

THE MAGAZINE EDUCATION PROFESSIONALS HAVE BEEN WAITING FOR

**IAO**

**AUGUST 1, 2019**

# ACCREDITOR

## EXAM STRESS AND HOW TO DEAL WITH IT

- ➔ Take regular breaks and schedule in fun things to look forward to
- ➔ Exercise and get outdoors
- ➔ Don't (always) listen to others
- ➔ Speak to someone

**EXCLUSIVE**

## 10 STUDY BETTER

And Learn Faster With These

## TIPS FOR TEACHERS SHIFTING TO TEACHING ONLINE

## THE MEDIUM TEACHERS SHOULD KNOW FOR TEACHING

# Editor's Note



In this month of the year when students are busy scheduling their routine for studies, sorting out priorities from sports to studies! Teachers are back to their jobs but with different challenges this time. Covid-19 has a major hit on the traditional educational system, schools have been closed for more than a year and affected students learning on a serious level. Students were disconnected from the environment of the classroom for a very long time and it affected the learning of students.

IAO's editors' team has measured the gap that had been created between students learning and teacher's delivery in education. We have found multiple useful applications that can be significantly used in teaching. A shift from the traditional educational system to teaching online isn't an easy task. IAO understands this shift and providing assistance to educational providers in this edition of the month of May.

Since the year 2021 has been a quite challenging year in the educational world due to Covid-19. Educational professionals have been decided to focus more on mediums that can be used in teaching for students. On the other hand, this instant shift from the long-practiced educational system to eLearning affected student's mindset for studies and finding obstacles in preparation for exams. In this new edition of IAO's magazine, we got it all covered from teachers to students, traditional education to eLearning, and classroom learning to app learning. So students discover the ways to deal with exam stress and study better than before and faster than before.

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**Change is the end result of all true learning**

**-Leo Buscaglia**



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## 01. **Featured**

### **EXAM STRESS AND HOW TO DEAL WITH IT**

Exam anxiety impacts the majority of students in different ways. It's critical to deal with this stress and identify small measures to reduce the risk of burnout. Test anxiety can be caused by a variety of factors. These factors are usually divided into two categories: situational and mental. This article has been covered both factors thoroughly and assisting students to follow steps accordingly to minimize their exam stress.

## 07.

### **TIPS FOR TEACHERS SHIFTING TO TEACHING ONLINE**

The coronavirus has caused widespread school closures for an unknown time. Teachers are scrambling to discover ways to motivate and support students from a far distance to teach online. In case you're feeling overwhelmed by this daunting task, you're certainly not alone in this.



