



Tutoring in (online) higher education: Experimental evidence[☆]

David Hardt^a, Markus Nagler^{a,b,c,*}, Johannes Rincke^{a,b}

^a University of Erlangen–Nuremberg, Germany

^b CESifo, Germany

^c LASER, Germany

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ABSTRACT

Demand for personalized online tutoring in higher education is growing but there is little research on its effectiveness. We conducted an RCT offering remote peer tutoring in micro- and macroeconomics at a German university teaching online due to the Covid-pandemic. Treated students met in small groups, in alternating weeks with and without a more senior student tutor. The treatment improved study behavior and increased contact to other students. Tutored students achieved around 30% more credits and a one grade level better GPA across treated subjects. Our findings suggest that the program reduced outcome inequality. We find no impacts on mental health.

1. Introduction

A large share of university students never obtain a degree, and those who do often take much longer than the program design would suggest.¹ This issue in higher education is at risk of worsening with more students studying virtually since the literature has largely found online teaching to be less effective than classroom-based teaching (e.g., Bettinger et al., 2017; Figlio et al., 2013). In the recent pandemic, many students struggled to study successfully due to the shift to online teaching (Aucejo et al., 2020; Bird et al., 2022; Kofoed et al., 2021). Students' mental health may also be affected by a lack of interactions when studying online, as suggested by evidence of worse student mental health during the Covid pandemic (e.g., Browning et al., 2021; Giuntella et al., 2021; Lai et al., 2020; Logel et al., 2021; Son et al., 2020).² Since three in ten Americans state that they would

prefer an online-only learning option even in the absence of the Covid threat (Strada Education Network, 2020), it is important to understand how to improve online learning.

Personalized remote tutoring is a promising way to tackle central problems in (online) higher education and improve student outcomes. In-person tutoring interventions have been shown to be effective across differing settings and for a wide variety of students (de Ree et al., 2021; Fryer, 2017). The experimental literature on tutoring has so far primarily focused on PreK-12 interventions, finding increases in learning outcomes of around 0.37SD on average, a large effect in comparison to other education interventions (Nickow et al., 2020). This remarkable success of tutoring is in contrast to mentoring interventions that have at best shown small improvements in average student performance or improvements only for subgroups of students (e.g., Angrist et al., 2009; Oreopoulos & Petronijevic, 2019).

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* Corresponding author at: University of Erlangen–Nuremberg, Germany.

E-mail addresses: david.hardt@fau.de (D. Hardt), markus.nagler@fau.de (M. Nagler), johannes.rincke@fau.de (J. Rincke).

¹ For instance, data from the National Center for Education Statistics show that in the United States, less than 40 percent of a cohort entering four-year institutions obtain a bachelor's degree within four years (Weiss et al., 2019). See also, e.g., https://nces.ed.gov/programs/digest/d13/tables/dt13_326.10.asp, last accessed November 17, 2021.

² Among the primary correlates of worse mental health of students during the pandemic are loneliness or studying in isolation (e.g., Elmer et al., 2020; Jaeger et al., 2021; Logel et al., 2021).

³ See also “As Students Dispersed, Tutoring Services Adapted” on *Inside Higher Ed* on March 16, 2021, <https://www.insidehighered.com/news/2021/03/16/face-face-peer-tutoring-decimated-pandemic-universities-turn-new-tools-times-and>, last accessed November 4, 2021.

⁴ On private K-12 tutoring markets, see Kim et al. (2021).

To date, little is known about whether tutoring is effective in higher education settings. This is why peer tutoring has not been labeled a high-impact practice by the Association of American Colleges and Universities (Kuh, 2008).³ However, tutoring is one element of highly successful student support programs such as the City University of New York's Accelerated Study in Associate Programs (ASAP, see Scrivener et al., 2015; Sommo et al., 2018; Weiss et al., 2019). Remote tutoring is also a large and growing market served by private sector firms. Market analysts estimated the global market size for online tutoring at around USD 150bn in 2020 and it is projected to reach about 280bn by 2026 (Valuates Reports, 2021).⁴

In this paper, we report results of a randomized trial designed to test whether small-group remote peer tutoring affects student outcomes in (online) higher education. Our sample comprises second term students from the core undergraduate program at a large Germany university's *School of Business, Economics, and Society*. Each fall, students can enroll in the three-year bachelor's program *Economics and Business Studies*. In each of the first two semesters, students are supposed to take six courses, each of them worth five credits. The second term includes more rigorous courses relative to the first semester. As a result, many students struggle in the second term.⁵

Our program provided personalized remote tutoring in two economics courses. The program featured small groups of two or three students. These small groups met every week via *Zoom*, in alternating weeks with and without a more senior student tutor. In these meetings, students discussed problems in micro- and macroeconomics taken from problem sets and past exams that were available to all students. The student tutors were students from a more advanced term in the same study program. One implication is that similar programs could be introduced at modest cost elsewhere. In our setting, the additional cost for including one additional student into the program for a three-month period would be about €60.

Our results show that the remote tutoring intervention was highly effective in improving learning outcomes. First, relative to the control group, treated students are more likely to state that they studied throughout the term and report being more in contact with other students. Second, treated students earn 30% more credits and obtain a GPA across both tutoring subjects that is better relative to control group students by around one grade level. Studying the students' performance in both tutoring courses' written exams, we find that treated students perform about 30% of a standard deviation better than students in the control group. This is of comparable magnitude than the impacts of tutoring in K-12 education (Nickow et al., 2020). Third, the largest improvements in academic performance occur among students who previously did not perform well. As a result, the program reduced the inequality of academic outcomes among students. Fourth, because of the induced small-group peer interactions, we also hypothesized that the tutoring intervention would improve students' mental health, especially in light of the pandemic setting. However, we find no impacts on any survey outcome related to mental health.

This paper contributes to several literature strands. First, we add to research on the effectiveness of online higher education. Most of this literature has found online teaching to be somewhat less effective than classroom-based teaching (Bettinger et al., 2017; Figlio et al., 2013). A driver of this lower effectiveness seems that students have problems of disorganization when taught online, a culprit that could be well addressed by personalized tutoring (e.g. Banerjee & Duflo, 2014).⁶ There is substantially less research on interventions aiming

⁵ Administrative data from the year 2018/19 shows that even before the onset of the pandemic, many students were struggling to keep up with the study plan: after the first semester, only 59 percent of enrolled students had completed courses worth at least 30 credits.

