

IAO

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BETTER SCHOOL COUNSELORS, BETTER OUTCOMES

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TOP **EXCLUSIVE**
7 **APPS FOR**
ARTISTS AND
ART LOVERS

Help Your Students Beat Exam Stress



Editor's Note

Exam season can be quite stressful for both students and teachers. With increased workload, both the parties often find themselves stuck in a conundrum of how to manage it without missing out on major aspects.

For teachers, the general performance of students matters a lot because it illustrates the impact their teaching has had on them and gives them a rough idea about the general comprehension so they can update their teaching plan accordingly. Both students and teachers have a tough role to play during exam season and cooperation is the only way forward.

In our new issue of IAQ's Accreditor, we shed light on how exam stress can have a negative impact on the health of students and what measures should the teachers use to calm and motivate them during such times.

“Will it be easy? Nope. Worth it? Absolutely.”

Jeff Wright, Editor in Chief

A person with long, dark, wavy hair is lying face down on a desk. They are wearing a teal-colored shirt. An open book is visible on the desk in front of them. The background is a plain, light-colored wall.

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HELP YOUR STUDENTS BEAT EXAM STRESS

**How to make things easier for
your students?**

Tests and exams can be a challenging part of school life for children and young people and their teachers or caretakers. But there are ways to ease the stress. Having someone to talk to about their work can help. Support from a teacher, tutor or study buddy can help young people share their worries and keep things in perspective.

10. **Exclusive**

BETTER SCHOOL COUNSELORS, BETTER OUTCOMES

Teenagers are not known for their coolheaded decision-making, yet they face hundreds of choices with significant long-term consequences. In school, they must decide which courses to take, how much effort to invest, and whether and where to enroll in college. Many understandably lack the information and capacity needed to navigate such complex options.



14.

7 APPS FOR ARTISTS AND ART LOVERS

If your app usage revolves around social media, email, and transportation, you may want to breathe some fresh, creative energy into your smartphone rotation. After culling through apps that have launched or gained popularity over the past year, we selected the following seven for artists and others who are looking for new ways to embrace creativity. Ranging from an enticing digital drawing experience to social media tailored for artists, these apps will help you create and share your own art or discover the work of others, from peers to art historical masters.



Featured

HELP YOUR STUDENTS BEAT EXAM STRESS

Tests and exams can be a challenging part of school life for children and young people and their teachers or caretakers. But there are ways to ease the stress.

Watch for signs of stress

Children and young people who are stressed may:

- worry a lot
- feel tense
- have headaches and stomach pains
- not sleep well



1. Encourage them to get enough sleep

Good sleep improves thinking and concentration. Most teenagers need 8 to 10 hours' sleep a night. Learn more about how much sleep children need.

Allow half an hour or so for them to wind down between studying, watching TV or using a computer and going to bed, to encourage them get a good night's sleep.

Cramming all night before an exam is usually a bad idea. Sleep will benefit them far more than a few hours of panicky last-minute study.

2. BE FLEXIBLE DURING EXAMS



Be flexible around exam time. When they are revising and studying all day, do not give them excessive homework or assignments. Remember, exams do not last forever so the syllabus can wait a bit.



3. Help them study

Ask them how you can support them with their revision or if they are not able to understand a certain concept. Help them come up with practical ideas that will help them revise, such as drawing up a revision schedule or getting hold of past papers for practice. To motivate your students, encourage them to think about their goals in life and see how their revision and exams are related to them.



4. Talk about exam nerves

Remind them that it's normal to feel anxious. Nervousness is a natural reaction to exams. The key is to put these nerves to positive use.

If anxiety is getting in the way rather than helping, encourage your students to practice the activities they'll be doing on the day of the exam. This will help it feel less scary.



5. Encourage exercise during exams

Exercise can help boost energy levels, clear the mind and relieve stress. It does not matter what it is – walking, cycling, swimming, football and dancing are all effective.