## 11. Exclusive

# STUDY BETTER AND LEARN FASTER WITH THESE 10 APPS

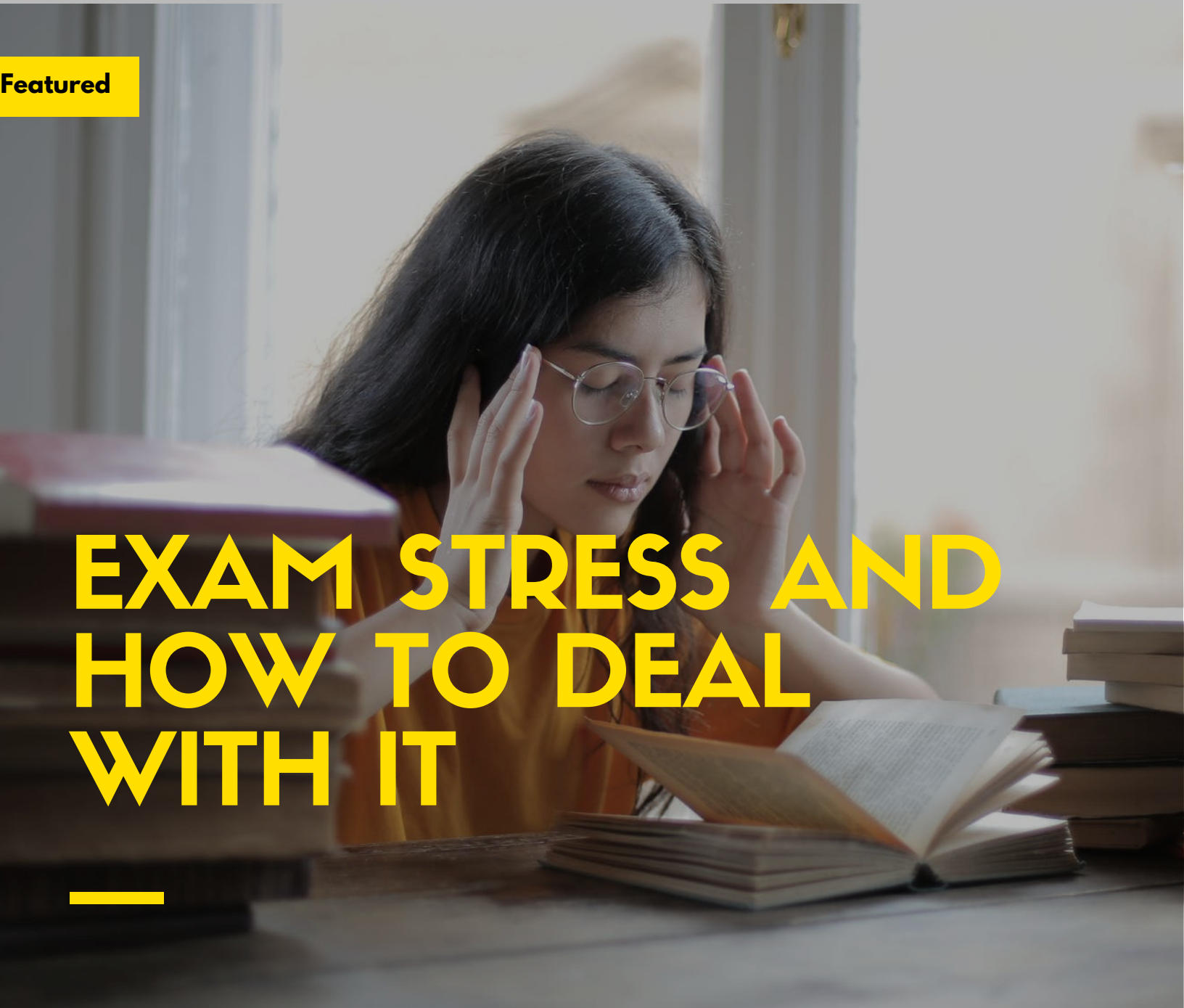
The exam season is around the corner and if your students are short on time for their exam preparation, let them know these five applications mentioned in the article. These five applications hold a significant guide for study better and learn faster for students.

## 16.

# THE MEDIUM TEACHERS SHOULD KNOW FOR TEACHING

With no vaccination for this deadly virus yet, the majority of institutions, schools, universities, training centers and tutors are switching from traditional teaching style to digital learning style. Most of them are trying virtual settings for the first time. Adapting the entire new teaching style is not as easy as it seems but Google reveals Edtech to be a crowded sector.

it is essential to realize that your online teaching tools shouldn't only assist you to develop a fantastic online course but that happens outside of it. You enter in unexpected areas from an unstructured home and maybe with childcare duties – with all the stress and added workload. Recall choosing tools that will help your structure to keep linked, visible and controlled.



# EXAM STRESS AND HOW TO DEAL WITH IT

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Exam anxiety impacts the majority of students in different ways. It's critical to deal with this stress and identify small measures to reduce the risk of burnout.

Exams can be a pleasure for some students; revision is second nature to them, and they can ace an exam with their eyes closed. On the other hand, others experience sweaty palms and heart palpitations, and nothing seems more impossible than sitting down and reviewing. Here are some helpful ideas for reducing stress and ensuring that you get through exam season.

Exam anxiety is a feeling of nervousness students feel before their exams. A little pre-exam anxiousness can escalate into severe feelings of fear, dread, and panic in students. Students who suffer from exam anxiety can hurt their performance.



# Causes Of Exam Anxiety

Test anxiety can be caused by a variety of factors. These factors are usually divided into two categories: situational and mental.

## **SITUATIONAL CAUSES:**

- The pressure of timed exams
- Intimidation of taking the exam in a crowded classroom
- Poor study skills or a lack of preparedness
- A history of stress related to test-taking
- Lack of understanding of the material
- Previous poor test performance

## **MENTAL CAUSES:**

- Fear of poor grades
- A feeling of lack of control
- Fear of letting down others (parents, teachers)
- Placing too much emphasis on single exams
- High expectations of his/her own performance
- Using grades as a reflection of self-worth
- Poor self-esteem or negative self-talk

A photograph of two children, a girl and a boy, sitting on a windowsill. They are both smiling and holding a stack of books on their heads. The girl is on the left, wearing a striped dress, and the boy is on the right, wearing a patterned t-shirt and light-colored pants. The background shows a window with a view of a building and a parking lot. The text is overlaid on the left side of the image.

