Quickstart guide: Supporting test-day success

A guide to using MirrorTalk's AI reflection technology

MirrorTalk, an AI-powered reflection tool, helps students manage test-related stress through guided verbal reflection. Using either the software platform or physical interactive station, students can engage in structured self-reflection before and after high-stakes testing.

Before testing: Regulating the brain and calming nerves

High-stakes testing can cause anxiety and stress for many students. Using MirrorTalk before testing can help calm and regulate the brain, putting students in a more focused and prepared state for learning. Here's how:

Calms the nervous system

HOW IT WORKS:

MirrorTalk's AI-guided verbal reflection process helps students externalize their thoughts. Speaking aloud into the device or through the software platform calms the nervous system by helping people become more aware of their thoughts and emotions. When they speak their feelings out loud, it helps organize their thoughts and makes them feel understood, even if they're just talking to themselves.

WHY IT HELPS:

By externalizing and acknowledging feelings, students can release tension and move into a more relaxed, focused state of mind, ready for the test.

Enhances emotional awareness

HOW IT WORKS:

MirrorTalk's structured reflection prompts integrate social-emotional learning (SEL), guiding students through targeted questions about their emotional state. This enables them to identify any test-related anxiety and recognize it as a manageable feeling, not something that will overwhelm them.

WHY IT HELPS:

Emotional awareness reduces stress because students can better control their emotional state, leading to better focus during the test.

Boosts confidence and motivation

HOW IT WORKS:

Before the test, MirrorTalk generates personalized, constructive feedback based on the student's reflections, helping students reflect on their strengths and past successes. This can increase their belief in their ability to tackle the challenge ahead.

WHY IT HELPS:

Confidence boosts motivation and helps students approach the test with a positive mindset, rather than fear or doubt, which can impair performance.

Swivl

After testing: Reflecting and regulating post-test emotions

Once testing is complete, students need structured support to process their experience, regulate any lingering stress, and prepare for future academic challenges. MirrorTalk's platform facilitates this through:

Facilitates reflection on performance

HOW IT WORKS:

MirrorTalk generates personalized prompts that guide students to articulate specific aspects of their test experience, what they found challenging, and where they succeeded. The platform records these reflections and helps students break down their performance into manageable thoughts.

WHY IT HELPS:

This systematic reflection approach helps students develop metacognitive skills, turning each test into a learning opportunity. MirrorTalk's structured format ensures students examine both challenges and successes objectively, which can reduce anxiety about the outcome..

Regulates post-test stress

HOW IT WORKS:

Students engage in guided emotional check-ins through the M2 device or software platform. The AI adapts its prompts based on student responses, helping them process any residual stress or anxiety while identifying positive takeaways.

WHY IT HELPS:

This technology-guided regulation helps students reset their emotional state through evidence-based reflection techniques. It prevents post-test stress from affecting future learning and refocuses them on moving forward.

Celebrates successes to boost confidence

HOW IT WORKS:

MirrorTalk provides specific, positive feedback to students after they reflect on testing, celebrating what they did well, even if the overall results were imperfect. For teachers, MirrorTalk's dashboard tracks reflection patterns over time, highlighting growth and progress. Teachers can access these insights to provide targeted support and recognition of student development.

WHY IT HELPS:

By documenting and analyzing reflection data, students and teachers can identify patterns of resilience and improvement, building confidence through concrete evidence of growth rather than just emotional reassurance.

Swivl