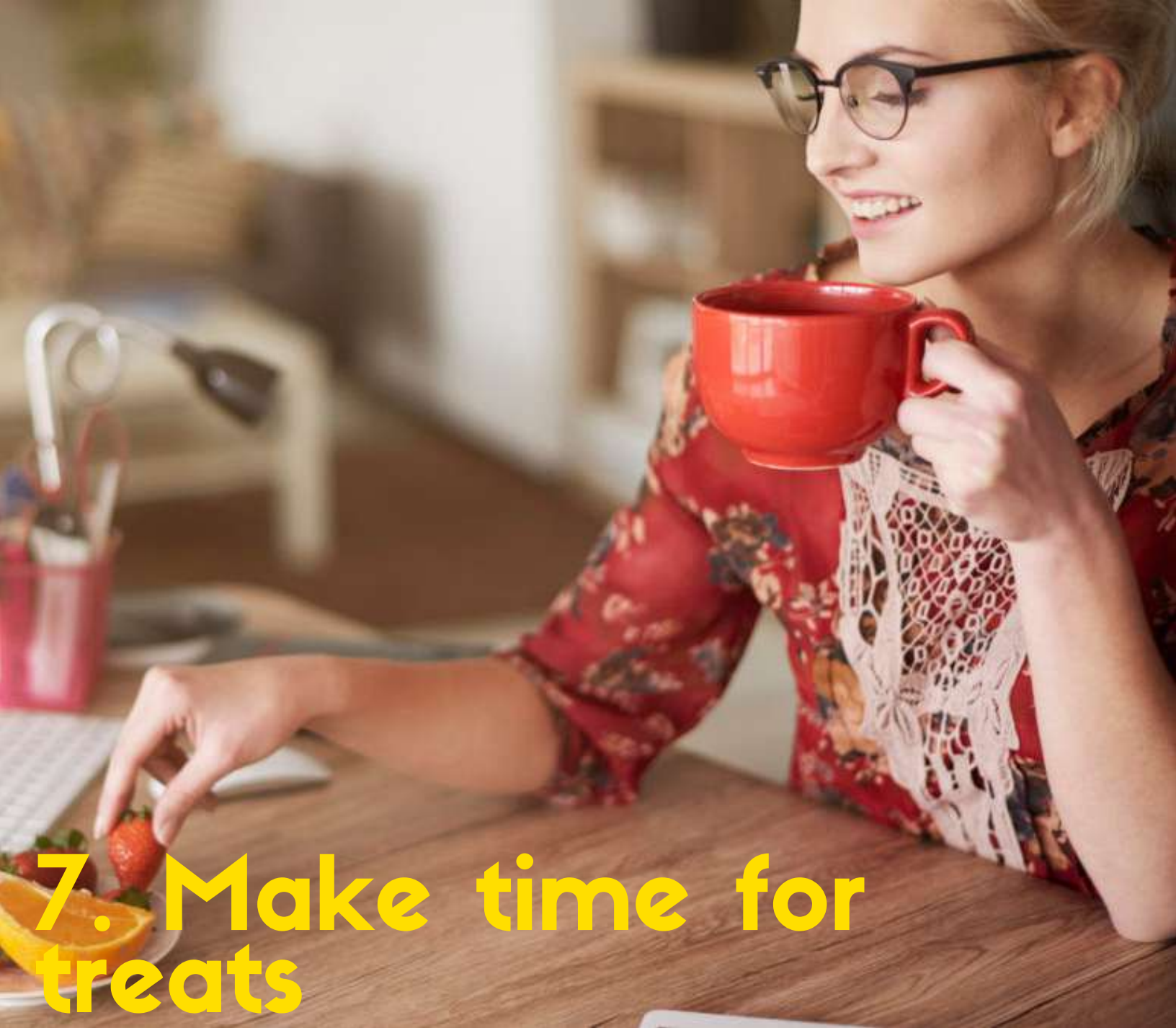
Activities that involve other people can be particularly helpful.



6. Do not add to the pressure

Support group Childline says many children who contact them feel that most pressure at exam time comes from their family.

Listen to the students when they talk about pressure, give them support and avoid criticism. Before they go in for a test or exam, be reassuring and positive. Let them know that failing is not the end of the world. If things do not go well, they may be able to take the exam again. After each exam, encourage the child to talk it through with you. Discuss the parts that went well rather than focusing on the questions they found difficult. Then move on and focus on the next test, rather than dwelling on things that cannot be changed.



7. Make time for treats

With your class, think about rewards for doing revision and getting through each exam. Rewards do not need to be big or expensive. They can include simple things like reducing homework or extra credit.

When the exams are over, help them celebrate by organizing an end-of-exams treat.



8. When to get help

Some young people feel much better when exams are over, but that's not the case for all young people.

Get help if you feel the student's anxiety or low mood is severe, persists and interferes with their everyday life. Seeing a GP is a good place to start.



Better School Counselors, Better Outcomes

Teenagers are not known for their coolheaded decision-making, yet they face hundreds of choices with significant long-term consequences. In school, they must decide which courses to take, how much effort to invest, and whether and where to enroll in college. Many understandably lack the information and capacity needed to navigate such complex options.