**STUDENTS!  
TAKE A  
STEP  
FORWARD  
TO DEAL  
WITH  
YOUR  
EXAM  
STRESS**





## Step 01

# TAKE REGULAR BREAKS AND SCHEDULE IN FUN THINGS TO LOOK FORWARD TO

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Even the toughest exam schedules will allow some time for a study break. This can include 20-minute breaks throughout your revising day as well as lengthier activities that you may anticipate. Go out to dinner with friends, to the movies, to a concert, or to anything else you enjoy doing in your spare time to divert your attention away from your exam. Spending a little time away from the books will leave you feeling more refreshed and relaxed the next time you revise.



## Step 02

# EXERCISE AND GET OUTDOORS

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Easily one of the most frustrating things about exam season is that it seems to occur just as the weather brightens up. Take advantage of this by going for a walk or a run, or visiting the gym or swimming pool. Exercise is known to improve morale and help you be more productive while revising. In addition, it keeps you healthy.

## Step 03

# DON'T (ALWAYS) LISTEN TO OTHERS

"Comparison is the thief of joy," as the saying goes. While it is beneficial to discuss topics with classmates and to revise together often but it becomes stressful the majority of times. Avoid comparing your revision to others. You're probably doing well, and listening to others talk about what they've learned will simply stress you out and make you feel like you're not learning as quickly as they are. Plus, if they themselves are stressed this can rub off on to you and other people's stress is not what you need right now.

## Step 04

# SPEAK TO SOMEONE

If the stress becomes too much for you to handle and is hurting your daily life, try talking to someone about it. Your institution or school should have a facility where you can talk to someone about your worries and get more information on how to deal with them. If it seems like too much of a big step, speak in a family member or a friend about the stress you're under. You'll be relieved after knowing that you're not alone in your feelings.

# 04

TIPS FOR  
TEACHERS  
SHIFTING

TO  
TEACHING  
ONLINE



# 4 TIPS FOR TEACHERS SHIFTING TO TEACHING ONLINE

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The coronavirus has caused widespread school closures for an unknown time. Teachers are scrambling to discover ways to motivate and support students from a far distance to teach online. In case you're feeling overwhelmed by this daunting task, you're certainly not alone in this.

Teachers struggled to reach students outside of class. For several years, instructors have taught in communities where students find it difficult to attend school consistently. By keeping in mind, to help absent students to access courses, a blended, self-paced, mastery-based instructional model that empowered all students to learn has been developed. Whether they were in the classroom or not.

Here are some pointers that can help you create a sustainable and engaging distance learning experience for your students.



## 1.SIMPLICITY IS KEY

One of the challenges of distance learning is that teachers and students are no longer in the same room to collectively resolve queries and misconceptions. Instead, the huge bulk of learning time is definitely going to be driven by tasks that require a high level of self-direction.

It's critical to design a distance learning process for students. As a result, teachers should provide resources to their students like PDFs and recorded lectures. It is the simple key to give maximum access to your students to resolve their queries.

## 2.ESTABLISH A DIGITAL HOME BASE

In the spirit of simplicity, it's vital to have a digital home base for students. This can be a district-provided learning management system like Canvas or Google Classrooms, or it can be a self-created class website. Google Sites are most preferable as a simple, easy-to-set-up platform.

Teachers need a single digital platform where their students can continuously visit for the foremost recent and up-to-date data. It can be tempting to jump around between all the cool edtech applications out there—especially as so numerous of them are advertising free administrations right now—but simplicity and familiarity are important.



### 3. STUDENT-DRIVEN ASSIGNMENTS

Effectiveness is key when planning distance learning encounters. Planning is going to take more time and requires a high level of consideration to detail. You may not be able to adjust mistakes on the fly or suddenly rotate when kids are disengaged.

Effectively manage time and sanity. Teachers will need to prioritize longer, student-driven assignments and errands that purchase them time to keep arranging future units and get your students off the computer. Focus on building toward long-term ventures where students have independence and a clear set of checkpoints and due dates that have to be met. When possible, make opportunities for students to examine what they're learning with their families and incorporate an element of student choice to really construct engagement.



