait to share, and I can't get them to stop talking."
– AVID Excel Teacher

For More Information

This independent evaluation was conducted by RMC Research Corporation in partnership with AVID Center. The research team included:
Tamia Penn, R. Marc Brodersen, Allison Kenney, Stephen Meyer, Nicole Brass, and Melissa Kuhn
RMC Research Corporation
Denver, CO

Contact:
Cassie Freeman, PhD
AVID Center
Vice President, Research & Data
San Diego, CA
www.avid.org/research