Enter the school counselor. High-school counselors can communicate the benefits of doing well in school, help with college applications, and recommend courses of study to prepare students for the careers of their choice.



Counselor Effectiveness and Student Success

Having an effective counselor matters for a wide range of student outcomes. Let's start with educational attainment, which many see as an important long-term measure of student success.

Students assigned to counselors who are one standard deviation more effective than the median are 2 percentage points more likely to graduate high school, 1.7 percentage points more likely to attend a four-year college, and 1.4 percentage points more likely to persist in college into a second year (see Figure 2). The graduation rates of the colleges students choose to attend are also 1.3 percentage points higher, suggesting that they also may be more likely to earn a degree.

These results imply that counselors influence educational attainment by doing more than just influencing students' cognitive and non-cognitive skills. Their effects on educational attainment must run through other channels, such as by providing information or direct assistance to their students. For instance, counselors may have large effects on SAT taking because they provide information about when to take the test or obtain fee waivers for students.

Attributes of Effective Counselors



What distinguishes those counselors who are most effective in supporting student success? Advocates seeking to expand access to high-school counseling tend to focus on caseloads, assuming that counselors are more effective when they work with fewer students.

Students assigned to a same-race counselor—defined here as a white counselor for white students and a non-white counselor for students who are not white—are about two percentage points more likely to graduate high school, attend college, and persist in college compared to their peers who are assigned to a counselor of a different race.

These effects are largest for non-white students, who are 3.8 percentage points more likely to graduate high school and to attend college if matched to a non-white counselor.



Quantity vs. Quality of Counsellors

Given the time-intensive nature of advising, one might expect caseload sizes to influence how well counselors serve students. If, however, counselors have found ways to serve many students efficiently, such as with group sessions or by using technology to provide individualized guidance at scale, caseloads may not have large impacts on student success.

On average, hiring a new counselor in a Massachusetts high school would reduce full caseloads by 74 students.

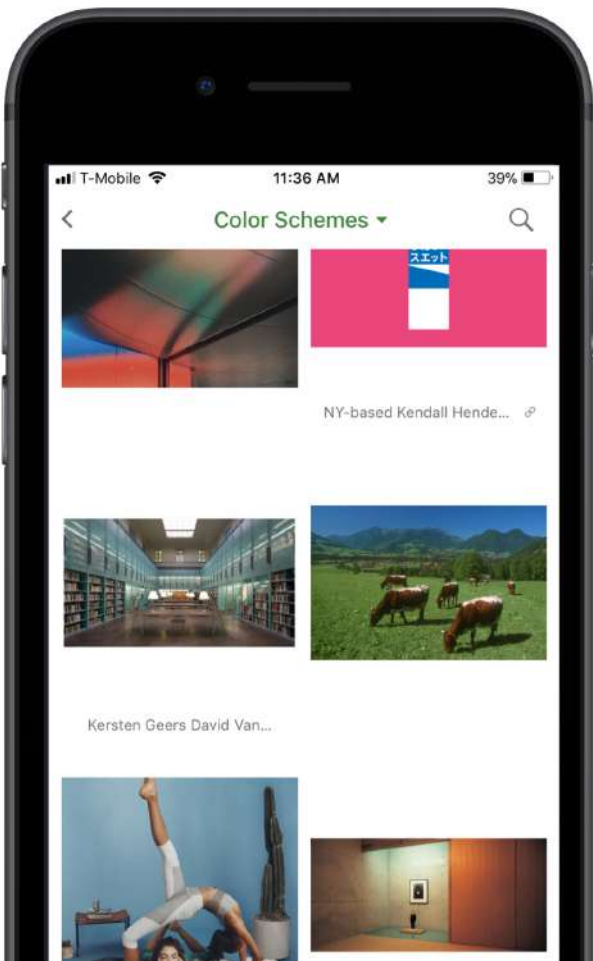
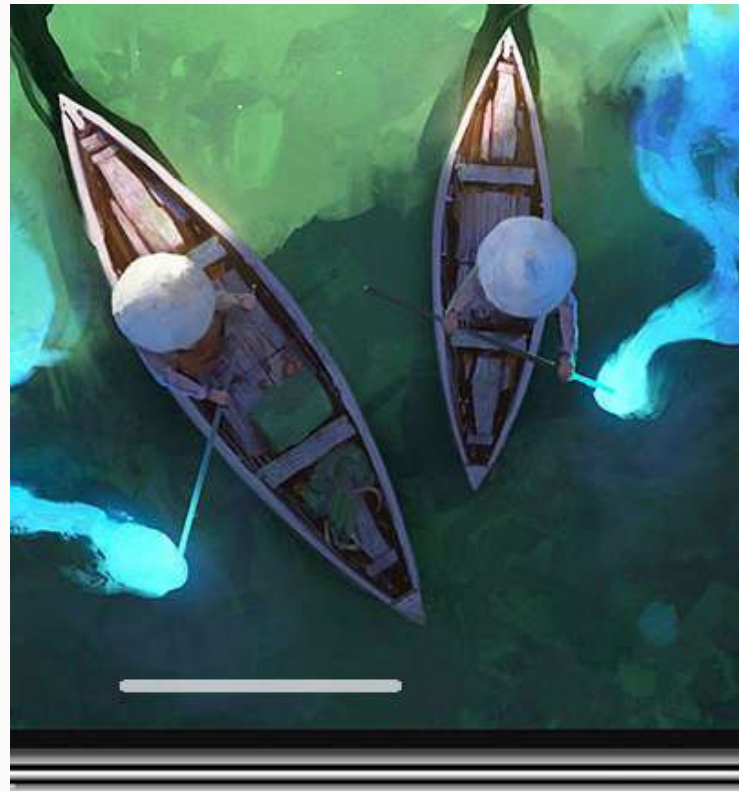