### 4. INDIVIDUAL TOUCHPOINTS ARE GAME-CHANGERS

What your students will miss the most is the human connection that is cultivated in your classroom. The little interactions you have with them in the hallways, before and after class or during breaks in lessons, are irreplaceable. While it can be tempting to focus on content in your distance learning assignments and instructional videos, what matters more is creating structures for personalized touchpoints with your students.

You can make these touchpoints through any medium you like: emails, video messages, phone calls, messages through your learning administration framework, comments on shared records, etc. Make a structure and stick to it. Your students will see your speculation and know simply care around them.





It's important to bear in mind that cultivating an engaging distance learning experience is hard. It takes time and an incredible amount of patience. If you are new in online teaching, you're probably going to feel like a first-year teacher again. That's OK! Tackle the challenges step by step, keep your students updated on your progress, and stay positive. You can do this!



Exclusive

# Study Better And Learn Faster With These 10 Apps





The Exam season is near! If there was time to assist your students to get possible best grades with the digital helpful tools, it is now. Fortunately, the app market has exploded with helpful apps, and here are five of my favorite applications for helping your kids study better and learn faster.

# 01

## ITUNES U

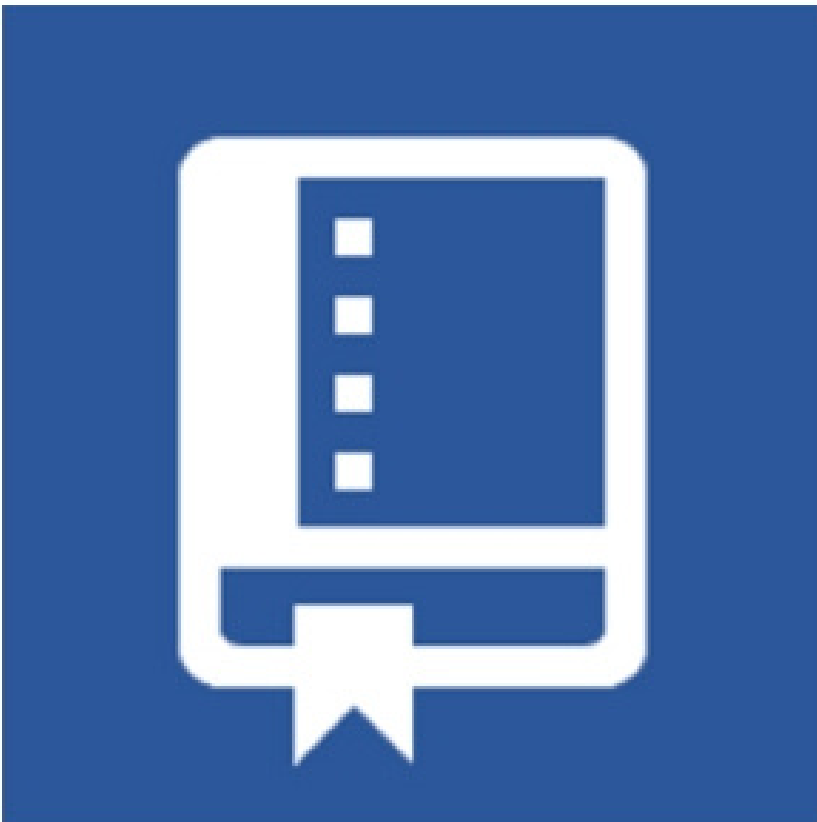
iTunes U owned by Apple is a popular app, offers free lectures and coursework from many of the best schools in the world. Even if you don't use it for your normal educational programs, you can still supplement with Stanford's impressive tools on topics such as coding iOS apps or Statistics 101. And the best part is, it's free. If you have got an iPhone in your hand, you are lucky. Otherwise, continue on reading and learn harder rather than faster.



# 02

## CITE THIS FOR ME

Whenever you take words or thoughts, the given source demands to be acknowledged. Cite This For Me is an effective app student can use to put together their citations and lists of sources. It not only uses your phone's camera to scan a book's standardized tag and create citations, but moreover formats it in MLA, Chicago, or whichever style your school is using. It's free, and can be utilized on both iOS and Android phones.



