

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.

This information was downloaded/printed from the Ministry of Education's website "Inclusive Education". Except where otherwise noted it is Crown Copyright 2018.

Information on the Inclusive Education website is regularly updated so we recommend you check the website version of this information to ensure it remains current.