7 Apps for Artists and Art Lovers

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1. Procreate Pocket

Named the best app of 2018 by Apple’s App Store, Procreate Pocket brings the wildly popular digital art app, long favored by artists, from the iPad to the iPhone. The Tasmania-based developers of Savage Interactive introduced the new experience this past year, including over 135 preset brushes that allow you to create masterpieces on your phone, using tools that mimic materials like gouache, vine charcoal, fresco, or turpentine (it can even create textures that emulate aged skin and flowing hair). The iOS app allows you to easily swap out brushes, undo rogue marks, develop custom color palettes, and switch between layers of canvas, while its responsive touch mimics the analog acts of drawing and painting, as pressing harder on the screen will produce heavier lines.

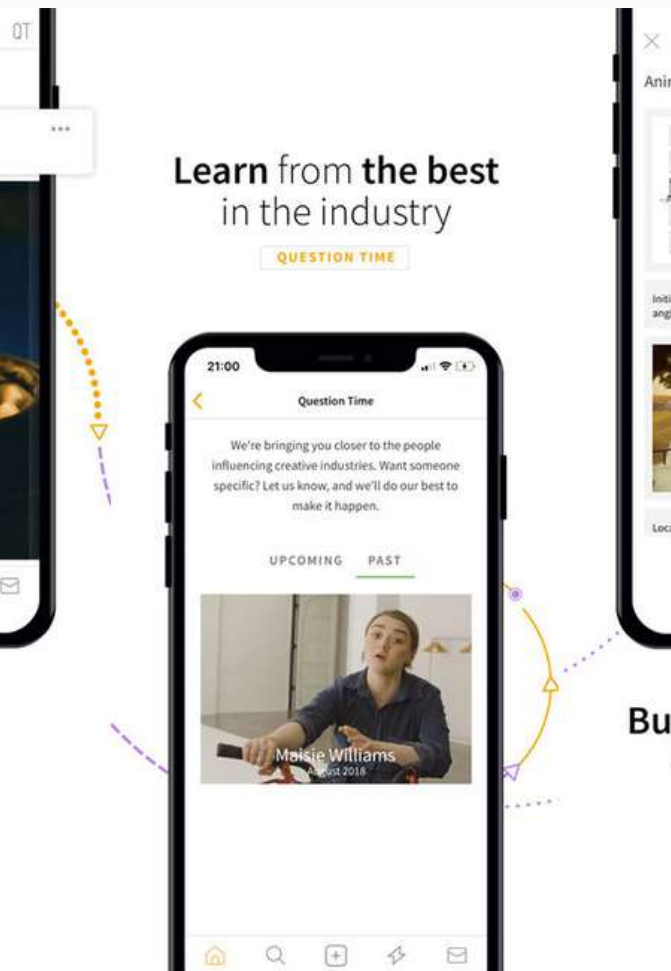


2. Are.na

Awarded General Excellence in Fast Company’s 2018 Innovation By Design Awards, Are.na launched its iOS app just before the start of 2018, making its social media–slash–productivity platform accessible via iPhone and iPad. Made for and by designers and artists, Are.na helps you organize images, links, videos, and other media into collections called “channels”—essentially mood boards with a minimal aesthetic and limitless potential, but less focused on images and followers than Pinterest.

