PROJECT BASED ASSESSMENTS  
Have you ever been taking a test or exam at school and felt pressure on yourself, such as a fast-beating heart or sweaty hands? Well, project-based assessments could fix all your problems! Not only do students enjoy them more, but it also tests their real ability. Having project-based assessments (PBA) could decrease exam tension and stress, increasing joy and bliss while being assessed and prove student’s real ability and learning. PBAs could be the new exam for the future!

First and foremost, many people receive stress and anxiety when they are in test conditions. Every second feel like an hour and as the clock timing you tick down, your heartbeat quickens. These are examples of the symptom, stress. Mental Health Professionals from Harvard University have noticed a 30% increase of blood pressure and stress hormones when doing and exam or test. Being in test conditions with absolute silence can make a lot of space for test takers to freak out when they see the questions and if they get a bad score, most people will feel guilt and a sense of giving up. PBAs can create delight and happiness in students and the class task.

Additionally, PBAs create enjoyment in the exam or assessment. The PBA could have an added diorama or project as a part of it. For example, if you were working on how filtering water works, the class could be split into groups and make a water filter within their group together. Not only it focuses on the topic water filtering, but it also creates teamwork. ON the other hand, tests and exams don’t have the ability to do this. They are only testing on the topic but nothing else.

Lastly, PBAs can test on people and student’s real academic ability on the topic. In exams, they only give out questions. Someone could try to remember only the answers to the question, but not the actual things taught in the topic. Examiners from the University of Melbourne have noticed 23% of people try to remember the test answers, instead of understanding and solving it out. With PBAs the project could determine if the students or person truly understood the topic or not. PBAs could prevent cheating and prove the test taker’s real ability.

In conclusion, PBAs could make a critical impact on education and schools. They can relive students’ stress, create joy and prevent cheating. Ultimately, PBAs could evolve test conditions to the next level, creating joy while getting the assessment done.