

The Impactful Proctor



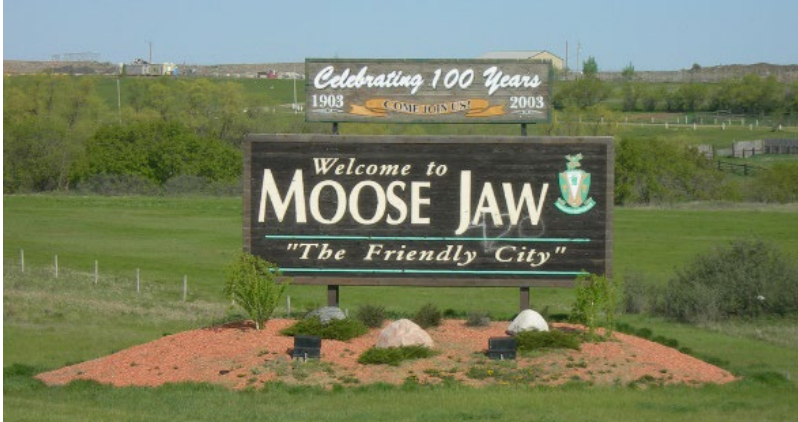
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The Proctor Impact

Alex Ortiz, M.S., Certification and Exam Registration Coordinator
American Council on Exercise
Alex.Ortiz@acefitness.org

Scott Greene, M.Ed., VP Test Delivery
Scantron
scott.greene@scantron.com







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The ladies working at this facility were warm, hospitable and delightful to work with and the temperature of the room was perfect even though the temperature outside is around 100 degrees.

The testing center staff were very helpful and pleasant! Thank you for making this a good testing experience.

An overall calming experience due to the prep that was put into it from the setup in what could've been a just a stressful test day.

The proctor, Mark, is very calming and professional. Great parking. Easy access. I would highly recommend this facility to others.

This was a great testing center - staff were extremely professional and kind. Center was convenient to get to and very conducive to a great testing environment. Best one I've used in the past 20 years of taking this test.

I appreciate the professionalism of the staff and the environment was clean and suitable for the task.

Why is the impact of a proctor important?

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- Exam content is expensive
 - Hundreds of dollars per item
 - Hundreds of hours of development
- Safeguarding the public is critical
 - Not allowing candidates to have an unfair advantage
- The candidate's ambitions are on the line
 - We need to provide an environment which does not distract from a candidate being able to do their best

Providing a Positively Impactful Environment

- Well lit
- Well ventilated
- Appropriate Temperature
- Minimizing sound distractions
- Providing headphones or ear plugs
- Dividers
- Comfortable chairs



The Impact as Candidates Arrive

- Warm and friendly greeting
- Organized & Orderly check - in
- On time



The Impact During the Exam

- Following all policies and procedures
- Standing firm on the things you need to stand firm on
- Constantly watching the candidates
- Keeping noise very low
- Providing assistance as soon as a hand goes up
- Being visible



What is Impacting You?

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- Candidates
- Campus
- Budgets
- Co-Workers
- Testing Vendors
- Technical issues



What Does Wellness Look Like

In order to take care of others and have a positive impact on testers you must take care of yourself first.

What does wellness look like to you?



Staying Healthy in the Test Center

- Get the right amount of sleep
- Eat smart
- Be present and intentional
- Do something active/get outside



Sleep



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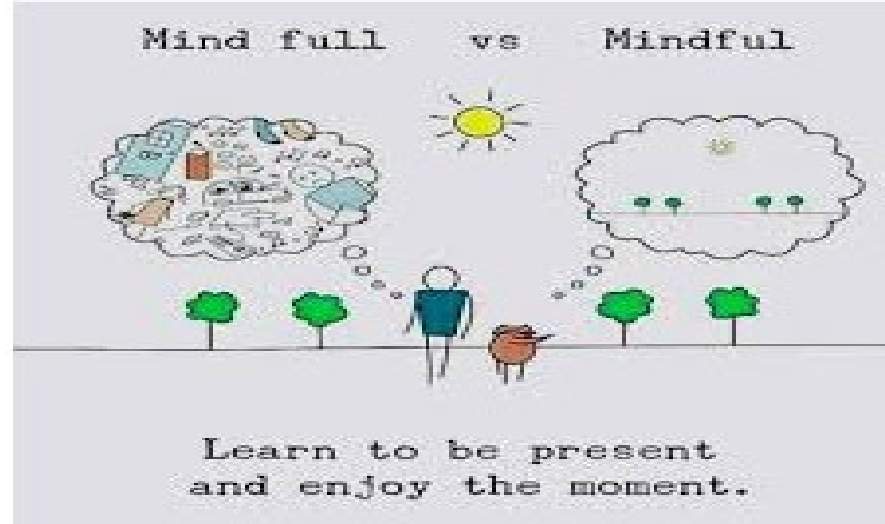


Takes time and consistency

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Be Present

What matters right here, right now?