⁶ Patterson (2018) addresses the notion that disorganization drives lower effectiveness by experimentally studying commitment devices, alerts, and distraction blocking tools in a MOOC. The study finds positive effects for treated students. Delivery-side frictions such as lack of experience in online teaching may however also be important (e.g., Orlov et al., 2021).

at improving student outcomes within an online environment.⁷ Our results show that remote tutoring in small groups substantially raises student outcomes in such an environment. In addition, online tutoring offers substantial cost savings over in-person tutoring. Besides savings on physical space on campuses, it does not require students or tutors to physically meet. This is likely to be especially important at non-elite institutions where many students live off campus and work besides their studies. Thus, remote tutoring may prove an effective and efficient way to personalize and improve online education.

Second, we also contribute to the experimental literature on tutoring interventions. Tutoring has been shown to be highly effective in PreK-12 education (de Ree et al., 2021; Fryer, 2017). In a recent review, Nickow et al. (2020) report that tutoring increases learning outcomes by around 0.37SD on average, a large effect in comparison to other education interventions. There is much less evidence on the effectiveness of tutoring in higher education, and the available evidence does not provide a clear picture of the effectiveness of such interventions (see, e.g., Gordanier et al., 2019; Munley et al., 2010; Paloyo et al., 2016; Parkinson, 2009; Pugatch & Wilson, 2018, 2022). However, tutoring is an important part of CUNY's ASAP program that seems highly effective (Scrivener et al., 2015; Sommo et al., 2018; Weiss et al., 2019). We contribute to this literature by providing the first estimates of the effect of a pure tutoring program on student outcomes. We show that remote small-group peer tutoring is similarly effective in higher than in PreK-12 education. We also find that online tutoring can generate large benefits for middle and low achieving students. This is relevant since many of low performing students who work besides their studies may be unlikely to attend in-person tutoring sessions on campus.

Finally, we contribute to emerging research on effective education policies during the Covid pandemic. Most papers in this literature have focused on primary or secondary education (e.g., Angrist et al., 2022; Bacher-Hicks et al., 2021; Grewenig et al., 2021). The paper closest to ours is Carlana and La Ferrara (2021), who experimentally assigned Italian middle school students an online tutor during the pandemic and report positive effects on performance and well-being. The magnitude of their results is comparable to the magnitude we find in the subjects covered by the program. There is only little research on higher education interventions during the pandemic, despite worse student outcomes in higher education (Altindag et al., 2021; Bird et al., 2022; Kofoed et al., 2021; Rodriguez-Planas, 2022a, 2022b). In an earlier paper, we show that mentoring focused on student self-organization improves student motivation, but only raises student achievement among already well-performing students (Hardt et al., 2022). We thus contribute by studying the effectiveness of remote tutoring in (online) higher education during the pandemic. While the pandemic is a special situation for many students (Jaeger et al., 2021), we are convinced that the sizable, plausible, and comparable effects of our intervention carry lessons for improving higher education after universities have fully returned to their (new) normal way of teaching that may include online-only or hybrid delivery options.

2. Experimental setting and design

2.1. Experimental setting

We implemented the RCT in a setting that is quite typical of public universities during the pandemic. The RCT took place in the university's undergraduate program *Economics and Business Studies*. This three-year study program requires students to collect 180 credits to graduate. The official curriculum features courses worth 30 credits in each semester,

⁷ Lavecchia et al. (2016) provide a recent review of behavioral interventions in (higher) education.

corresponding to six courses (each course is worth five credits). Administrative data show that irrespective of the Covid pandemic, substantial shares of students earn less than 30 credits per semester, delaying their graduation beyond the suggested three-year limit. Given that the study plan and the target of achieving 30 credits per term are very salient, the fact that most students typically register for exams worth these credits, and survey data from prior semesters showing that students do not study as much as intended, we suspected that many students were struggling with issues related to self-organization and/or studying efficiently.

Due to the Covid pandemic, in the summer term 2021 all courses of the School of Business, Economics, and Society were conducted in online format. To this end, the university acquired licenses of *Zoom* (already before the summer term 2020), an online video conference tool used widely in academic settings during this pandemic to digitize classes and seminars and to provide remote education. While the exact implementation of online teaching differs by subject and instructor, this should make the setting similar to the setting of other academic institutions around the globe during this pandemic. The exams were taken in person at the city's trade fair sites.

We leveraged the shift to online teaching induced by the pandemic to assess the effectiveness of remote tutoring programs. One may worry that this pandemic situation was very different from other online education settings (Jaeger et al., 2021). While this is certainly true, our intervention took place over one year after the beginning of the pandemic. Thus, instructors already had some experience teaching virtually via *Zoom* since this was the third term in which the university did so (Altindag et al., 2021; Orlov et al., 2021). Also, formal lockdowns ended in early May 2021, shortly after the onset of the intervention. Thus, the situation was more normal and much improved relative to the early phases of the pandemic.

We overall believe that our findings carry implications for the time in which universities return to in-person teaching. First, survey responses to questions that should capture pure effects of the pandemic were similar between treatment and control students, suggesting that our survey-based findings are not specific to the pandemic situation. Most importantly, treated students' self-assessed mental health is no different than control students', irrespective of which measure we analyze. Students may however felt the need for academic extra support in this time period more than usually. Second, the magnitude of our effects is comparable to tutoring interventions in other settings in primary and secondary education that took place in person (Nickow et al., 2020). Note, however, that the nature of our outcome may be different than in the literature on education production in schools since the standardized tests in schools are typically designed to measure basic competencies whereas test questions in our setting may be more predictable. Finally, an additional challenge for external validity is whether the program would have been equally effective in a second or third installment or whether it was particularly effective simply because it was new.