## **DUOLINGO**

Duolingo is a free app in both iOS and Android phones designed for students who wish to learn new languages. This app filled lessons with entertainment and fun. It turned lessons into a game. You can practice multiple languages in this application like Spanish, French, German, Portuguese, Irish, Dutch, Danish, Swedish, Italian, English and many more.



## **WUNDERLIST**

Time management is the key to success in every aspect of life whether it's about students' exams or about their careers. It can set due dates, reminders and to-do lists. The app is free, but a pro version lets you share your lists and work collaboratively on projects. Works on both iOS and Android phones.

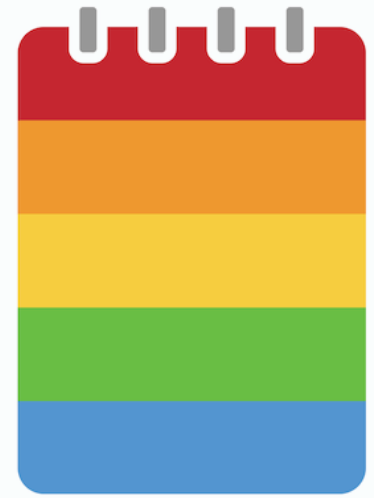
## **ISTUDIEZ LITE**

iStudiez is an award-winning app to assist students to manage their study schedules. The Lite version covers one semester of up to five courses, 15 assignments, 15 classes or exams per course, five teaches and two holiday periods. In case you get hooked and choose you can't live without it, the Professional version takes away the limits. The Lite version is free, however, and works on both iOS and Android phones.



## TIMETABLE

The timetable may be an extraordinary app to assist students to oversee their school or college life, and can effectively be downloaded from Google Play. It enters each user's assignments from homework to exams only once, because this app syncs over all your Android gadgets. The most excellent part? It quiets phones amid lessons. An extraordinary instrument for Android clients, and it's free!



## DICTIONARY.COM

Dictionary.com can meet all of your students' English vocabulary needs, with 2,000,000 definitions, word roots and histories, Word of the Day, synonyms, antonyms and a thesaurus, among other things. The main app is free but comes with advertisement banners, and is amazingly popular in both iOS and Android clients.

## COURSE.ORG

Coursera.org, an online education website that has a partnership with various top colleges and universities, including Ivy League schools. These schools offer both curriculum course study materials and MOOCs (Massive Open Online Courses). Students can directly sign up and supplement their knowledge. This application assists students achieve higher grades and grant some scholarship cash too. The app can be downloaded on iOS and Android phones both and the courses are very affordable.



# 09

## **MYSRIPT SMART NOTE**

In the event that your students prefer to take notes rather than writing while studying, MyScript Smart Note recognizes handwriting in numerous languages. Indeed, if their handwriting is more of a scribble, Savvy Note is very exact in understanding it. It even allows users to edit your handwriting with special gestures, and offers an adjustable palm-rest feature, a drawing mode, and lets you insert math equations, images, sound or PDF files from various cloud storage services including Dropbox and Evernote. The app is free for both iOS and Android, but an upgrade gives you more features such as notebooks, unlimited pages, export ability and backups.

