

7 BEST PRACTICES FOR HELPING GEN Z STUDENTS CONQUER TEST STRESS

Dr. Ann Nebel suggests proactive tips to promote knowledge retention and increase success on tests for Gen Z students.

- 1 Create a welcoming, safe classroom environment.
- 2 Provide opportunities for interpersonal learning.
- 3 Encourage students to form study groups.
- 4 Be transparent.
- 5 Give meaningful feedback.
- 6 Use formative, low-stakes quizzes to create familiarity.
- 7 Provide test-taking strategies and study tips.
- 8 Meet with students 1:1.