2.2. The tutoring program

In the first week of the semester, students were informed via e-mail about the launch of a new small-group tutoring program in micro- and macroeconomics designed specifically for students in the second semester of the study program. Students were informed that the program had a capacity constraint and that places would be allocated randomly. They were invited to express their interest in the program through a webpage. The webpage asked for the students' consent to use their records from the university's registry data for research purposes, and for their consent to pass along their name and e-mail address to their tutor. We sent reminder e-mails to students who did not visit the registration webpage within two days.

After closing the registration, we randomly assigned all students who had expressed their interest in the program to either a treatment

or control group. The number of students assigned to treatment was determined by the program's capacity. Students assigned to the treatment group were invited via e-mail to participate in the tutoring program and received further program-related information. Students in the treatment group were then randomly assigned to tutoring groups of either two or three students. Students assigned to the control group were informed via e-mail that they could not participate in the program.

We chose this oversubscribed lottery design over randomly assigning a share of all students to the treatment for two primary reasons. First, because of the specific focus of the program, we were less concerned that students who in the end would not get an offer would be discouraged or otherwise negatively affected.⁸ Second, this design has advantages in terms of power, which is relevant given the small overall sample. Table A.1 in the Appendix shows summary statistics of interested students relative to the student population and suggests that interested students obtained slightly more credits in the first term than students who were not interested in the program. They are also less likely to have obtained their university entrance certificate in the top tier high school type and to be enrolled for the first time. On the one hand, this could imply that other students would have benefited more from the program conditional on participation. On the other hand, this could imply that students were positively selected on non-cognitive skills such as grit, such that other students would have benefited less from the program.

The tutoring program focused on advancing students' knowledge of microeconomics and macroeconomics, two compulsory courses in the second term of their study program, and on inducing peer-to-peer interaction. Students in the treatment group were instructed to meet with their tutoring group every two weeks. During those meetings, the tutoring groups were supposed to work on problem sets and exams from previous teaching terms. Importantly, all problem sets and study materials provided to the students in the treatment group were also available to students in the control group via the department's e-learning platform. In every other week (i.e., when the tutoring groups did not meet to work on problem sets), tutors met with the groups to discuss any issues that the tutoring group had while solving the problem sets and exams from previous terms. During the session, the tutor then explained the problems, asked for the issues that students had while solving the problem set, and potentially also offered general advice on how to study effectively or on anything else that was related to the students' second term, depending on students' demand. Each tutoring session lasted for 90 minutes. During the teaching term, each tutoring group was supposed to meet with their tutor for five tutoring sessions.

The idea of the program was to (i) induce students to take up tutoring services, (ii) induce peer-to-peer interaction between students in an online environment where this sort of interaction is largely missing and (iii) provide a commitment device to ensure that students study regularly during the term in an (online) environment where external structure (e.g., resulting from a fixed time schedule) is missing. Students who fully complied with the program had up to an additional 90 minutes per week where they actively worked through problems in micro- and macroeconomics while interacting with peers. We unfortunately do not have data on total study time and thus cannot investigate whether treated students substituted general training sessions with the tutorials, for example.

As outlined before, students who had expressed their interest in the program but were not offered a slot in the randomization serve

⁸ Consistent with this, in Appendix Table C.1 we find that students who were interested in the program, but who were not randomly chosen to be treated perform significantly better in terms of credits earned than students who were not interested in the program even conditional on high-school GPA, a strong predictor of performance at university in Germany. They also perform better in terms of GPA, but this impact is not significantly different from zero.

as our control group. Students in the control group did not receive small-group tutoring, but they had the opportunity to attend the regular general practice sessions for students in both microeconomics and macroeconomics. The regular general practice sessions were open to all students (including those in the treatment group) and took place on a weekly basis, were much less personalized, and did not directly induce peer-to-peer interaction. In terms of content, these sessions and the materials available to control group students were identical to what tutors and student groups discussed in our intervention. In microeconomics, there were also additional (online) practice tests (not counting towards students' grade) that all students could take. In summary, relative to what the control group received in terms of study resources, our program personalized teaching without changing the contents or study materials students had access to. The online and small-group nature of the program in our opinion mitigate concerns about positive spillovers to control students.⁹

2.3. Recruitment of tutors

In total, we hired 15 tutors. Work contracts were specified such that each tutor could handle a maximum of four groups of two to three students. We included an about equal number of 2-person and 3-person groups. With 60 groups in total, the tutoring program's maximum capacity therefore was about 150 students. All tutors were students who successfully completed the courses that the program focuses on and during the summer term of 2021 were enrolled in the fourth or sixth semester of the study program.¹⁰ Including one additional student for a three-month period would cost about €60.¹¹ Whether the program could be scaled easily depends, among other issues, on the supply of motivated and qualified tutors, however.¹² The online format may facilitate this, since in principle tutors could be recruited from elsewhere (Carlana & La Ferrara, 2021).

Shortly before the start of the tutoring program, all tutors took part in a kick-off meeting. In this meeting, the research team explained the purpose and the structure of the tutoring program and explained the planned sequence and contents of the tutoring sessions to be held with each student group. The tutors could also ask questions. The tutors were also informed about the fact that the program's capacity was limited and that a random subset of all students in the second term who showed interest in the program would be invited to participate.¹³

⁹ On the students' registration website, students were informed in the overall data processing consent text that the program would be accompanied scientifically and that their data would be processed. They could however opt out of this (and thus avoid their data being analyzed) at no costs and still participate in the program. Not a single student made use of this option.

¹⁰ Importantly, tutors are not teaching assistants at the department. The student tutors thus also do not have any inside knowledge, for example on potential exam topics.

¹¹ Tutors were given three-month work contracts specifying four hours of work per week and a monthly net pay of about €160. Employer wage costs were about €200 per month and tutor.

¹² Compared to other students in their respective cohorts, tutors have significantly better high-school GPA and have substantially higher credits earned in the second term of their studies (for which they serve as tutors). They are also more likely to have a foreign university entrance examination, are more likely to be part-time students (i.e., they complete a concurrent apprenticeship), and are more likely to be enrolled at university for the first time, even though these differences are not significantly different from zero.

