

Distraction-Free Testing At Home

Tips & Tricks

During these last few months a new normal has emerged which has resulted in students needing to work from home. This is a sudden change, and it can look like many different things for students depending on a variety of factors. In order to help students adjust with this new task of working from home, here are some tips and tricks to create a distraction-free home testing space.

SHHH Tips

Focusing on your mental health during this time is an important first step in preparing to take a test or quiz at home. Maricia Morris, a psychiatrist at the University of Florida, says to remember the SHHH tips, which are structure, health, happiness, and hope.

- Seek **structure** at home. This can include going to bed and getting up at a regularly scheduled time, adequate leisure time, and developing a study schedule.
- Keeping **healthy** during this time is also important. Things to consider are eating well, sleeping enough, exercising, and your mental health.
- Explore what brings you **happiness**. Some ideas include video chatting, calling a friend, listening to music, drawing, homework, playing cards, reading books, cooking, watching a movie or TV series, and getting outside daily (as appropriate) while keeping in mind social distancing.
- Maricia Morris also explains the importance of **hope** saying, “Self-care and keeping up with classes are part of what keeps hope alive.”

Your Home Testing Space

1. **Discuss/Create a Schedule**
 - Home can look different for students. If applicable, talk to the people living with you and explain when you are taking a test or a quiz. Tell them what certain things you need to create a testing environment (silence, timer, etc.) and develop a schedule from there.
2. **Get Situated**
 - In order to reduce stress and distractions while taking a test or quiz, students should consider a designated testing area, or taking the test in a place they find comfortable and can remain focused while at home. This could be an office space, living room, bedroom, etc.
3. **Stay On Task**
 - Once you begin your exam, it is important to stay on task. Remind anyone at home prior to taking your test or quiz that you need to settle into your at-home testing space. Use a timer to assist with time management, wear headphones to reduce noise, put your phone on silent, test with adequate lighting, etc.
4. **Ask for help**
 - If you find yourself running into technical issues or other challenges during your exam or quiz, ask for help as applicable by reaching out to Augsburg IT and/or your professor.

Augsburg Resources

- Helpline: 612-474-3100 or helpline@augsborg.edu

- Center for Wellness & Counseling: www.augsburg.edu/cwc/
- Planning: <https://inside.augsburg.edu/outbreak-planning/resources-for-students/>
- IT Support: <https://inside.augsburg.edu/it/services-we-provide/student-laptops-and-internet/>
- Writing Center: <https://inside.augsburg.edu/writingcenter/>

CLASS Office: class@augburg.edu