FutureEd

GEORGETOWN UNIVERSITY

Extended Day Programs

This is one of a series of evidence-based strategies to help states and school districts invest Covid relief aid effectively. Read all 18 strategies in FutureEd's Covid Relief Playbook.

The American Rescue Plan requires states to spend at least 1 percent of the money allotted for K-12 schools—about $1.2 billion nationwide—for extended day programs that can help students make up for lost instructional time during the Covid pandemic. Research is mixed on whether creating a longer school day improves academic outcomes, with results often hard to distinguish from other school-wide reforms. Not surprisingly, research into afterschool programs finds that students make the greatest gains in academic performance, attendance and social-emotional skills when they attend the programs regularly.

THE RESEARCH

A 2007 study by researchers from the University of California, Irvine, and Policy Studies Associates, Inc., followed 3,000 low-income, ethnically diverse students from eight states in six major metropolitan centers and six smaller urban and rural locations. The researchers found that regular participation in afterschool programs was associated with gains of 20 percentage points in math achievement test scores for elementary students and 12 percentage points for middle school students over two years, when compared to students who dropped into programming but were not consistently supervised. Elementary and middle school students who regularly attended programs also saw improvement in self-reported work habits and reductions in misconduct.

Another 2007 study by researchers at Chapin Hall Center for Children at the University of Chicago analyzed Chicago's After School Matters program, which is the largest of its kind to offer students in some of Chicago's most underserved schools paid internships. They found students who participated in at least 27 of 30 possible program days missed two fewer days of school compared to those who did not participate. Researchers also found participants were nearly 50 percent less likely to fail courses than those who did not participate and nearly three times more likely to graduate.

WHAT TO CONSIDER

Because results are more promising when students attend afterschool programs regularly—at least two to three days a week—schools and districts should consider ways to increase participation, including partnering with community organizations and offering food, transportation, and other basic needs. Programs should also consider engaging government leaders, private funders, higher education, and local businesses to share information on achievement and attendance with school districts. Afterschool programs serving 10 to 20 students and offering 70 to 130 hours of additional instructional time annually are most effective, but programs that offer 44 to 100 hours annually are also likely to have an impact.

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Continued

RESEARCH

- **Outcomes Linked to High-Quality Afterschool Programs: Longitudinal Findings from the Study of Promising Afterschool Programs: PROMISING**

- **After-School Programs and Academic Impact: A Study of Chicago's After School Matters: PROMISING**

RESOURCES

- **Building Workforce Skills Afterschool**

- **This is Afterschool**

- **Evidence-Based Considerations for COVID-19 Reopening and Recovery Planning: Afterschool Coordination Systems to Support Afterschool Programming**

- **Expanded Learning Time as a Strategy to Solve Unfinished Learning**