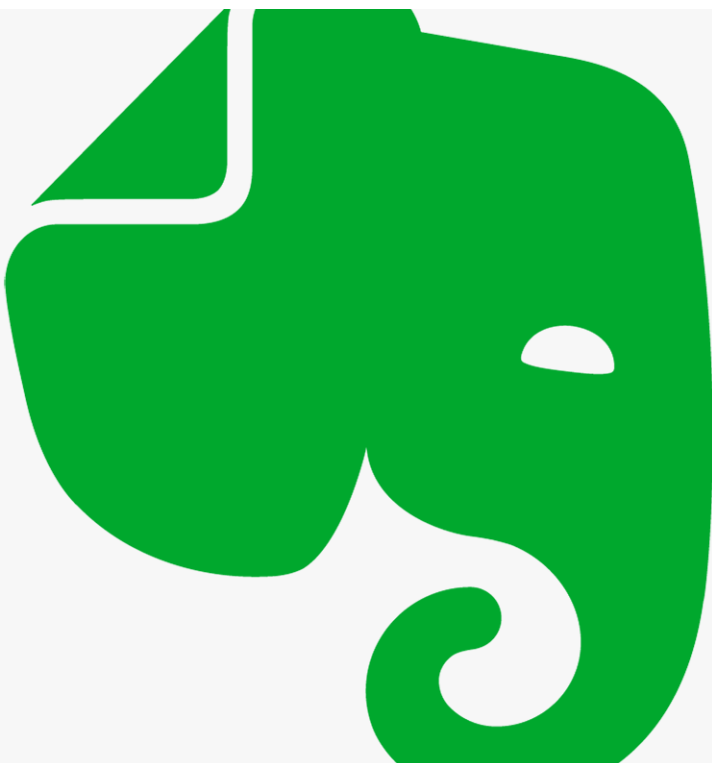


# 10

## **EVERNOTE**

Evernote features bookmarking, composing, clipping and more, and is immensely popular as a note-taking app. You can download it on multiple platforms, and it's all free. Don't miss out on this little helper to help your students learn faster and better.

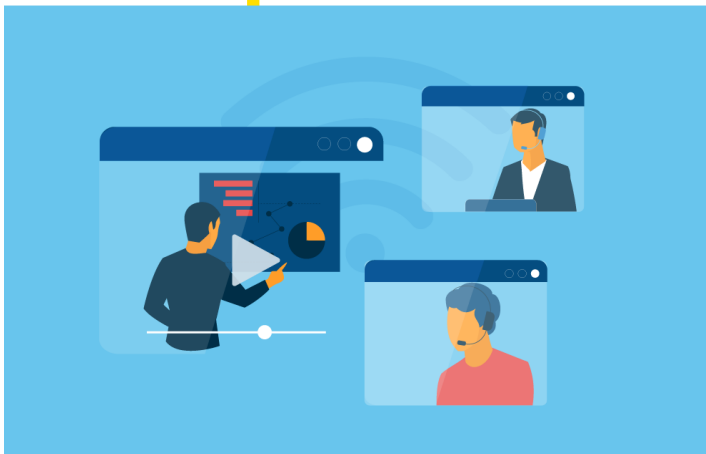
With the help of these apps, students will have a significant leg up on their exams.



# THE MEDIUM TEACHERS SHOULD KNOW FOR TEACHING

With no vaccination for this deadly virus yet, the majority of institutions, schools, universities, training centers and tutors are switching from traditional teaching style to digital learning style.

Most of them are trying virtual settings for the first time. Adapting the entire new teaching style is not as easy as it seems but Google reveals Edtech to be a crowded sector.



## What to look at before choosing teaching software?

Selection for the teaching toolkit will be heavily influenced by the number of students and the size of the institution. Institution's specific role and subject. The larger the institution the larger the budget they hold for purchasing teaching software. Although there are multiple versions that institutes are welcome to use for free.

To lessen the anxiety associated with learning technology, consider software performance, user-friendliness, and equity before making final a deal with it. Equity is especially crucial to remember when it comes to adapt new technology for teaching. Not all of your students will have the same bandwidth, devices, or privacy at home. As a result, outside of real-time video calls, explore for alternatives to communicate and learn.

## Essential online teaching software

Virtual teaching software is available for every different teaching approach you could imagine, considering the wide range of ages, abilities of teachers and requirement of time. We have gathered up essentials with options for both individuals and educational institutes.



They cover everything from organizing your schedule and sticking to your work hours to colleague communication and video classrooms.