¹³ The tutors were informed that we would follow up on the program scientifically, but we did not specify how. They were also relatively free to teach what they and the group thought was right, without us following up on this closely. Finally, in our companion paper (Hardt et al., 2022), a similar setup did not produce meaningful impacts on academic outcomes. We therefore believe that Hawthorne effects play a minor role in our setting, overall.

2.4. Sampling and random assignment

About 790 students enrolled for the study program Business Studies for the fall semester of 2020. We excluded from the experiment students who dropped out after the first semester and students who were not formally in their second semester, for example because of having been enrolled at another university before and having already completed courses from the first or second semester of the study program without having taken these exams at the university.¹⁴ This leaves us with 714 students entering the second term. These students were invited to participate in the tutoring program in the first week of the term. 226 students responded to this invitation and registered their interest in the program.

We randomly assigned students to the treatment group with a probability of around 2/3 to fill all slots, and the other interested students to the control group. The randomization was done in office by a computer. We used a stratified randomization scheme with gender and number of credits completed in the first semester (three bins) as strata variables.¹⁵ In the end, from the 226 students interested in the program, 145 were sampled into the treatment group and 81 into the control group. Students in the treatment group could drop out at any time with no penalty. If dropouts led to tutoring groups with only one student left, we reassigned the remaining student to another tutoring group of the same tutor.

3. Data and empirical strategy

3.1. Data

Survey data

After the final tutoring sessions and before the beginning of the exam period, we invited all 226 students in the experimental sample to an online survey. We conducted the survey on an existing online platform at the department. Researchers and lecturers regularly use the platform to survey students. The survey lasted around ten minutes, and participating students received a payoff of €8.00. The survey elicited the students' assessment of their study effort and behavior as well as their self-perceived (mental) health.

We study the impacts of the tutoring program on study behavior because the program was designed to induce students to continuously study throughout the term in small tutoring groups. The questions relating to study behavior include questions on students' motivation, continuous study behavior, contact to other students, timely exam preparation and sufficient effort to reach term goals. We study the impacts of the tutoring on mental health since the small-group nature of the program, as well as it being among the first formal group interactions in these students' university life, may alleviate feelings of isolation pervasive in online teaching during the pandemic (e.g., Browning et al., 2021; Giuntella et al., 2021; Logel et al., 2021). The mental health questions comprise questions on students' happiness, feelings of stress, anxiety, depression, feelings of being disconnected, sense of belonging, and overall mental health. The wording of all questions is shown in Appendix B.1.

Our pre-registered primary outcomes from these surveys are (i) a study behavior index and (ii) a mental health index. Both indices standardize each reply to a question in the respective area to have mean zero and standard deviation one in the control group and then build the unweighted sum of the standardized variables (Kling et al.,

¹⁴ In Germany, some students enroll at a university because as students they have access to social security benefits, e.g., to subsidized health insurance.

¹⁵ We dropped students from the sample who were credited for courses in the second semester and earned the credits in an earlier term (either at the same university, or elsewhere). Such credits often show up with some delay in the administrative data.

2007). We coded both indices such that higher values indicate more positive outcomes. To avoid spillovers from exams to the survey, the survey data was collected in the week before the beginning of the examination period. We use all submitted survey responses. Out of the 226 students in the experimental sample, 142 students (62.8% of the sample) participated and participation was balanced across treatment and control group (see Table B.3 in the Online Appendix).

Administrative data

We measure all outcomes related to academic achievement using registry data from the university. This data was obtained from the university administration in early October 2021. Our pre-registered primary academic outcome is the total number of credits students earned in the courses microeconomics and macroeconomics, the subjects covered by the program. Passing a subject gives students 5 credits each. We also measure students' average grade in both subjects, running from 0 (fail grade) to 4 (best grade).¹⁶ We note that GPA is, in principle, affected by the student's decisions on whether to take either exam. However, analyzing the impact of the program on GPA can reveal whether effects on credits earned came at the expense of grades. It can also reveal whether there is an effect on student achievement in parts of the distribution where extensive margin effects on passing exams are unlikely to arise. Finally, we also obtained data on the exact number of points scored in the two exams and use this information to provide a more continuous measure of student outcomes in microeconomics and macroeconomics. Following (Angrist et al., 2009), we kept observations from students who dropped from the sample. We coded these students as having zero earned credits and missing GPA. We assign a value of zero points in an exam if the student did not participate in it.

The exams took place in person between end of July and September 2021 (i.e., after the end of the teaching period). In addition to information on individual exam participation and success, the registry data also contain background information on individual students (enrollment status, gender, age, type of A-level degree, and A-level GPA (coded from 1 as the worst to 4 as the best grade)).

3.2. Balancing checks and take-up of tutoring services

Balancing checks

Table 1 reports differences in means and standardized differences in students' characteristics as balancing checks. The characteristics comprise gender, age (in years), high-school GPA, a dummy for students who obtained a certificate from the top-tier high school type ("Gymnasium"), a dummy for students who obtained their high school certificate abroad, credits earned in the first term, a dummy for students in their first study year, and a dummy for part-time students.¹⁷ Table 1 documents that all characteristics were balanced across treatment and control group.

Because of self-selection of students into survey participation, we repeat the balancing checks for the survey respondents. In addition, we study selection into survey participation by mean-comparison tests between survey participants and non-participants. Table B.3 in the Online Appendix shows that the likelihood of survey participation was unrelated to treatment assignment. Within the sample of participants, treatment and control group are balanced across all characteristics. Students who participated in the survey differ slightly from students who did not participate: participants are more likely to be enrolled at university for the first time.

¹⁶ In Germany, a reversed scale is used, with 1 being the best and 4 the worst passing grade. We recoded the GPA to align with the U.S. system.

¹⁷ Students who were enrolled in a different program before can be in the first year of the study program, but in a more advanced year at university. About 6% of students are enrolled in studies that are integrated into a vocational training program. These students are counted as part-time students.

Table 1
Summary statistics by treatment status.

