



Mental Health

Pedagogical Suggestions, Resources and Practices to Support Students' Mental Health

Assessments



Learning Design Team

Concept



“ Mental health and inclusive pedagogy should not be seen as separate domains. It is critical to assess students' levels and design experiences and environments supportive of diverse needs (Jarvis, 2011). ”



Assessments

Test Anxiety. The American Psychological Association acknowledges that test anxiety is a type of performance anxiety. From a pedagogical perspective, educators can utilize strategies that may reduce test-taking anxiety.

Strategies and Suggestions

Potential practices and

Strategies. Strategies to reduce test anxiety include developing no-stakes or low-stakes tests or quizzes, using multiple attempts, offering grades as "best attempt" "most recent attempt," employing daily questions or weekly quizzes, using "adaptive release" to progress to the next lesson and providing badges or leaderboards rather than grades among other strategies. Hsu and Goldsmith's (2021) summary of the strategies that instructors can employ to reduce student stress and anxiety offers an overview of the above mentioned practices and other strategies by categories.

Pre-assessments.

Pre-assessments and/or low-no-stake assignments, when used to adjust content to students' readiness levels, can be a good starting point to create safe environments that contribute to well-being. Educators can select various approaches to pre-assess their students' prior knowledge and skills. Regardless of the pedagogical approach to tests, it is important to be cognizant that test anxiety may impact not only the well-being of the learner but also the learner's performance, and efforts should be made to minimize this impact.

Assessments



References & Additional Sources/Resources

Carnegie Mellon University. (n.d.). [How to assess students' prior knowledge - Eberly Center](#) - Carnegie Mellon University.

Hsu, J. L., & Goldsmith, G. R. (2021). [Instructor Strategies to Alleviate Stress and Anxiety among College and University STEM Students](#). CBE—Life Sciences Education, 20(1), es1.

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