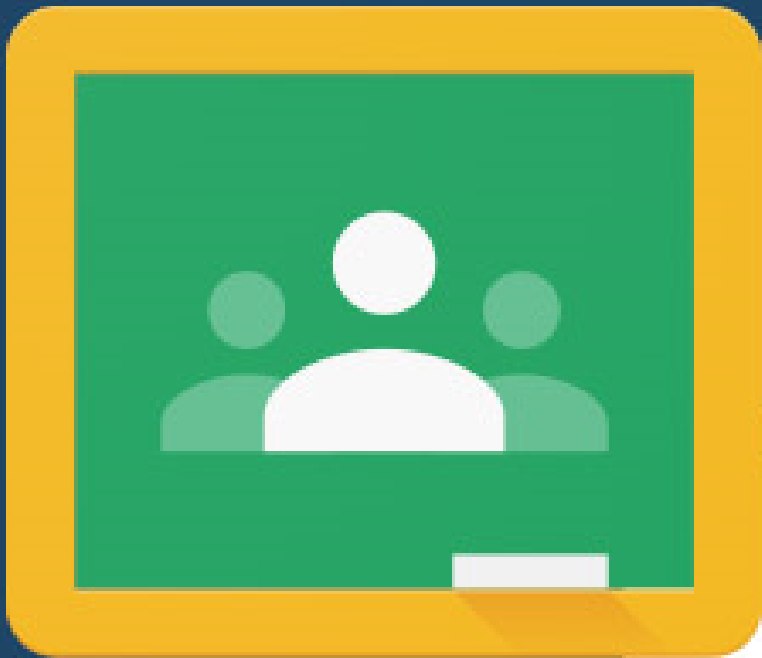
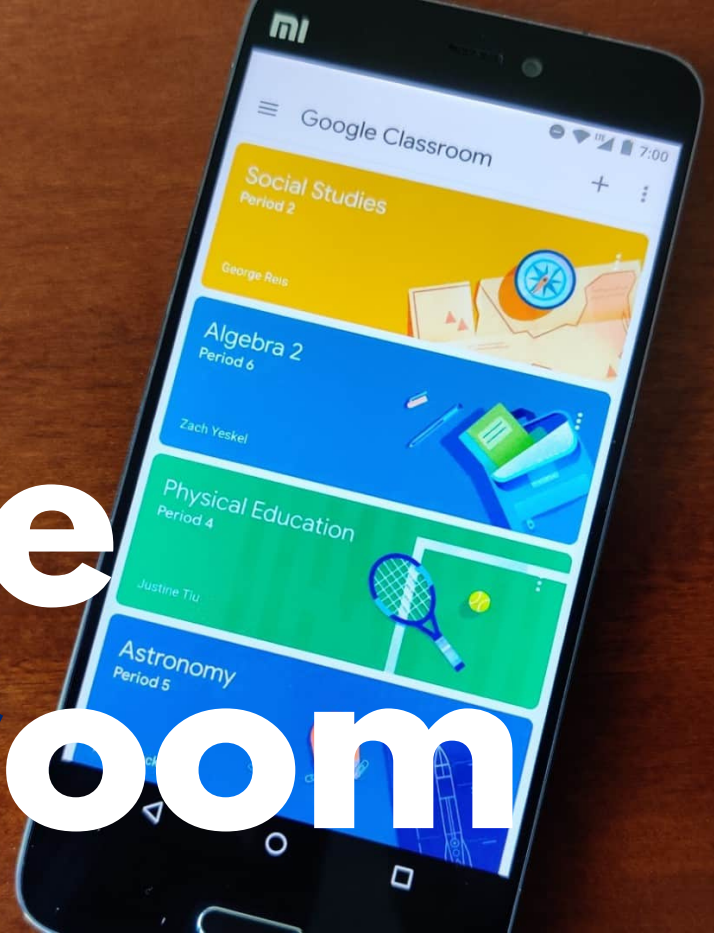
# 1. Zoom



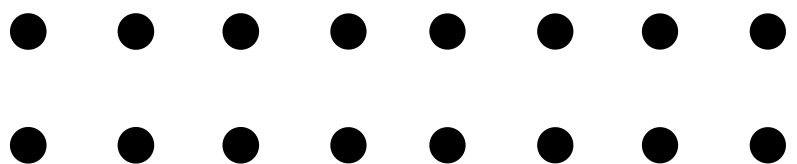
Zoom has become famous in the Covid-19 pandemic and proved itself an application that can be used not just in virtual classrooms, department meetings but for family video calling too. Zoom allows 100 participants to host up at and conversably free edition in comparison to Google Hangouts and Skype in terms of participants size. It also allows you to establish multiple breakout rooms, share screens, and use group chat throughout a course for smaller conversations or lectures. Furthermore, video calls can also be recorded for future reference.