	Control	Treatment	Difference	Std. diff.
Female	0.51 (0.50)	0.50 (0.50)	-0.00 (0.07)	-0.00
Age	21.82 (2.76)	21.39 (2.66)	-0.44 (0.37)	-0.11
High-school GPA	2.39 (0.62)	2.43 (0.59)	0.04 (0.08)	0.05
Top-tier high-school type	0.65 (0.48)	0.70 (0.46)	0.04 (0.06)	0.06
Foreign univ. entrance exam	0.09 (0.28)	0.11 (0.31)	0.02 (0.04)	0.06
Earned credits in first term	23.17 (7.85)	23.82 (8.26)	0.66 (1.13)	0.06
First enrollment	0.69 (0.46)	0.68 (0.47)	-0.01 (0.06)	-0.01
Part-time student	0.06 (0.24)	0.06 (0.23)	-0.01 (0.03)	-0.02
Obs.	81	145	226	226

Note: This table shows means of administrative student data (standard deviations in parentheses) by treatment status, together with differences between means and corresponding standard errors (in parentheses) and standardized differences. In the line where we report high-school GPA we need to drop 11 observations where we do not have information on students' high-school GPA.

Take-up

Out of the 226 students in the experimental sample, 145 students were assigned to treatment and thus could participate in the small-group tutoring sessions. Table A.2 in the Online Appendix shows the actual program take-up (i.e., how many students actually participated in the sessions). 91 percent of treatment group students met with their tutors or groups at least once. Female and male students are similarly likely to take up the offer of receiving tutoring services conditional on placement in the program. Around 66 percent of treated students participated in at least five meetings with tutors. And around 50 percent participated in at least six sessions with tutors, as recommended by the program. Because of the very strong take-up, we refrain from reporting IV regressions where we use treatment assignment as an instrument for actual program take-up. IV results are similar to OLS regressions following the specification discussed in the following subsection and available from the authors on request.

3.3. Estimation

To evaluate the effects of the small-group remote tutoring program, we estimate the equation

$$y_i = \alpha + \beta Treatment_i + \gamma X_i + \epsilon_i, \quad (1)$$

where y_i is the outcome of student i , $Treatment_i$ is an indicator for (random) treatment assignment, and X_i is the vector of strata variables. The vector thus contains a female indicator and indicators for the tercile of credits completed in the winter term 2020 the student belongs to. The tercile indicators flexibly control for baseline academic performance. The coefficient of interest is β , which is the intent-to-treat effect of remote tutoring among students who were interested in the program. We report robust standard errors that allow for clustering at the tutoring group level for students in the treatment group. We additionally account for issues arising from multiple hypothesis testing and report p -values that adjust for the family-wise error rate (FWER) using the procedure of Steinmayr (2020), an extension of List et al. (2019) allowing for control variables and clustered standard errors.

We expected that the effects of tutoring would possibly differ by student characteristics. First, online education has been found to have more negative effects on academically weaker students (e.g., Bettinger et al., 2017; Figlio et al., 2013). We therefore expected heterogeneous effects by prior academic performance, measured by credits earned

in the first term.¹⁸ Second, relative to female students, male students are often more negatively affected by online teaching (e.g., Figlio et al., 2013; Xu & Jaggars, 2014). At the same time, the literature also documents higher take-up rates in related programs among female students (e.g., Angrist et al., 2009).¹⁹ Thus, we did not have a clear prior about the direction of a potential heterogeneity by gender.

To study treatment effect heterogeneity, we include an interaction between the variable capturing the dimension of heterogeneity and the treatment indicator, together with the variable capturing the dimension itself. In addition, we study treatment effect heterogeneity by splitting the sample along the dimension. For the effects by prior performance, we also split the sample into terciles of prior performance and estimate baseline regressions in these subsamples.

4. Results

4.1. Effects on study behavior and mental health

We first study the effects of the tutoring program on self-reported study behavior and (mental) health outcomes among survey participants. As dependent variables, we use indices that aggregate answers to questions concerning both topics in our survey (Kling et al., 2007) and that are coded such that higher values indicate more positive outcomes. Table 2 shows the result from this analysis. Column (1) shows that treated students report substantially improved study behavior. The treatment effect is sizeable and amounts to around a quarter of a standard deviation in the control group. A more detailed analysis reveals that the program significantly increased the students' motivation, led to more continuous studying, and increased contact to other students (see Table B.4 in the Online Appendix). Instead, Column (2) shows that the mental health index is entirely unaffected by the treatment. This is also true for each underlying element of the mental health index (see Table B.5 in the Online Appendix).²⁰

Thus, our results suggest that the tutoring program worked as intended, in the sense that it improved students' study behavior and increased their contact to other students. In contrast, the mental health of students was not affected by the treatment.²¹

4.2. Impacts on primary outcomes

In Fig. 1, we plot our main academic outcomes by treatment status. In Panel (a) of the figure, we plot the credits earned in micro- and macroeconomics by treatment. Students can either obtain 0, 5, or 10 credits, depending on whether they pass neither of the two courses, one of them, or both. The figure shows that the treatment lowered the likelihood of not passing any course by around 12pp (or 24% of the control group mean). Correspondingly, the treatment increased the likelihood of reaching 5 credits by 2.2pp (9%) and the likelihood of passing both courses by 9.8pp (40%).²² Did the increase in credits

¹⁸ We also show results from an endogenous stratification approach in Online Appendix C.5 following Abadie et al. (2018) and Ferwerda (2014). We find similar results.

¹⁹ In our context, male students seem to benefit more from similar (mentoring) interventions, if anything (Hardt et al., 2022), while take-up rates in such programs seem to be higher for female students (e.g., Angrist et al., 2009).

²⁰ Note that this does not arise due to students' unwillingness to report mental health issues: around 60% of students respond to the depression question stating they often or very often felt depressed during the term, in line with evidence of low mental health among students during the pandemic (e.g., Browning et al., 2021; Giuntella et al., 2021; Lai et al., 2020).

²¹ All corresponding tables are in Online Appendix B. The statements are shown in Online Appendix B.1. Note that we treat the ordinal scales as if they were cardinal scales. Using ordered probit or ordered logit models renders qualitatively identical findings.

²² Figure C.1 in the Online Appendix also shows means for students who were not interested in participating in the program.

