

Unit Assessments and Mock Tests

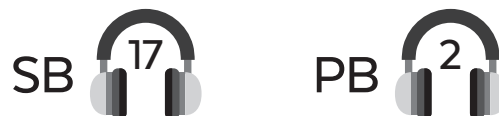
Assessing students' learning is an essential part of their education process. There may be several reasons why we assess students' abilities; "... to compare students with each other, to see if students meet a particular standard, to help the student's learning, to check if the teaching programme is doing its job." (Baxter, 1997 p.7)

To fulfill the objectives that teachers or heads of departments may have when delivering tests to students, *Open Day* offers **Unit Assessments** and **Mock Tests for international certifications**. These contents were carefully written to evaluate students' achievement and performance.

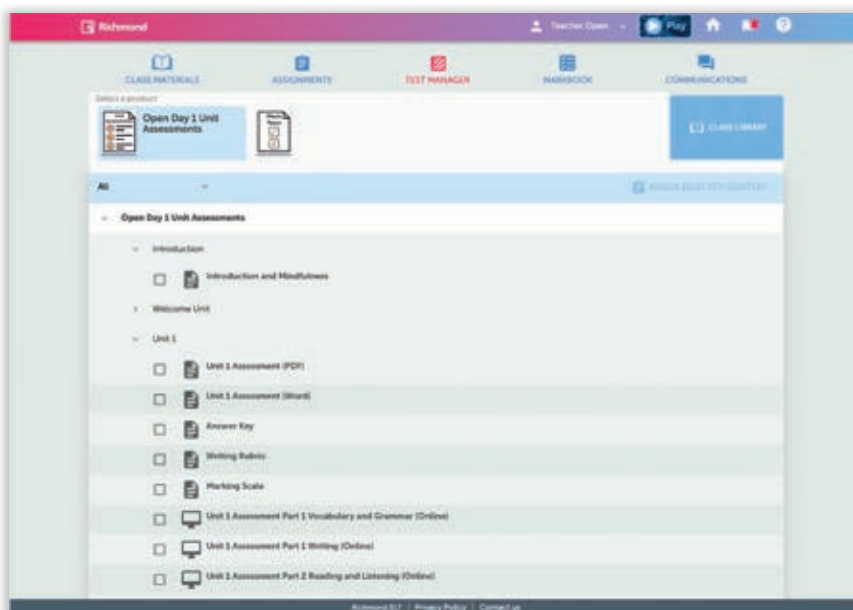
Unit Assessments

Units assessments, as their name implies, are to be used after students have completed each unit. You will notice that these assessments are split into two parts of thirty minutes each: Part 1 covers **Grammar and Vocabulary** and **Writing**; Part 2 covers **Reading** and **Listening**. We suggest you deliver these assessments this way to lower students' level of stress so they can complete each part carefully and have enough time to revisit their answers.

The listening section of the unit assessments includes recycled audios from the Student's Book or the Practice Book. Although these are reused, the tasks in the assessments are different from those in the Student's Book or the Practice Book. You will find the corresponding reference in the listening icons. However, you will also find the audio tracks under the corresponding unit number. See the sample icons here.



These tests were created in two different versions so teachers can choose the most suitable for students; **printable** or **interactive** (online). You will find them both in the folders for each level, together with the answer key, audioscripts, rubrics to evaluate students' pieces of writing and a scale to grade students.



Preparing students for assessments and tests

Before carrying out each assessment or mock test with students, we recommend spending a few minutes with students on some mindfulness practice. This will help them feel relaxed and get ready to do the test. You can use any of the suggested activities below, taken from the Teacher's Guide. Students might be familiar with them if you have carried them out in any of the lessons.



"Mindful Movement" practice

Explain to students that they will do an activity to feel calm and relax. Have them show you their index finger of their right hand. Tell them to place it on the outside edge of the thumb of their left hand. Instruct them to breathe in as they slowly move their index fingers up to the top of their thumbs. Tell them to breathe out as they slowly move their index fingers down their thumbs. They can continue in the same way with the rest of the fingers. Do the same with the right hand.

"Buzzing Bees" practice

Material: a bell

Ring the bell and tell students to sit up straight. Once they are ready, ask them to close their eyes. Students should inhale deeply through their noses and exhale through their sealed lips making the "bzzz" sound. Just like bees. Students should buzz three times and then put their hands on their ears. Inhale and exhale with a buzz sound three more times. Don't let them do it more than three times at a time as they may feel dizzy. Ring the bell to finish the practice.

"Mindful Body" practice

Guide students to move different body parts for five seconds each: *Shake your head! Wave your hands! Wiggle your fingers! Move your shoulders up and down.* Be a model, so that students know which part of the body to move and how. Say: *Now we will put our mindful bodies on. Follow me. Ground your feet to the floor. Imagine that you have got glue on your shoes and you can't move your feet. Shake your knees, but keep your feet grounded to the floor! Now, raise your arms high to the sky and shake them! Are your feet well-grounded to the floor? Move your shoulders up and down! Observe your feet. Are they still grounded? Now shake the middle part of your body! Keep your feet grounded! Shake your whole body! And stop! Then say and model slowly: Ground your feet to the floor. Put your back straight like a tree. Put your hands on your lap and try to reach the sky with your head. This is your mindful body, a body ready to pay attention.*

Remember that these activities may increase students' self-regulation of attention and they can perform well in their tests. Feel free to carry out any other mindfulness activity you find more appropriate for your students.