# 2. Google Classroom



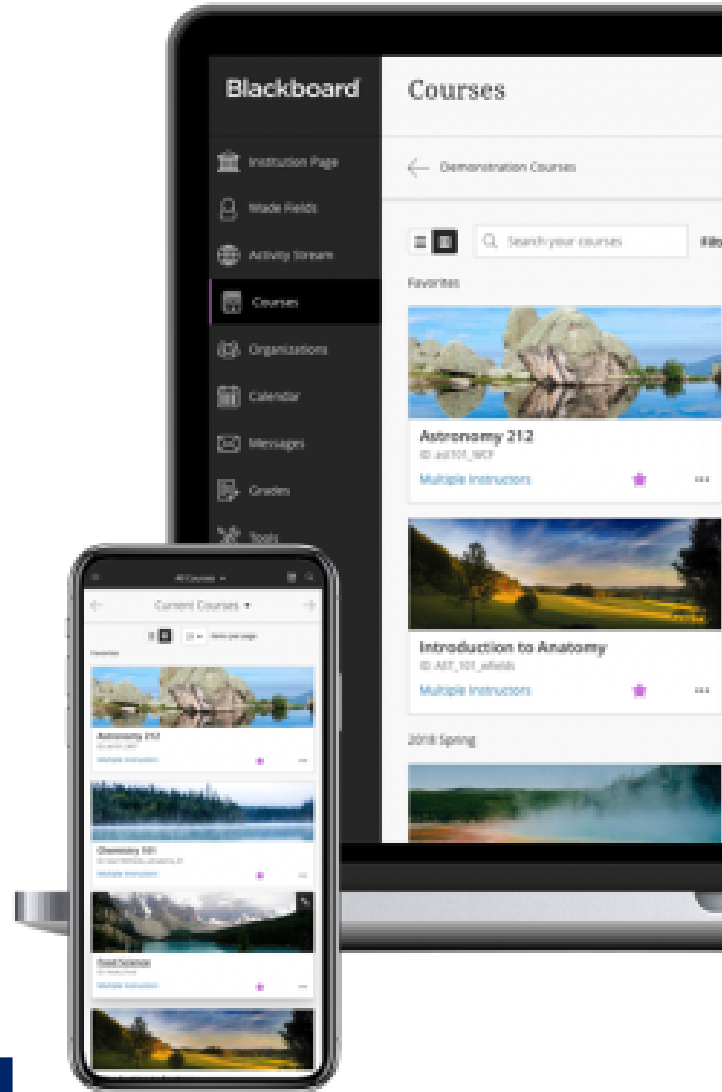
Learning Management System (LMS) is a single platform that brings students and education providers on a single platform to connect with no hassle. Google as a technology giant is offering free platform to institutes, colleges and universities for hosting virtual classes, set assignments, organize documents and training. Google Classroom combines all of Google's usual G Suite tools, such as Docs, Sheets, and Hangouts, to help you manage and deliver virtual learning more effectively.





# 3. Microsoft Teams

In an educational world where every digital platform is offering its own LMS, Microsoft Team is providing a similar set of virtual teaching tools just like Google classroom. It's ideal for establishing secure virtual classes, sharing assignments and comments, and facilitating employee communication. Above all, it's completely free.



# 4. Blackboard

Looking for an LMS that specifically designed for a higher education system with a modern and intuitive interface? Then go for Blackboard. It allows for fluid, user-friendly digital learning environments with a plethora of specialized solutions. The range of blackboard analytics helps you to discover barriers to student achievement with blackboard predict and blackboard intelligence. This range of facilities enabling institutes to keep students on track and letting you maximize institutional performance. A fantastic tool for creating sophisticated, engaging online educational experiences and ensuring that everyone has the help they need.



# 5. Slack

Transparent synchronous is the foundation of any remote collaboration. It democratizes communication by enabling everyone to engage and chat when it's convenient to them. Many remote teams have already understood that e-mails are not the ideal environment for that, and instead use Slack for the bulk of their communication on a day-to-day basis.

Slack efficiently splits all communication between the teams into theme groupings called threads. Enabling people to get involved and to leave discussions. It's a fantastic tool to construct an online peer network, creating rooms for colleagues to discuss best practices, share ideas, communicate global updates and merely check in on each other.



## 6. Floop

Floop is the virtual equivalent to students lifting up their hands in classroom. Teachers have designed this software to address the questions of students individually with personalized assistance and feedback remotely. Students may easily submit the images where they are exactly having a query and ask questions using anchored comments. Teachers only have to answer the comment to give specific feedback.

## 7. Smart Survey

Feedback is vital for remote learning - particularly in the early days when your method is adapted to an online environment. You probably will have a few alternatives for questioning and reviewing engagement statistics, if you go to one of the high-level learning management systems outlined above. However, if you don't, Smart Survey might be a good choice. Use it with students to see how you have described particular courses and teachers to manage blind spots and measuring well-being on the surface.



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