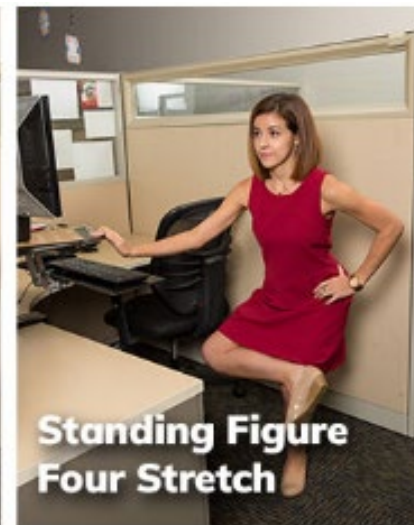
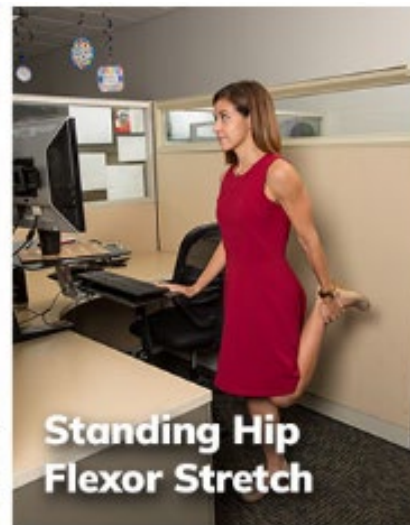
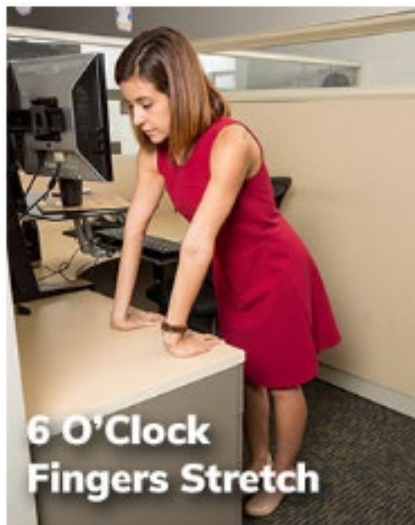


Do Something Active

- Take the stairs
- Park further away
- Do something you enjoy
- Bring others
- Feel more energized

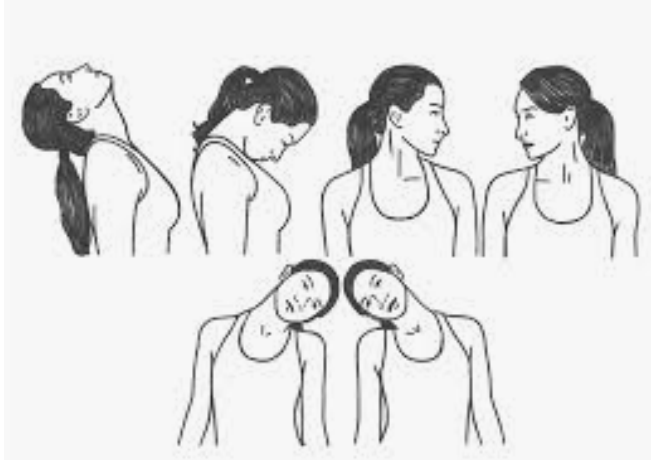


Unwind with these Stretches



- Fingers/wrist stretch
- Neck rolls
- Standing hip flexor stretch
- Standing or seated figure 4
- Stand
- Chest opener

Quick and Easy Stretches cont.



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Snacking on the Go

- Beef jerky
- Peanut butter and apple
- Pretzels and hummus
- Trail mix
- Veggie chips
- Dark chocolate
- Protein pancakes or muffins
- Cold brew

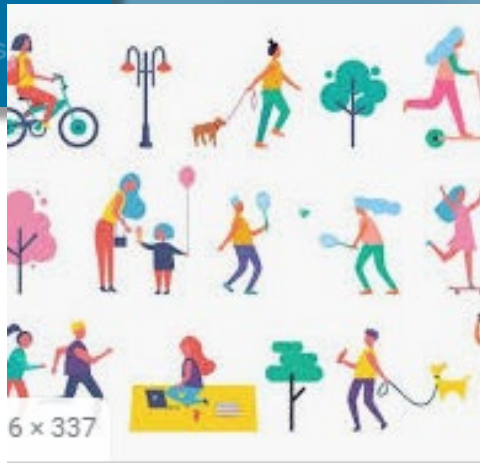


Rest, Relax, and Rejuvenate

- Have a solution for every trigger
- Adjust your mindset
- Breathe
- Go outside
- Take short breaks

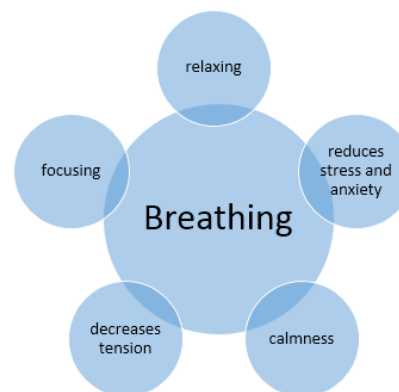


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Before, During, and After

It starts with you!



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Thank You

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