



# Success

Timely tips to improve student achievement

June 2023

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## District supports students with live translation devices

A school district in Texas is using live translation devices to support non-English speaking students. The earbuds and connecting software offer translation services in 90 languages.

For more, go to <http://links.ohioschoolboards.org/SU867>.

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## 3-tiered approach to curb absenteeism

A new report from FutureEd, released in partnership with Attendance Works, suggests a number of strategies to help schools address chronic absenteeism. The strategies are divided into three tiers — universal prevention, early intervention and intensive intervention — and come as data show a spike in chronic absenteeism among students.

For more, visit <http://links.ohioschoolboards.org/SU868>.

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## Full Futures focuses on sustainability

The Charlotte-Mecklenburg School District in North Carolina recently unveiled its new Full Futures program, a partnership aimed at promoting food accessibility and education. At one high school, plans include launching a mobile farmers market and culinary arts and aquaponics space.

For more, visit <http://links.ohioschoolboards.org/SU869>.

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## Using Yale's Mood Meter in math

The Mood Meter, a tool to help students convey how they are feeling, can be useful in teaching elementary school math, writes fourth-grade teacher **Danielle Andersen**. Part of the Yale Center for Emotional Intelligence's framework for social and emotional learning, the Mood Meter can be used in elementary school classes to teach graphing skills, and more. For more, visit <http://links.ohioschoolboards.org/SU870>.

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## Strategies for teaching poetry through music, murals and more

Poetry can sometimes feel impenetrable for students, but teachers can help them find a way in by seeing poetry in other art forms and from contemporary writers. For more, visit <http://links.ohioschoolboards.org/SU871>.

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## Inquisitive hooks, puzzles spark student curiosity for learning

Inquisitive hooks, or intellectual puzzles that capture students' attention at the start of a lesson, are a powerful way to foster curiosity and intrinsic motivation that sustain student engagement and promote lifelong learning. For more, visit <http://links.ohioschoolboards.org/SU872>.

## Student achievement in-depth

Each month, **Success** brings you a research brief or in-depth article to discuss with board members and administrators.

### Fatigue affects students with disabilities

Students experiencing fatigue are not simply tired but are often experiencing the effects of prolonged physical, mental and emotional strain. If left unchecked, it can lead to issues such as decreased academic performance, increased stress and lowered motivation, writes **Natalia Rohatyn-Martin** of MacEwan University in Edmonton, Alberta.

Interestingly, there is a significant difference between being tired and fatigued. When one is tired, sleep helps. But fatigue results from required cognitive, emotional or physical attentiveness for long periods of time. Sleep does not resolve fatigue. Additionally, fatigue regularly includes difficulties in concentration, feelings of anxiety and increased distractibility.

One research study conducted in Japan showed that fatigue is associated with a variety of psychoeducational issues, such as reduced physical activity, slower educational progress, more frequent school absences, less socializing with friends and family and increased stress in children.

Medical professionals and researchers currently define fatigue by differentiating types of exertion: physical, cognitive and, as it has more recently been conceptualized, social-emotional. While research is delving more into fatigue, its types and particular characteristics, students and teachers fail to recognize fatigue symptoms and educators fail to understand the importance of providing educational supports to mitigate fatigue. Options such as periodic breaks and flexible scheduling are understood to help mitigate fatigue, but researchers in this study found that none of the students interviewed were consistently afforded such accommodations.

Students with disabilities are at particular risk for fatigue because of the additional efforts required of them in the classroom, says Rohatyn-Martin, who is currently researching ways to evaluate and assist students. To this end, Rohatyn-Martin designed a new survey called the Fatigue in Educational Contexts survey to accurately identify and interpret the presence and intensity of fatigue and to inform students of how to alleviate fatigue in their educational contexts.

For more on this report and links to research studying fatigue and academic performance, please visit <http://links.ohioschoolboards.org/SU873>.

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