

TO MINIMIZE STUDENT STRESS AND MAXIMIZE LEARNING:

Enable student planning

- Ensure all assignments, quizzes, & sessions are scheduled at beginning of semester and listed in the syllabus
- Post lecture and laboratory materials well in advance of class or lab
- Minimize changes in due dates

Ensure clear and fair expectations

- Exam questions fit course objectives
- Exam format is clear to students (types of questions, cumulative or not, content covered)
- Clarity of size of “quizzes” (number of questions, depth of questions)
- Amount of work or study involved correlates with % of grade
 - Eg homeworks take as much time as exam prep but are worth fewer points
- Clear rubrics for assignments
- Ensure the workload matches the course credit allotment
- Use summary slides to review core principles and identify main points vs details

Ensure students know how they are doing

- Simple grading scales so students can calculate their own grades
- Prompt grading of assignments
- Enable students to review exam questions

Minimize mental and physical stress

- Ensure all speakers leave a full 10 minute break
- Use lecture capture for reviews of unclear points and sick students
- Allow students to participate as they feel they learn best
 - Avoid mandatory attendance for regular lectures
- Provide enough opportunities for points for students to make up for a bad test day
 - Avoid tests worth 50% of grade
- Ensure content is designed for the allotted time and reasonable # questions/exam time
 - Avoid rushing through the last 10 slides or leaving off crucial material
- Avoid Friday assignments with Monday deadlines
 - Everyone needs time to relax or see family members