

Student Motivation and Preparation

PSSA Tip #5 | We all have heard and ignored the advice to not cram for tests. All research shows that the 'cramming' approach to studying is counter-productive. With that in mind, let's take a more pragmatic approach.

Student Preparation

Stress to your students the importance of getting a good night's sleep and eating a balanced breakfast each day of the exam. Some schools even choose to offer a free breakfast on testing days. Another option would be to request that the PTA provide healthy snacks for students during the breaks in the exam.

Student Motivation

Pep rallies are a technique used by many schools to get the students focused and motivated. For example, leaders in one school took pictures of students doing school work throughout the year. A PhotoStory montage was built using these pictures, and the theme from the movie Rocky was played in the background. Click the links below to view three motivational videos that we at OnHand Schools recommend for your use. If these three are not to your liking, a simple search on YouTube will generate a number of other resources. It is also important to mention the consequences for students not reaching 'Proficient' on the PSSA. Perhaps a special tutoring class or a scheduled PSSA makeup prep class replaces an elective at the secondary level. Make sure that every student is aware of the downside of poor performance before they begin their test.



[Lean on Me Sing-a-Long](#)



[Vision Quest Video](#)



[Motivational Coach](#)

Student Rewards

Some people are fans of the 'Sea World Method' of teaching. Shamu the killer whale jumps through the hoop, and he gets a fish. Johnny does what is expected, and he is rewarded. Many schools use other methods of reward to motivate their students. The most common method at this point in the year is to give students tickets for good behavior. For example: showing up on time. Every student that is on time for class gets a ticket. Working hard on a project or test earns you a ticket. The tickets are then accumulated and cashed in for prizes. One of our favorite prizes came from a PA high school: students could cash in their tickets for a chance of winning a week of parking in the principal's parking spot.

Do rewards really work? They do in life. We all expect to be rewarded with a payday for our hard work, and our students are no different.

Good Luck!

Your Friends at OnHand Schools

