Quickstart guide: Test time

How to use this guide

- Set up reflections before and/or after student's test
- Create reflection assignments in MirrorTalk using sample objectives (use the prescribed format)

Why add MirrorTalk during testing?

- Calms the nervous system
- Enhances emotional awareness
- Boosts confidence and motivation
- Regulates anxiety
- Facilitates reflection on performance

Sample objectives

	TOPIC	OBJECTIVE Copy this into mirrortalk.ai in the learning objective space
1	Before testing feelings	Focus: Retrieval Before testing, students will recognize and reflect on their feelings about testing.
2	Before testing strengths	Focus: One Why Before testing, students will build confidence by reflecting on their strengths and past successes, using this positive mindset to boost motivation and approach testing with a sense of assurance, reducing fear or doubt that may hinder performance
3	After testing experience	Focus: Retrieval Students will reflect on their testing experience, acknowledging their strengths and areas for improvement, and use positive self-talk to reinforce their confidence
4	After testing anxiety	Focus: Depth of Knowledge Students will identify and reflect on any stress or anxiety they may feel after testing with a focus on letting go and moving forward