

# Creating a Low Stakes Exercise

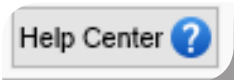
To help ensure your first exam using Respondus Monitor runs smoothly, you should give the students a chance to practice using the tool.

There are two ways to accomplish this:

- You can have students take an ungraded practice quiz that requires the use of LockDown Browser and a webcam, before taking a graded exam.
- You can add a syllabus agreement into the course which requires the use of LockDown Browser and a webcam, before taking a graded exam.

By doing this, student get experience using Respondus before the day of the actual test. This reduces test anxiety and allows time for us to troubleshoot any issues the student may have before the graded exam starts.

Prior to taking an exam, it is beneficial for students to check their computers, particularly if they are not using the same computer for all tests.



Help Center ?

You can direct students to use the [Help Center](#) prior to their first exam. With LockDown Browser open, log into the course and select the [Help Center](#) button the toolbar. From there, run the [Webcam Check](#) and the [System & Network Check](#) to make sure everything is working properly. If a problem is indicated, students can search for a solution in the Knowledge Base or contact us using the help link on the home page.

Leave the practice quiz or agreement open and available for the duration of the course, with unlimited attempts, so students can check their setup from a different computer.