

# Managing assessment anxiety

Consider making these supports universally accessible to all ākonga.

- ✓ Give ākonga multiple chances to practice newly learned skills in a safe place before using them in an external assessment.
- ✓ Plan learning so that ākonga have opportunities to display mastery and experience success. Help them identify their strengths and replace the language of self-doubt with the language of success.
- ✓ Talk with ākonga about their stress triggers, discuss how to recognise and deactivate them.
- ✓ Encourage ākonga to look ahead and anticipate the problems they might encounter in the exam. Work through scenarios and identify solutions with ākonga.
- ✓ Talk with ākonga and identify what supports help them. Ensure they have these available in exams.
- ✓ Provide options such as a padlet or an anonymous box where ākonga can post questions or ask for help without identifying themselves.

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