

ANXIETY: ALTERNATIVE ASSESSMENTS

LEARNING SUPPORT ACTIVITIES • TEACHER RESOURCE

Students experiencing anxiety may understand the material but struggle to demonstrate their knowledge in traditional assessment settings. Alternative assessments provide additional ways for students to show mastery while maintaining the same learning objectives and academic expectations.

Expressive ASL Alternatives

- Record a video response instead of presenting live.
- Demonstrate signs individually with the teacher.
- Complete a structured dialogue with one partner.
- Submit a signed presentation in a smaller setting.

Receptive Assessment Options

- Picture-supported matching activities.
- Multiple-choice receptive quizzes.
- Sorting and categorizing ASL vocabulary.
- Guided observation activities.

Performance-Based Assessments

- Demonstrate vocabulary in context.
- Complete a role-play with a trusted peer.
- Participate in a teacher-guided conversation.
- Create an ASL story using targeted vocabulary.

Flexible Assessment Formats

- Divide larger assessments into shorter sessions.
- Allow additional processing time when appropriate.
- Schedule assessments in quieter environments.
- Offer choices for demonstrating learning.

Teacher Considerations

- Keep the learning objective consistent.
- Avoid assessing anxiety instead of knowledge.
- Encourage gradual confidence-building.
- Follow accommodations documented in the student's IEP or Section 504 Plan.

★ Key Takeaway

The purpose of an alternative assessment is to measure learning—not a student's level of anxiety. Providing multiple ways to demonstrate understanding allows students to succeed while maintaining rigorous academic standards.