

SHOULD EXAMS BE REPLACED WITH CONTINUOUS ASSESSMENT?

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Abstract: Assessment is a main component of the educational process, influencing how students learn and how their progress is measured. Traditionally, exams have been the dominant form of assessment in many education systems all over the world. However, continuous assessment has emerged as an alternative that evaluates students over time through various tasks and activities in studying process. This article explores the exams should be replaced with continuous assessment by examining their impact on learning difficulties. The analysis shows that continuous assessment encourages consistent engagement, reduces anxiety and stress, while exams provide structure, comparability, and efficiency in studying process of students. The researches suggest that although continuous assessment offers significant advantages, completely replacing exams may not be practical. A balanced assessment system that combines both methods and approaches.

Keywords: assessment, evaluation methods, education, continuous assessment, exams, student learning

Introduction. Assessment plays an important role in education, influencing not only how students are assessed but also how they approach learning. For decades, traditional exams have been widely used as the essential tool for measuring academic achievement.

These exams are often designed to test students' knowledge within a limited time under controlled situations. As a result, they are significantly viewed as objective, standardized, and efficient for assessing students' performance in studying process.

Despite their widespread use, exams have been increasingly criticized by teachers. Many teachers argue that exams encourage memorization rather than understanding, forcing students to focus on short-term performance instead of long-term learning process. In addition, the high-pressure nature of exams can lead to anxiety, stress and negatively affect students' mental health.

In response to these concerns, continuous assessment has gained attention as a more flexible, practical and student-centered approach in studying process. Continuous assessment involves evaluating students throughout the learning process using a variety of methods and approaches, such as assignments, presentations, projects, quizzes, and classroom participation activities as well. This approach purpose to provide a more comprehensive process of a student's abilities and progress.

The growing popularity of continuous assessment has led to a significant debate: should exams be completely replaced by continuous assessment? This article aims to clarify both assessment methods in depth and assess their effectiveness in promoting meaningful learning and fair performance.

Methods. This study adopts a practical and analytical approach by reviewing existing theories, educational practices, and observed outcomes related to assessment methods in teaching and learning process. A comparative framework is used to analyze exams and continuous assessment based on several key components: learning effectiveness, psychological impact, skill development, fairness, and practicality.

The analysis is based on general patterns clarified in educational research and classroom practices rather than simple data. By examining how each method functions in real educational settings, this study aims to provide an important understanding of their advantages and challenges in studying process. The goal is not only to compare these methods and approaches but also to explore exams can fully replace the other.

Results. The comparison between exams and continuous assessment reveals several important findings across different aspects of education.

First of all, in terms of learning effectiveness, continuous assessment aims to promote deeper understanding. Because students are evaluated regularly, they are encouraged to engage with the all sessions and awarded with motivation and constructive feedbacks in discussions. This reduces the tendency to rely on last-minute studying and helps students trying to get knowledge for a longer period. To compare, exams often lead students to focus on memorizing information shortly before the test or exams, which may not result in lasting understanding in studying.

Secondly, the psychological impact of assessment methods is significantly impact on student behaviour. Exams are commonly associated with high levels of stress and also anxiety. The pressure to perform well within a limited time can negatively affect students' confidence and overall performance in discussions. In some cases, capable students may underperform simply due to exam-related stress and overload tasks. Continuous assessment, on the other hand, distributes evaluation across multiple tasks, reducing the pressure of studying process. This creates not only more supportive but also less stressful learning environment.

Thirdly, continuous assessment contributes to the development of a wider range of skills at the same time. Through activities such as group projects, presentations, and written assignments, students can develop critical thinking, communication, creativity and public speaking skills. These competencies are essential for success in modern educational system. Exams, however, aims to focus primarily on testing memory and the ability to work under time pressure, which provides a more limited view of a student's abilities.

However, the results also showed certain challenges associated with continuous assessment. One of the main features is fairness. Compared to exams, which are standardized and conducted under controlled situations, continuous assessment may depend on the teacher or institution. Differences in not only grading standards and potential bias, but also the possibility of external assistance can affect the reliability of results.

In addition, continuous assessment can be time-consuming for teachers and scientists. Designing multiple tasks, monitoring student progress, and providing continuously feedback require important effort and resources. This can be particularly challenging in large classes or institutions with lack of staff. Exams, by contrast, offer a more efficient way to assess a large number of students in a short period.

Discussion. The research suggests that both exams and continuous assessment have strengths and outcomes, making it difficult to fully replace exams with the other. Continuous assessment clearly supports a more student-centered approach to learning process. It encourages active participation and engagement, promotes consistent effort, and helps students develop a soft and hard skills. Furthermore, by reducing stress and providing multiple opportunities for assess, it creates a more positive learning experience for students.

Moreover, exams play an important role that functions cannot be easily replaced in educational settings. Their standardized nature provide fairness and comparability across student performance. This is especially essential in large-scale education systems, where consistent evaluation is necessary rather than traditional assessments. Exams also test students' ability to perform under pressure and anxiety, which can be a valuable skill in real-life communications such as job interviews or professional tasks in lifetime.

Rather than analyzing exams and continuous assessment as opposing methods, it is more productive to consider how they can complement each other as well. A balanced or blended assessment system can combine the strengths of approaches and methods. For example, continuous assessment can be used to monitor progress and develop necessary skills like problem-solving and time-management, while exams can be used to evaluate overall understanding and knowledge in learning process.

Additionally, these improvements can significantly effected on student performance in studying process. Exams can be redesigned to include more analytical questions, reducing the focus on traditional methods as well as memorization and teacher centered approaches in educational process. Similarly, continuous assessment can be improved by

establishing clear criteria, ensuring transparency, and maintaining academic equality in assessing process.

Conclusion. In conclusion, the question of whether exams should be replaced with continuous assessment does not have a simple or strengthen answer. The analysis in this article has demonstrated that continuous assessment offers several significant advantages for learners. It promotes consistent learning, encourages participation as well during more practical sessions, reduces student stress and anxiety, and helps develop a wide range of practical skills such as communication, team-building, collaboration, and critical thinking as well. These qualities are essential in modern education, where the focus is not only on knowledge and performance, but also on the ability to apply that knowledge in real-life situations and personal development would be beneficial for them.

At the same time, traditional exams are playing an important role in the educational institutions. Their structured and standardized nature ensures a level of fairness that is difficult to achieve through continuous assessment alone. Exams also provide a clear measure of individual performance under controlled conditions, which can be important for academic progression and selection processes in studying. In addition, they help students develop not only responsibility and discipline, but simultaneously time management, and the ability to perform under pressure.

most effective solution lies in finding a balance between the two approaches.

For instance, continuous assessment can be used to monitor the progress, encourage active participation and discussions, and assess practical skills, while exams can be used to assess core knowledge and overall understanding at key stages in learning process. Such a system not only improves the reliability of assessment but also supports a more meaningful learning experience.

Furthermore, future improvements in education should focus on enhancing methods, approaches and technologies in studying process. Exams can be redesigned to include more practical and problem-solving tasks like debates and discussions, while continuous assessment can be strengthened through clear criteria, transparency, and the use of



technology to ensure fairness in lessons. Teachers also play a significant role in implementing these methods effectively in all stages of the lesson, and proper training is essential to maintain quality and consistency in teaching process.

Ultimately, the goal of any assessment system should be to support student learning, personal and professional development, rather than simply measure performance of learners. By combining the strengths of exams and continuous assessment, educational institutions can create a more balanced, fair, and effective system that prepares students not only for academic success and personal development but also for the challenges of the real world and future.