

## DE-STRESSING ASSESSMENT



### Assessment design

Give time upfront to plan and design an integrated assessment strategy that enables learning.

Design authentic assessments that are as true to real life as possible.

Involve students in assessment design as this will contribute to their understanding and agency in the assessment process.



### Inclusivity

Plan to eliminate unnecessary barriers in assessments. Consider what may be preventing learners from demonstrating their knowledge, skill and competency.

Design assessments that allow choice and flexibility for learners.

Preparing for inclusivity may save you time in the long run, with fewer students raising issues.



### Management

Manage the assessment process electronically so that all aspects of it are transparent to students.

Use an online discussion forum to address queries so all responses are visible to all students.



### Consultation and feedback

In a video call or in-person meeting with a student, notice the student's body language and voice tone to check whether they're able to engage calmly or too stressed to take in feedback.

Notice your own body for these signs too.

If there seems to be too much stress, first calm the student—and/or yourself—and keep communication simple. Take breaks and return if too stressed.

Just as we pick up each other's stress, we also pick up each other's calm state. By gently letting our outbreath get a little longer and easier we both calm ourselves and give a calm signal to the student also.