#### The Impactful Proctor





#### The Proctor Impact

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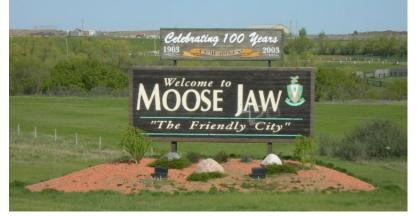
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Worldwide Impact



































































SCANTRON

SMART STARTS HERE

#### **Impact**

SMART STARTS HERE

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

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

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

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.

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.

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?

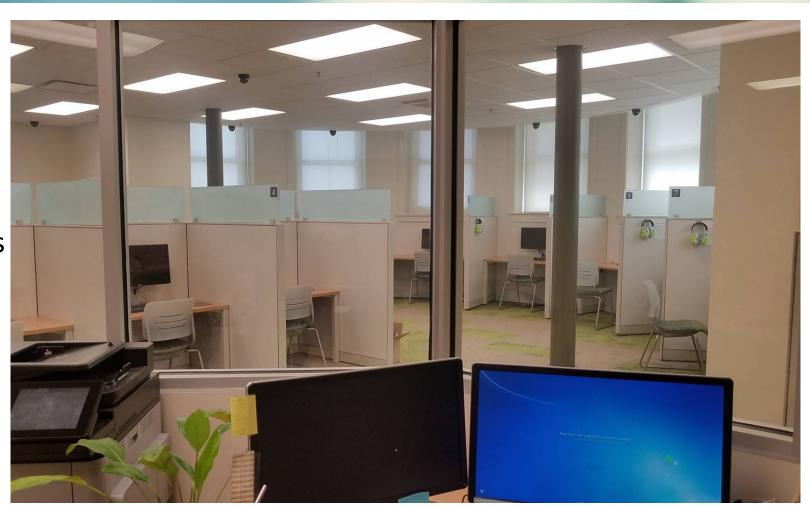
- Exam content is expensive
  - Hundreds of dollars per item
  - Hundreds of hours of development
- Safeguarding the public is critical
  - Not allowing candidates to have an unfair advantage
- The candidate's ambitions are on the line
  - We need to provide an environment which does not distract from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





#### SMART STARTS HERE

#### 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?

- 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?

Spiritual

Spiritual wellness is a process of
understanding beliefs, values,
and ethics that help guide your life.
Whatever your preferred approach,
spending time asking and exploring
your spiritual life can be an
important part to your
overall wellbeing.

wellness means
taking steps to live
within your financial means
and living in, and planning for,
future financial health. You can do
this by planning financially, creating a budget, and learning to be a
good consumer.

wellness

Environmental wellness means
taking care of your global environment
and your personal surroundings.
De-cluttering your room, recycling
your trash or volunteering to
clean up your environment can improve
health for all.

Financial

ınancia,

involves having a strong social network can give you support and guidance when you are stressed or need stress relief.

Additionally these relationships can aid in the development of healthy relationships.

Maintaining a healthy emotional life is

healthy emotional life is important to overall health.

Some ways to stay emotionally healthy are to manage your stress level, stay on top of school work, get eight hours of sleep, ask for help, or see a therapist at the Counseling Center.

wellness means staying
curious and engaged in learning new things. Engage in creative
activities. Read for pleasure, be
aware of social and political issues,
or join a club that focuses on
enhancing intellectual interests

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Physical
wellness involves moving your
bodies (exercise), eating well balanced
meals (nutrition), sleeping, managing
stress, receiving preventative
medical and dental care, and
getting sexual health
screenings when you
become sexually active.

Social

S C \( \) N T R O N \( \) SMART STARTS HERE



#### Staying Healthy in the Test Center

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







### Sleep













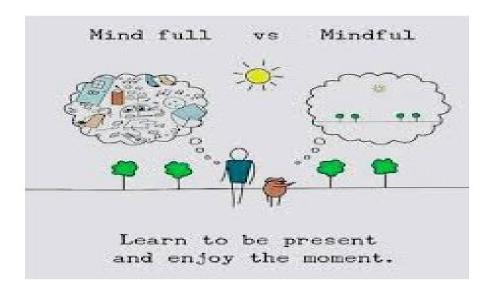


Takes time and consistency



#### Be Present

#### What matters right here, right now?





STARTS

# Do Something Active

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













Unwind with these Stretches





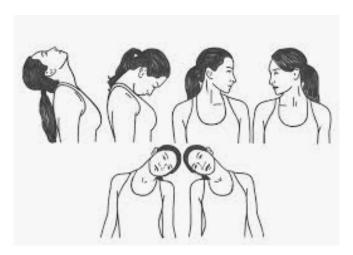


- Fingers/wrist stretch
- Neck rolls
- Standing hip flexor stretch
- Standing or seated figure 4
- Stand
- Chest opener





#### Quick and Easy Stretches cont.

















#### 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



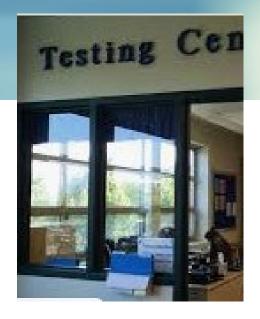
#### Rest, Relax, and Rejuvenate

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











# Before, During, and After

It starts with you!







# Thank You