Table 2
Impacts of tutoring on study behavior and health.

	Study index	Health index
Avg. effect	0.26** (0.12) [0.06]	-0.00 (0.12) [0.97]
Obs.	142	142

Note: This table shows impacts of peer tutoring on indices of survey responses adapting Eq. (1) and following Kling et al. (2007). We thus standardize responses to each underlying question to a z-score and sum all responses. The "study index" comprises answers to questions on students' motivation, continuous study behavior, contact to other students, timely exam preparation and sufficient effort to reach term goals. The "health index" comprises answers to questions on students' happiness, feelings of stress, anxiety, depression, feeling disconnected, sense of belonging, overall mental health, and physical health. For the full set of survey questions, please see Online Appendix B.1. The corresponding tables can be found in Online Appendix B.2. Standard errors in parentheses allow for clustering at the tutoring group level for treated students. The associated *p*-values are denoted by stars: **p* < 0.10, ***p* < 0.05, ****p* < 0.01. In brackets, we show *p*-values adjusting for the family-wise error rate following Steinmayr (2020).

earned come at the expense of students' grades? Panel (b) plots the GPA across both courses for those students that obtained a grade. The panel shows that the increase in credits earned documented in Panel (a) came along with a clear improvement of students' GPA in these courses. This shows that the treatment improved students' academic outcomes in the treated courses throughout.

We quantify these impacts in Table 3. The table shows average differences between the treatment and control groups for academic outcomes in the subjects covered by the program. Column (1) shows the impacts on credits earned in microeconomics and macroeconomics. Each of the two subjects is worth 5 credits, meaning that students could earn between zero and 10 credits across both subjects. Column (1) shows that on average, students in the control group earn only 3.7 credits, pointing to substantial difficulties of many students to cope with the contents of the subjects covered by the program. Students who received a treatment offer earned around one credit more than students who did not, an increase of around 29% relative to the control group mean. Column (2) shows that treated students at the same time outperform control group students in terms of GPA by around one grade level.²³ Thus, students were not only more likely to pass the subjects covered by the tutoring program, they also received better grades.

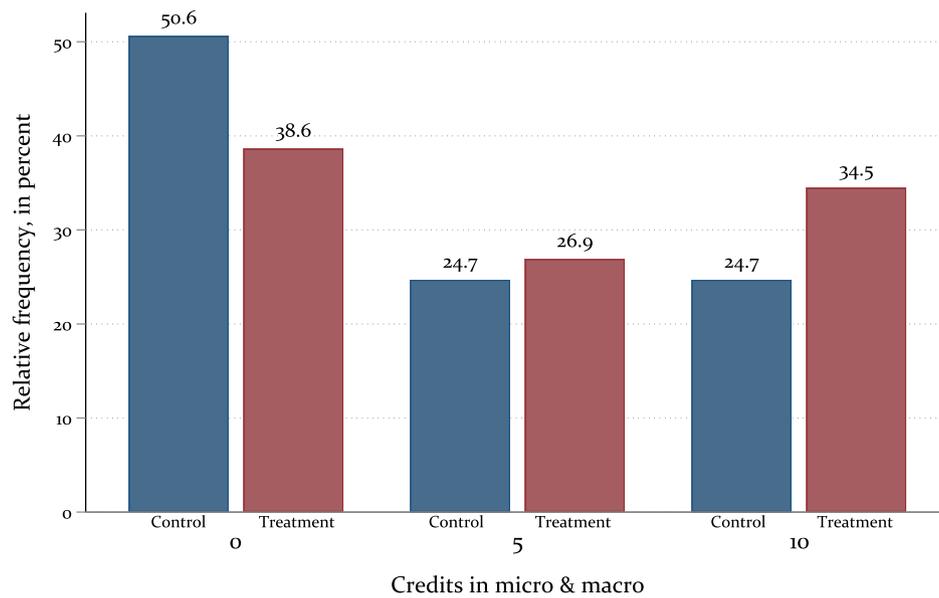
To compare the magnitudes of these effects to results in the literature on tutoring interventions before higher education, Column (3) uses z-scores of points earned in both exams as a continuous measure of student achievement.²⁴ The estimate shows that treated students earn around 0.3 standard deviations more points than students in the control group, a large effect for education standards. This result is similar in magnitude to the effectiveness of tutoring interventions before higher education (Carlana & La Ferrara, 2021; Nickow et al., 2020).

Overall, Table 3 suggests that the effects of the small-group tutoring program on study behavior translate into strong effects on performance. In more detailed regressions shown in Online Appendix C.2, we find that this result is primarily driven by the effect the program had on student achievement in microeconomics. The relative magnitudes of the results on microeconomics and macroeconomics are well aligned with qualitative information obtained from the tutors that in the sessions with their tutoring groups, they spent around 2/3 of the time on

²³ The grading system in Germany allows to deviate from natural numbers in steps of 0.3.

²⁴ We standardize the variable to have mean zero and standard deviation one. Before doing so, we code students who did not participate in an exam as having earned zero points.

