

Open Marking - Presentation at KRI Trainer's Forum
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Bhavdeep Kaur

Pilot project with KRI - introducing a new manner of marking the exam, to help students get immediate feedback from the exam, and therefore to increase learning and (ultimately) decrease stress. They have done this now in many countries and on many trainings.

Students often present with a lot of stress / worry / fear around the exam - often stemming from their experiences in school. The trainers call this weekend 'The Liberation' - a chance to live writing an exam in a different way, and to re write this story. Other ideas for names for this process were: 'The No stress Aquarian Exam', 'Self Initiation Weekend', Reality Check.

Process:

- Students write final KRI exam as normal (3 hours)
- Take a break
- They then return and break into small groups (5-8 students), with a trainer or intern in each group. The students then read aloud and share each exam answer with the group, discuss the answer, ask any questions, and mark their own answer.
- The trainer is present for any questions/ reality check needed.
- The process is therefore a training in being able to look at one's own work objectively and neutrally - with no drama, fears, shame, etc. It is a mirror to the hour of death when one will have to self evaluate the whole life.
- The smaller the group, the better (because it takes less time to review the answers together with fewer people).
- At the end, the student calculates all their points, then hands the paper to someone else in the group to double check their calculation is correct.

Benefits:

By hearing not just their own answers, but everyone else's answers, the student gets a reality check on what they have learned, and what they still have left to learn, and also an insight on different ways to approach the same question. By getting immediate feedback, they complete the learning cycle in the moment when it is still 'alive' to them - rather than receiving a bit of written feedback weeks or months later.

Discussion in workshop:

- One trainer shared that they do a similar thing, but also have marked the Take Home Exam and have a prerequisite of sitting the Exam that all other requirements are already completed. They pre-order the Teaching Certificates, and that way, when the exam is finished, they are able to have an immediate 'Graduation Ceremony' and celebration, and the students receive their certificates.
- Another trainer shared that in order to diffuse exam stress, he turns it around by hosting a banquet where everyone dresses formally and celebrates the night BEFORE writing the exam

Suggested Outcomes/ Ways Forward:

1. Many other trainers present said they would like to use this method.
2. Review the current exam: does it need to be so long? Apparently there are some other versions that were written in Germany prior to the current exam existing - could the exam be shortened to 2 hours, so that more time would be available for feedback on the questions?
3. Perhaps a thread on Sutra could be started around this.
4. A Sutra group for Open Marking already exists - email Bhavdeep at info@i-sky.de to be invited to it.

General Observations....and some thoughts:

- half of the participants said, they already do a different style of exam as given by KRI, most of them secretly. In the age of aquarius we definitely need transparency- to both sides. KRI needs to communicate, that different styles are welcome and that a team works on a new standard. Those who practice another exam need to communicate what they do to collect all ideas and make it the best we can. How can we be a role model in transparency for the students, when we do not live it?
- The questions in the exams do not seem to fit anymore, also the design. 3 hours writing without anything else is not aquarian. We suggest to shorten the time of writing, redoing the questions and adding the discussion time as an official exam time.
- Labeling the final exam as exam stirs up a lot of memories. We want to heal and break the patterns and name it differently. Actually our favorite is liberation weekend.
- In our Cologne course we do a practical „exam/liberation“ day also (speaking of ca. 80 guests, mostly new to Kundalini Yoga, for the day in Cologne): Its like an open day, that is completely hosted, organised and budgeted by the group. They learn to organized themselves as a group, taking care of everything from calculation, promotion, program and teaching. For us its the best way to proof that they are ready to take the next step into teaching. Also, we receive the feedback of all the guests, that attend the open day, we are able to see how our students appear and teach strangers (stepping out of the cosy observed class mode into reality), explain Kundalini Yoga and operate under real conditions. Its a practical

demonstration of what was learnt and an act of self initiation and applied group consciousness.

Basic intentions of the new open marking exam/liberation:

Its time to apply aquarian consciousness even in the exam, to apply what we teach.

- self initiation
- self responsibility (no hiding behind external attribution, „i could have done differently, if i had more time etc., this will directly be confronted in the discussion)
- training for the hour of death, judging neutrally without cheating, lies, pretending
- enhancing aquarian spirit
- de- conditioning old patterns of fear and insecurity from education