



Ways to Ease \equiv STUDENT STRESS \equiv AND MAKE A REAL DIFFERENCE AS STUDENTS PREPARE FOR ASSESSMENTS



1 Focus on Vocabulary!

This is the base of learning that everything else is scaffolded on.

EXAMPLE

- a. Acting out vocabulary words (great for ELA)
- b. Vocabulary BINGO
- c. Competitive vocabulary word find (using dictionaries).
- d. Frayer Model with Vocabulary (define/synonym/antonym/picture)

EXAMPLE



Focus on test prep. Students will get worn out and feel unmotivated for the actual test.



Reteach the same lessons the exact same way. If they didn't get it the first time, they won't the second time unless something changes.



Require students to sit in silence and learn. This is not stimulating.



Note taking.



Give a numeral or letter grade with no notes.

Differentiate Learning!



Students learn BEST when you meet them where they are.

A variety of lessons will reach a variety of kids and keep them interested.

EXAMPLE

- a. **Grouping:** Use small groups to work on vocab with teacher: One group working independently / one group doing extended activities / one group working with technology.
- b. **Teaching the lesson differently** by dividing students into 4 groups and having each group teach the class a different part of the lesson.
- c. **Having 3 ways to teach a lesson**, hands-on activity, visual (video/computer) and physical movement.

EXAMPLE

3 Incorporate More Talking (Turn & Talk)

Students learn from each other, and conversation allows students to explain their learning which makes them feel more confident!

EXAMPLE

- a. **Question of the day:** Students write down what they want to learn at the beginning of the lesson. At the end, draw a student's question and have all students turn to a partner and answer it.
- b. **Real-world connection:** At the end of a lesson, they turn to a partner and discuss how what they learned can be used in the real world. Have a few students share aloud to whole group.
- c. **Name That Profession:** Have students brainstorm what professions could likely use whatever concept is being taught that day.

EXAMPLE

4 Use Graphic Organizers!

This helps students organize their learning and remember more.

EXAMPLE

Graphic Organizers can be used for brainstorming, writing, vocabulary, comparing & contrasting, decomposing math problems, etc. (Pictures may help with this).

EXAMPLE

5 Offer More Feedback

Students feel empowered when they know exactly what they need assistance in, and know where to put their focus.

EXAMPLE

- a. Definitely **one-on-one conferences** (taking the time to do it).
- b. 1 to 1: **pointing out one good thing** and one thing they need to work on.
- c. **Focus on a Standard:** After an assessment, sending specialized homework with a student the next week on one specific standard they need the most practice on.

EXAMPLE



800-822-1080

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