3. Just a Line

Imagine you could make a giant doodle in the air with the tip of your finger, then walk around and through it. This dream becomes reality with Google’s Just a Line app, which uses augmented reality that allows you to make simple line drawings on your phone that appear to hover in the real space in front of you. You can record and share a video of your own creation process, or, if you and a friend use the app together, you can collaborate on a drawing—or just play a high-tech game of tic-tac-toe.



4. Daisie

Daisie gained momentum in early 2018, ahead of its August 1st launch, due in large part to its famous co-founder, Maisie Williams (also known as Arya Stark of HBO’s Game of Thrones fame). The young actress teamed up with film producer Dom Santry to launch a networking tool intended to help aspiring creatives—from film, visual art, and photography to fashion and music—launch their careers.

Daisie allows users to set up a profile and add projects to their timelines, but it also places an emphasis on connecting with like-minded peers and future collaborators.

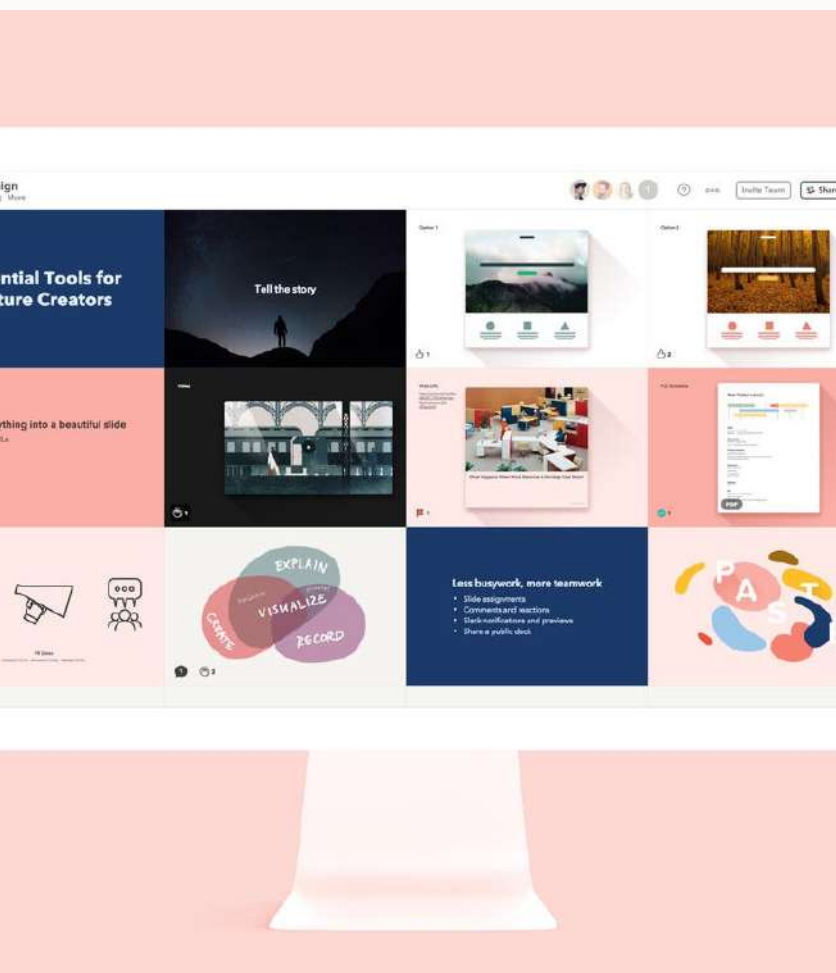
5. Obscura 2

Though the quality and ease of use of the iPhone's camera app may leave you more than satisfied, if you're looking for something closer to the experience of using a DSLR camera, consider Obscura 2. Though it'll cost you \$4.99, the new version of the app (designed with iPhone X in mind) offers greater performance and stability, and features a clean interface, as well as the ability to capture multiple image formats at once. You can shoot highly detailed RAW images, achieve greater depth in your photos, and as you take pictures, you can seamlessly modify the exposure and focus with a few taps.



6. Paste

FiftyThree, the esteemed developers behind the beloved drawing app Paper, released Paste in 2017 to help you create and collaborate on beautiful slideshows (both apps were acquired by WeTransfer in August). The easy-to-use productivity app (which is available for iPhone, iPad, and Mac) allows you and your team to turn images, videos, screenshots, and other media into slides, without the tedious work of formatting. Placing the focus on creativity over busywork, Paste is an ideal tool for creating a wide range of presentations and decks, from mood boards and design proposals to portfolios and lectures.



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