(a) Histogram of Credits Earned in Micro and Macro by Treatment Status



(b) Kernel Density Plots of Student GPA in Micro and Macro by Treatment Status

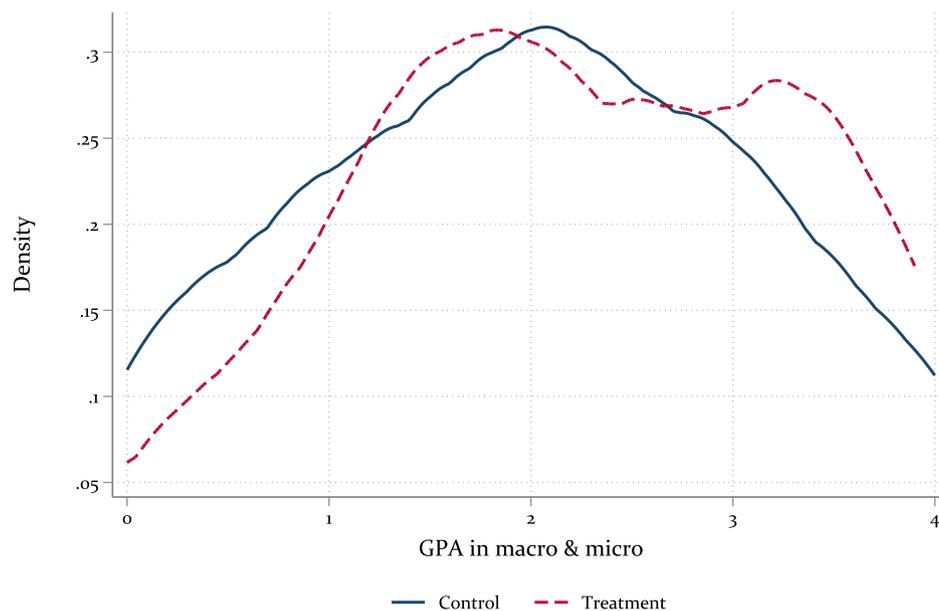


Fig. 1. Distribution of academic outcomes by treatment status.

Note: The figure in panel (a) shows the relative frequency of obtaining either 0, 5, or 10 credits in microeconomics and macroeconomics by treatment status. The figure in panel (b) presents unadjusted Kernel density plots by treatment status using as an outcome the GPA in microeconomics and macroeconomics (running from 0 = fail grade to 4 = best).

average discussing topics and problems in microeconomics, and only about 1/3 of the time on macroeconomics.²⁵

²⁵ We analyze the effectiveness of tutoring per subject and minute in Online Appendix C.3.

4.3. Heterogeneity of effects

As outlined, we expected treatment effects to differ by prior student performance. This can be measured through the students' performance in the first term. Fig. 2 shows the key result from this analysis using

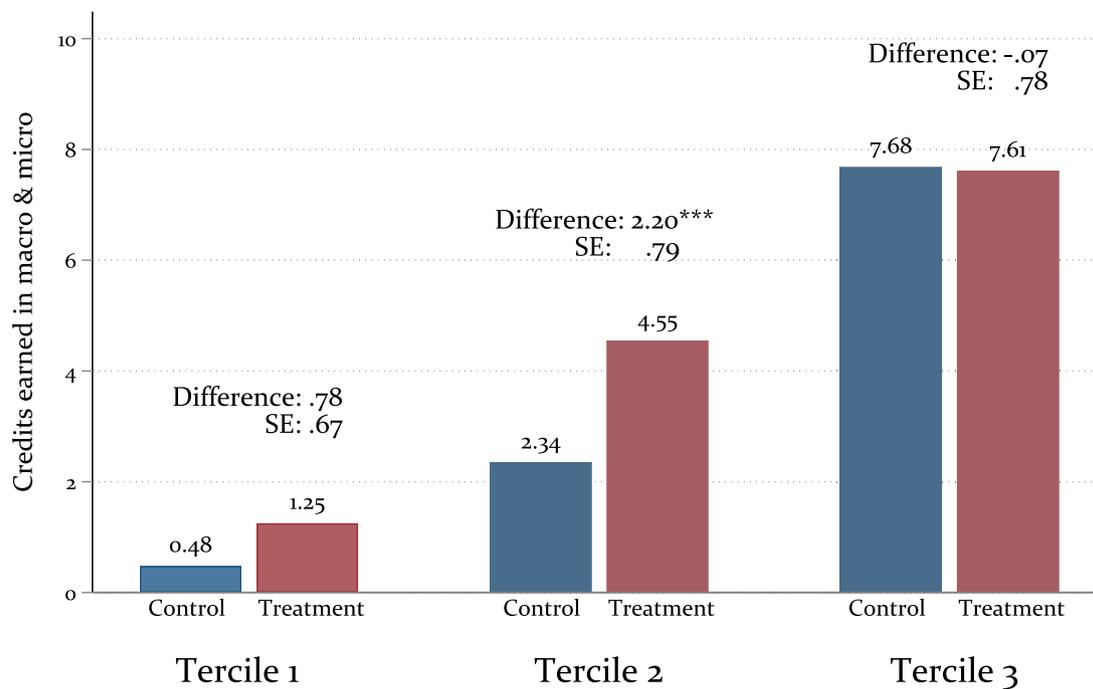


Fig. 2. Effects on credits earned by prior performance.

Note: This figure shows how students' credits earned in the summer term 2021 relate to students' prior performance as measured by students' credits earned in the winter term.

Table 3
Average impacts of remote tutoring on student outcomes.

Dependent variable:	Credits earned (1)	GPA (2)	Ex. score (Std.) (3)
Treatment	1.06** (0.45) [0.04]	0.35** (0.16) [0.03]	0.27** (0.10) [0.02]
Mean control	3.70	1.99	-0.18
Obs.	226	152	226

Note: This table shows impacts of remote tutoring on administrative student outcomes using Eq. (1). In column (1), we show impacts on credits earned in micro- and macroeconomics, the two subjects covered by the tutoring program. Each completed course amounts to 5 earned credits. Column (2) shows impacts on students' GPA across the two subjects. The number of observations differs from Column (1) since we have several students who do not earn any credits in these subjects. Column (3) shows impacts on points earned in the exams, setting to zero all observations where students did not participate in the exams. This variable is then standardized to have mean zero and standard deviation one for all students. Standard errors in parentheses allow for clustering at the tutoring group level for treated students. The associated *p*-values are denoted by stars: **p* < 0.10, ***p* < 0.05, ****p* < 0.01. In brackets, we show *p*-values adjusting for the family-wise error rate following Steinmayr (2020).

credits earned in subjects covered by the program as the dependent variable. We find that the treatment effect is largest for students in the second tercile of the prior student performance distribution. The point estimate for weak students is insignificant, but sizable. Taken at face value, it suggests that the treatment more than doubled credits earned on average. For good students, there are no effects on credits earned. In Appendix C.4, we repeat this analysis using student GPA as the dependent variable. The results are insignificant, but suggest more positive impacts on the GPA of low- and middle-achieving students.²⁶

²⁶ In Online Appendix C.5, we follow Abadie et al. (2018) and Ferwerda (2014) and estimate effects using endogenous stratification approaches. In line with the analysis above, students in the lower and middle part of the distribution of predicted outcomes in the summer term seem to benefit most from the program in terms of credits earned. In terms of GPA, the impacts are highest for well-performing students.

