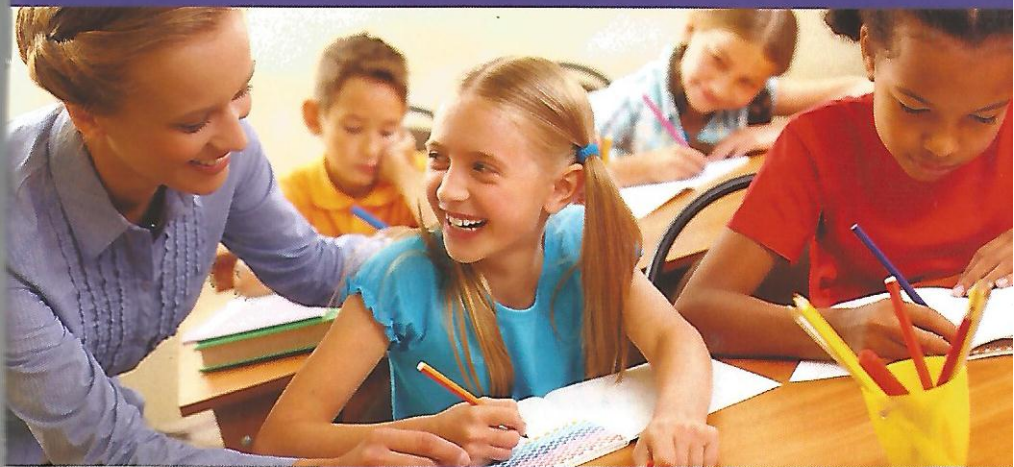


JANUARY/FEBRUARY 2020

Vol. 85, No. 3

EDDIGEST

THE EDUCATION DIGEST



Essential Readings Condensed for Quick Review

- **Active Shooter Drills Take Toll on Teachers**
- **The Importance of Testing as a Learning Strategy**
- **How to Make School Start Later**
- **How One School Stopped Tracking Students**
- **Is Technology Good or Bad for Learning?**

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4 Active Shooter Drills Take Toll on Teachers

Evie Blad and Madeline Will / *Education Week*

Many schools practice active shooter drills, but some do more harm than good. The experiences can be physically and emotionally painful, and they don't necessarily prepare teachers and students for an actual school shooting, which rarely ever happens.

11 The Importance of Testing as a Learning Strategy

Henry L. Roediger III and Peter C. Brown / *School Administrator*

Learning comes from active engagement, and retrieval practice with feedback—via quizzing or testing—is an important form of active learning. We construct understanding of new knowledge less by studying charts, maps, and texts than from repeated attempts to recall, explain, and apply it.

17 How to Make School Start Later

Danielle Drelinger / *Education Next*

An early start to the secondary school day conflicts with adolescents' biological sleep patterns and need for 8-10 hours of sleep per night. The American Academy of Sleep Medicine recommends that middle and high school schools start no earlier than 8:30 A.M.

26 How One School Stopped Tracking Students

Michelle Higgins / *Teaching Tolerance*

Across the U.S., schools track students based on past grades, test scores, and whether they were placed in gifted programs at a young age. But research indicates that tracking contributes to widened opportunity gaps and more segregated classrooms.

33 Why Our School Loves to Read

Rita Platt / *MiddleWeb*

Students at St. Croix Falls Elementary School consistently score high on Wisconsin's literacy tests. The secret to that success? A robust independent reading program that involves time spent reading in and outside of school.

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37 Protecting Students from Gun Violence

Bryan R. Warnick and Ryan Kapa / *Education Next*

Understandably, educators are deeply troubled by school shootings. The tragedies are profound. But from a rational perspective, we need to recognize that schools, on the whole, are very safe spaces and we need to avoid sacrificing educational goals and school climate for the sake of exaggerated safety concerns.

45 Teaching Students Compassion and Empathy Alongside Literacy

Kate Stringer / *The 74*

Christine Riley felt compassion for fellow educators who had the task of teaching while inventing their own curriculum. This sparked a career that led to her becoming director of curriculum design at EL Education, an education model that emphasized project-based learning and character development. Here she discusses what goes into designing academic material that teaches character in addition to content.

52 Is Technology Good or Bad for Learning?

Saro Mohammed / *The Brown Center Chalkboard*

There are many conflicting views regarding whether today's technology advances or detracts from students' learning. The author discusses what current research actually says, some outstanding questions in need of further research, and how to maximize the benefits of technology in learning environments and minimize its risks.

56 John Dewey: Portrait of a Progressive Thinker

Peter Gibbons / *Humanities*

In the late 1800s, influential philosopher John Dewey concluded that a changing America needed updated schools. He wrote that students should be active, not passive; have compelling and relevant projects, rather than lectures; and cooperate, rather than compete.

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