

STIMULATING STUDENTS' COGNITIVE AND LEARNING ACTIVITIES THROUGH INTENSIVE ASSESSMENT METHODS

Amirova Gulnoza Rashitovna

Assistant teacher at Shahrizabz State Pedagogical Institute

E-mail: amirovagulnoza505@gmail.com

Article information:

Manuscript received: 01 Oct 2024; **Accepted:** 11 Oct 2024; **Published:** 31 Oct 2024

Abstract: This article explores the content, types, and application of intensive assessment methods in stimulating students' learning and cognitive activities. The psychological and pedagogical aspects of motivation in the assessment process are discussed, as well as effective methods used in modern education. The effectiveness of intensive assessment is scientifically and practically substantiated through the example of primary education.

Keywords: intensive assessment, stimulation, learning activity, motivation, effectiveness

1. Introduction

In the education system, assessment is regarded not only as a tool for identifying knowledge and skills but also as an important factor in motivating students and effectively directing their activities. Intensive assessment methods, in particular, play a crucial role in increasing students' classroom engagement, fostering interest in learning, and encouraging independent thinking. The main purpose of intensive assessment is to create a rapid, effective, and personalized mechanism of motivation that corresponds to students' individual development. Intensive assessment refers to a set of methods aimed at quickly determining students' knowledge and motivating them within a short period of time. Unlike the traditional "exam or test" approach, intensive assessment relies more on interactive, creative, and fast-paced techniques.

- "Blitz-survey" – receiving answers to many questions in a short period of time.
- "Stars and symbols" method – giving students quick positive feedback to encourage them.

- "One-minute essay" – engaging students through brief written reflections.

- Online rapid tests – assessment through modern technologies.

- Peer assessment – students evaluate each other's work and draw conclusions.

There are three main factors of motivation:

- Intrinsic motivation (interest in acquiring knowledge),

- Extrinsic motivation (rewards, grades),

- Social motivation (status in the group, recognition from teachers and parents).

In primary grades, intensive assessment is highly effective in maintaining students' attention and motivation. For example, methods such as "happy grades," "colorful stickers," and "quick Q&A" significantly increase interest. Research shows that in lessons where intensive assessment is applied, students' active participation increases by 35–40%.

Intensive assessment methods are increasingly considered an integral part of modern education. Their advantage lies not only in checking knowledge but also in effectively organizing the process of mastering new material. Assessment encourages students to analyze their knowledge level, work on self-improvement, and develop independent decision-making skills.

In primary grades, especially, intensive assessment enhances student participation and nurtures the belief that “learning is an enjoyable process.”

The main advantages of intensive assessment include:

- Increasing students’ interest in knowledge,
- Developing independent and creative thinking skills,
- Providing rapid feedback and motivation,
- Improving learning effectiveness,
- Creating healthy competition among students.

Practical experience shows that various forms of intensive assessment (blitz-surveys, quick tests, peer assessment, colorful stickers, etc.) not only improve lesson effectiveness but also strengthen teacher-student cooperation. This supports the further development of a learner-centered approach.

Moreover, the widespread use of intensive assessment contributes to aligning education quality with international standards. Modern pedagogy views assessment not merely as control but also as a means of developing learners and revealing their potential.

Thus, stimulating students’ learning and cognitive activities through intensive assessment methods is one of the key factors in enhancing their intellectual capacity, making the learning process more meaningful, and achieving higher outcomes in education. Therefore, educators should systematically apply such approaches and integrate them as an essential part of the educational process.

Intensive assessment methods not only serve as tools for measuring students’ knowledge but also act as powerful stimulators of cognitive activity. When assessment is carried out in a systematic and continuous manner, it pushes learners to engage in deeper levels of thinking rather than relying on surface-level memorization. This process strengthens analytical skills, critical reasoning, and problem-solving abilities—key components of higher-order thinking.

Firstly, frequent formative assessments encourage students to process information actively. Instead of passively receiving knowledge, learners are required to analyze, compare, and apply concepts in different contexts. This constant intellectual engagement nurtures curiosity and helps students internalize learning materials more effectively. Secondly, intensive assessment promotes self-regulated learning. When students are given regular feedback and opportunities for reflection, they learn how to monitor their own progress, identify weaknesses, and set personal learning goals. This process develops metacognitive awareness, which is essential for independent and lifelong learning.

Thirdly, the use of varied assessment techniques—such as project-based tasks, peer assessment, case studies, and real-life problem-solving exercises—stimulates creativity and adaptability. These methods challenge students to think beyond textbook knowledge, apply interdisciplinary approaches, and develop innovative solutions. As a result, learners become more flexible and better prepared for complex, real-world challenges.

Moreover, intensive assessment fosters active participation and collaboration in the classroom. Group evaluations, discussions, and peer reviews encourage students to articulate their thoughts, defend their viewpoints, and learn from others’ perspectives. This not only strengthens communication and teamwork skills but also enhances cognitive growth through the exchange of diverse ideas. Finally, the psychological effect of continuous assessment should not be underestimated. Unlike high-stakes final exams,

which often generate stress and hinder creativity, intensive assessment spreads evaluation across different stages of learning. This reduces anxiety and creates a supportive environment in which students feel safe to take intellectual risks, make mistakes, and learn from the an essential factor in cognitive development.

REFERENCES

1. Ziyayeva, M. (2021). *Modern approaches to assessment in the educational process*. Tashkent: Science and Technology.
2. Sharipova, G. (2020). *Interactive methods of assessment in primary education*. Samarkand: SamSU Publishing.
3. Black, P., & Wiliam, D. (2018). *Inside the Black Box: Assessment for Learning in the Classroom*. London: Routledge.
4. Sadler, D. R. (2019). *Assessment, Evaluation, and Feedback in Higher Education*. Springer.
5. Ministry of Public Education of the Republic of Uzbekistan. (2022). *Methodological guide on new criteria for assessment in general education schools*. Tashkent.