We also investigated the heterogeneity of effects by student gender. In Online Appendix Table C.6, we show the results from this analysis. Female and male students benefit similarly from the tutoring in terms of credits earned, but females benefit a bit more in terms of GPA, although the difference is insignificant.

We also investigated the heterogeneity in tutoring. First, we studied whether the effects of tutoring are larger for students tutored by female than by male tutors. If anything, male tutors seem more effective, but the difference is not significant.²⁷ Second, we also investigate whether the effects of tutoring are larger in two-person or three-person tutoring groups. We find that, if anything, larger groups are more effective, but the difference in coefficients is not statistically significant. Third, Nickow et al. (2020) report that typically, tutors more distant in age and hierarchy are more effective than peer tutors. In additional heterogeneity analyses, we therefore also study whether the effects of tutoring are larger when students are tutored by more senior (from the 6th term) or by less senior (from the 4th term) tutors. We find no such effect. All results can be found in Online Appendix C.7.

Overall, the heterogeneity analysis thus returns some interesting patterns. The tutoring program reduced outcome inequality in credits earned, while benefiting good students nevertheless by raising their average grade across the subjects covered by the treatment. Female and male students benefit similarly from the program. Finally, the tutoring, if anything, works even better in slightly larger groups of three tutored students than in smaller groups of two, but this difference is not significant.

4.4. Spillovers to other subjects

We now investigate whether students' performance in subjects not covered by the tutoring program was affected by the treatment as well. Ex-ante, it is unclear whether we should expect spillover effects. And if there are spillover effects, it is ex-ante unclear in which direction

²⁷ In unreported results, we also investigated gender interactions (e.g., Dee, 2005, 2007; Hoffmann & Oreopoulos, 2009). We find some differences for men, who seem to be more effectively tutored by male than by female tutors.

Table 4
Average impacts of remote tutoring on student outcomes.

Dependent variable:	Treated ST courses		Non-treated ST courses	
	Credits earned (1)	GPA (2)	Credits earned (3)	GPA (4)
Treatment	1.06** (0.45) [0.08]	0.35** (0.16) [0.07]	-0.42 (0.77) [0.58]	0.07 (0.11) [0.73]
Mean control	3.70	1.99	11.05	2.14
Obs.	226	152	226	192

Note: This table shows impacts of remote tutoring on administrative student outcomes in treated and non-treated subjects using Eq. (1). In column (1), we show impacts on credits earned in micro- and macroeconomics, the two subjects we treated. Each completed course amounts to 5 earned credits. Column (2) shows impacts on students' GPA across the two subjects. The number of observations differs from Column (1) since we have several students who do not earn any credits in these subjects. Column (3) shows impacts on credits earned in all compulsory second term courses that we did not treat in the tutoring intervention, leaving out micro- and macroeconomics. The non-treated courses are Financial Mathematics, Data Management, Econometrics, and Marketing. Column (4) shows impacts on students' GPA in these non-treated courses. Standard errors in parentheses allow for clustering at the tutoring group level for treated students. The associated p -values are denoted by stars: * $p < 0.10$, ** $p < 0.05$, *** $p < 0.01$. In brackets, we show p -values adjusting for the family-wise error rate following Steinmayr (2020).

these effects should go. On the one hand, students could benefit from spillovers for example through using their math skills trained in micro- and macroeconomics for other subjects as well. On the other hand, the tutoring may shift students' attention towards the covered subjects and away from the remaining subjects.

Table 4 therefore splits the compulsory courses in the second term into treated and non-treated subjects. The first two columns show the impacts of the tutoring program on treated compulsory courses and thus repeat the results in Table 3. Column (3) shows the impact on credits earned in non-treated compulsory courses. The effect is slightly negative, but insignificant. Relative to the mean of the control group, it is small, at 4%. Column (4) shows that the impact on students' GPA in non-treated compulsory courses is similarly small and insignificant. Thus, the tutoring intervention does not seem to have had any spillover effects to non-treated compulsory courses. This suggests that the tutorials improved student outcomes through subject-specific teaching instead of teaching broader (study) skills.

5. Conclusion

This paper reports on the first field-experimental evidence on the potential role of remote small-group tutoring programs in (online) higher education. In our program, first year students were tutored by more advanced student tutors in groups of two or three. For our experiment, we leveraged the online teaching environment at a German public university induced by the Covid pandemic.

We find that the tutoring program improved the students' study behavior, but left the students' self-reported mental health unaffected. The improvements in study behavior translate to economically and statistically significant impacts on earned credits and students' GPA in the subjects covered by the program. The magnitude of these effects are similar to the effectiveness of tutoring interventions before higher education (Nickow et al., 2020). We finally show that tutoring reduces outcome inequality among students and that slightly larger groups work similarly well than smaller groups. Our findings suggest that the personalized tutoring program worked. Whether peer interactions matter is unclear, since we for example neither find impacts of peer quality on student outcomes nor impacts on mental health.

Our results show the effectiveness of remote tutoring to improve student outcomes and study behavior in higher education. Online tutoring offers substantial cost savings over in-person tutoring. Besides savings on physical space on campuses, it does not require students or tutors to physically meet. Our findings are thus likely to be especially important at non-elite institutions where many students live off campus and work besides their studies.

While transferring field experimental results obtained during a pandemic to other settings is certainly a challenge, the sum of our findings leads us to believe that our results carry implications for the time in which universities return to their (new) normal way of teaching. This may include online-only options as well as hybrid delivery models, both for which our results carry implications. Online-only higher education has been on the rise already before the pandemic and demand for online tutoring services in higher education is expected to further increase in post-pandemic times.

Declaration of competing interest

The authors declare that they have no known competing financial interests or personal relationships that could have appeared to influence the work reported in this paper.

Data availability

Data will be made available on request.

Appendix A. Supplementary data

Supplementary material related to this article can be found online at <https://doi.org/10.1016/j.econedurev.2022.102350>.

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