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Learning The Right Way

Working with students on self-regulated learning approaches during assessments/exams

In schools, the academic year concludes joyfully after evaluating the students either through continuous assessments or summative assessment. Whatsoever may be the assessment style adopted by schools, the word “**assessment or exams**” does bring in a certain levels of stress in our students.

Though, most students take responsibility for their own learning, they require moral support from their teachers and parents to be motivated and encouraged to do their very best in their assessments.

Every student requires someone to listen and support them on their initiatives, monitor and guide them in their performance and assist towards the right track that shall enable them to stretch their potential.

Not all students are same, each individual has a different need and may have varied degrees of self-regulated learning approaches. We may have students who can have less self-regulated approach and they require assistance in reaching their goal, particularly when they are encountering unfamiliar topics.

Whatever may be the need of each student, as parents and teachers, what is our role when our children have their final assessments before being promoted to the next grade?

Here are few tips that can be handy to assist and guide students:

- Talk to students on time-management, pre-planning, sustaining attention and being enthusiastic on the very experience of assessments.
- Encourage students to communicate their needs, wants and thoughts verbally with no fear in their mind that they shall be ridiculed or embarrassed before their peers and family members.
- Create a warm and supportive climate that provides a collaborative learning opportunity at school.
- Provide sufficient positive feedback on their learning process than learning outcome.
- Enable them to take responsibility by motivating them on every little step that they take towards learning the challenging tasks.
- Make them do breathing exercises every day and provide them with healthy food that is energetic and keeps them active. Monitor their sleep time and ensure that they get sufficient rest.
- Every child should be encouraged to have a dictionary with him/her to see the meaning of words, to comprehend and apply their thought process in answering the questions.
- Teach students to evaluate their approaches by assessing themselves and revise their techniques as per their needs.
- Guide them to organize their resources systematically before they take up their assessments.
- Encourage students to enjoy the very experience of assessment and face it with a positive mind, making it beautiful, unique and memorable for themselves.

“ **STUDENTS CAN HIT ANY TARGET
THAT THEY KNOW ABOUT AND THAT
STANDS STILL FOR THEM** ”

- RICK STIGGINS

