Scholary Writing HW

This essay will demonstrate why project-based assignments should replace traditional exams by examining three critical aspects. The aspects that I will be exploring include the unrealistic scenarios that they test you on, with traditional exams being extremely stressful for students and is detrimental to their health. Additionally, project-based assignments will help you remember information for a longer time.

Firstly, projects help students connect the material they have learned to the real world, effectively helping the students understand what they learned. While projects simulate real-world experiences, tests are artificial and don’t replicate any scenarios that one might encounter in the future. Projects cultivate the essential teamwork and communication skills that 75% of employers prioritise when hiring graduates. [With companies that encourage a collaborative environment being five times more likely to be high-performing.](https://www.bing.com/ck/a?!&&p=f671bfc5f340709731ade0e042d9b7ce38d110e72d9583d2e4a0445b01985f7aJmltdHM9MTc0OTM0MDgwMA&ptn=3&ver=2&hsh=4&fclid=1194a3df-f584-64c5-3254-b691f4146564&psq=how+much+employers+like+teamwork&u=a1aHR0cHM6Ly9lbGVjdHJvaXEuY29tL3N0YXRzL3RlYW13b3JrLXN0YXRpc3RpY3Mv&ntb=1) Traditional exams leave students unexperienced with real world scenarios that require cooperation and communication.

Secondly, we have certainly given too much weight to high-stakes tests, and the pressure of the tests is showing up as a serious health issue for students. Cortisol levels, a chemical marker for stress, rise by an average of 15 percent when exams approach, and is associated with worse test performance. High- stakes exams correlated with poor health behaviors, including dysregulated sleep patterns and poor sleep quality, leading to incresed anxiety levels. Laura-Lee Kearns, a professor of education at St. Francis Xavier University found out that students who failed assessments experienced shock at test failure, which made them question their class placement.

Finally, high-stakes exams often lead to cramming and heightened stress, causing cognitive overload and disrupting the flow of knowledge into long-term memory. Cramming also reduces sleep, which is necessary for memory consolidation. However, the deep engagement of project work establishes lasting cognitive connections. When a state of mind is characterized by active involvement in work activities, commitment to the project, and an ability to concentrate, it produces the desired result. Your project being successful, and a positive attitude.

In conclusion, the evidence overwhelmingly demonstrates that replacing traditional exams with project-based assignments will help students in many ways. Traditional exams cause a host of cascading problems, including studying for unrealistic scenarios, causing damage to your health and reducing long term memory. By replacing traditional exams with project based assignments, it will transform education from an anxiety-inducing ordeal to a meaningful preparation for life.