

Test Motivation

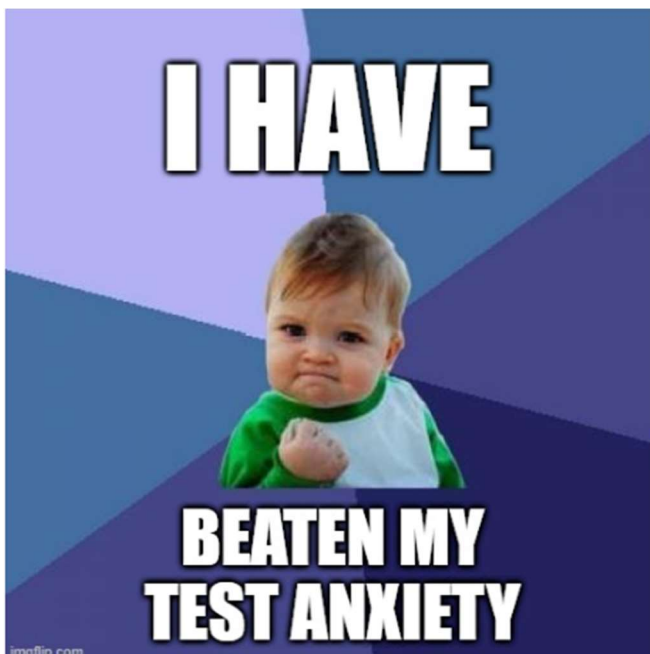
OSU Motivation in Classrooms Lab – Motivation Minute. May 2022

How can I support student motivation while testing?

What are some strategies for optimizing student performance while maintaining a good mental space?

Testing is a stressful period for students and teachers alike. Whether it is weekly testing on a computer based test like Istation or state standardized tests, we want our students to show what they know! Below is a few research based strategies for supporting student motivation while testing.

Situation	Strategies	Classroom Application
Test anxiety- A student is very anxious about the upcoming test.	Cognitive reappraisal – Reappraising the situation in a positive way can improve motivation and mood.	Show What You Know: Teachers can frame the tests as an opportunity for students to show what they have learned!
Low test value- A student doesn't think this test will benefit them in the future.	Increasing attainment value – linking our current task with our sense of self.	Identity Relevance: Have students write (or think) about a skill they have gained through persistent work. "I'm a hard worker. I learned to count by 5s!"
Low testing confidence- A student thinks they will do poorly on the test.	Supporting self-efficacy – past success has powerful influence over current test.	Self-efficacy Experiences: Remind students about all the times they have successfully taken a similar test or procedure. "You worked hard on this test before! You can do it again!"



References

- ◆ Somerville, M. P., & Whitebread, D. (2019). Emotion regulation and well-being in primary classrooms situated in low-socioeconomic communities. *British Journal of Educational Psychology, 89*(4), 565–584.
- ◆ Wigfield, A. & Cambria, J. (2010). Students' achievement values, goal orientations, and interest: Definitions, development, and relations to achievement outcomes. *Developmental Review, 30*(1), 1–35.
- ◆ Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. *Psychological Review, 84*(2), 191–215.
- ◆ Motivation in Classrooms Lab website: <https://bit.ly/3prZ1tB>