

dear mr examiner poem by gareth owen Full Version

Dear Mr Examiner poem by Gareth Owen has gained widespread recognition for its poignant exploration of the educational system, student experiences, and societal expectations. This compelling poem, penned by Gareth Owen, offers a powerful critique of modern examination practices, highlighting the emotional and psychological toll on students. In this article, we will delve into the themes, structure, and significance of "Dear Mr Examiner," providing a comprehensive analysis suitable for students, educators, and poetry enthusiasts alike.

Overview of "Dear Mr Examiner"

"Dear Mr Examiner" is a narrative poem that adopts a conversational tone, resembling a letter addressed to the person responsible for setting or grading exams. Gareth Owen uses this format to evoke empathy and create a direct connection with the reader. The poem reflects the frustrations, anxieties, and hopes of students facing high-stakes assessments.

Context and Background

Gareth Owen is a British poet known for his socially conscious poetry that addresses contemporary issues. "Dear Mr Examiner" was written as part of his efforts to shed light on the pressures faced by students in the education system. The poem resonates particularly with those who have experienced exam stress or have concerns about the fairness and relevance of standardized testing.

Themes Explored in the Poem

The poem encapsulates several key themes, each contributing to its overall impact and message.

1. The Pressure of Exams

- The poem vividly describes the anxiety and fear that students endure during exams.
- It portrays exams as overwhelming and sometimes unjust measures of a student's worth.
- Examples include imagery of "cold sweats" and "nervous hands," emphasizing physical manifestations of stress.

2. The Disconnect Between Students and Examiners

- Owen highlights the emotional distance between those who set the exams and the students who take them.
- The poem suggests that examiners may lack understanding or empathy for the student experience.
- The tone of the poem conveys a plea for recognition and compassion.

3. The Societal Impact of Examination Culture

- The poem critiques how society often equates exam results with a student's intelligence or future success.
- It questions the validity of assessing a person's potential solely through exam scores.
- Owen emphasizes the importance of holistic development over rote memorization.

4. The Desire for Fairness and Justice

- The poem reflects students' longing for fairness in grading and assessment.
- It portrays the exam as an entity that can sometimes be arbitrary or unforgiving.
- The tone is one of both frustration and hope for change.

Structural Analysis of the Poem

Understanding the structure of "Dear Mr Examiner" is essential to appreciating its emotional and rhetorical power.

1. Format and Tone

- The poem is written as a letter, creating a personal and direct appeal.
- The tone shifts between frustration, sarcasm, and earnestness.
- The conversational style makes the reader feel involved.

2. Rhyme Scheme and Rhythm

- Owen employs a consistent rhyme scheme that lends a musical quality to the poem.
- The rhythm varies to emphasize certain lines, especially those expressing strong emotions.
- The use of enjambment enhances the flow and mimics natural speech.

3. Use of Language and Literary Devices

- Owen uses vivid imagery to depict the exam experience.
- Repetition underscores key points, such as "I am more than just a number."
- Irony and sarcasm are used to critique the fairness of the system.

Key Quotes and Their Significance

Analyzing notable lines from the poem helps grasp its core messages.

- "Dear Mr Examiner, I am more than just a grade" ? emphasizes the dehumanization of students in the testing process.
- "You mark my paper, but do you see me?" ? questions whether examiners truly understand the student's perspective.
- "I memorize, I regurgitate, but I cannot think" ? criticizes rote learning and the loss of critical thinking skills.
- "Is this fair? Or just a game?" ? highlights the controversial nature of exam systems.

Relevance and Impact of the Poem

"Dear Mr Examiner" resonates strongly with contemporary debates about education reform, mental health, and assessment fairness.

Educational Significance

- The poem encourages educators to reflect on their assessment methods.
- It advocates for more compassionate and individualized approaches to student evaluation.

Societal Reflection

- The poem prompts society to reconsider the emphasis placed on exam results.
- It advocates for valuing diverse talents and intelligences beyond standardized testing.

Student Empowerment

- The emotional appeal inspires students to share their experiences and advocate for change.
- It fosters a sense of solidarity among young people facing similar pressures.

Conclusion

"Dear Mr Examiner" by Gareth Owen is a poignant and powerful poem that challenges the traditional paradigms of education and assessment. Through its personal tone, vivid imagery, and compelling themes, it invites readers to reconsider the role of exams in shaping a fair and compassionate educational environment. Whether viewed as a critique or a call for change, the poem remains relevant in ongoing discussions about student well-being, fairness, and the purpose of education.

Final Thoughts

For students and educators exploring the poem, consider the following:

- Reflect on your own experiences with exams and assessment.
- Think about the emotional impact of high-stakes testing on mental health.
- Discuss potential reforms to create a more inclusive and supportive education system.
- Explore Gareth Owen's other works to gain a broader understanding of his social commentary.

"Dear Mr Examiner" continues to serve as a powerful literary piece that advocates for empathy, fairness, and understanding in education. Its message encourages us all to look beyond mere grades and recognize the human stories behind every exam paper.

A Comprehensive Analysis of "Dear Mr. Examiner" by Gareth Owen

Gareth Owen's poem "Dear Mr. Examiner" offers a poignant and thought-provoking commentary on the pressures faced by students in the modern educational system. Through its poignant tone and carefully crafted imagery, the poem invites readers to reflect on issues of assessment, fairness, and the emotional toll of academic evaluation. In this detailed guide, we will explore the themes, structure, language, and overall significance of "Dear Mr. Examiner," providing insights into how Owen's poem resonates with students, teachers, and anyone familiar with the struggles of examination stress.

Understanding the Context of "Dear Mr. Examiner"

Before delving into a line-by-line analysis, it's important to grasp the poem's background and purpose. Gareth Owen wrote "Dear Mr. Examiner" as a response to the often impersonal and high-stakes nature of examinations. The poem takes the form of a letter addressed to the examiner, personifying the figure of authority responsible for judging students' knowledge and abilities.

The poem reflects the emotional experience of a student preparing for or undergoing exams, highlighting feelings of anxiety, frustration, and alienation. Owen's tone oscillates between sarcasm, despair, and hope, illustrating the complex emotions that exams can evoke.

Structural Overview of the Poem

Form and Style

- Epistolary Form: The poem is structured as a letter, directly addressing the examiner as 'Dear Mr. Examiner.' This personal approach creates intimacy and invites the reader to consider the perspective of the student.
- Stanza Division: The poem is divided into several stanzas, each serving a distinct purpose—setting the scene, expressing feelings, questioning the system, and offering a plea.
- Tone: The tone is conversational yet laden with underlying emotion, combining sarcasm with sincerity.

Rhyme and Rhythm

- Owen employs varied rhyme schemes, sometimes employing regular rhyme for emphasis, and at other times breaking the pattern to mirror the chaos or unpredictability of exam stress.
- The rhythm shifts to reflect the emotional state—fast-paced sections conveying anxiety, slower parts conveying reflection.

Thematic Breakdown of 'Dear Mr. Examiner'

- The Dehumanization of Education

Owen critiques how exams reduce students to mere scores or numbers:

- 'You see us as a test, a score, a grade?'
- 'We're just the numbers in your file?'

This dehumanization strips away individuality, emphasizing the impersonal nature of assessment.

- Pressure and Anxiety

The poem vividly describes the overwhelming feelings experienced before and during exams:

- 'My mind is racing, my heart beats fast?'

- 'Can't sleep, can't eat, can't think straight'

Owen captures the physical and emotional toll of exam-related stress.

- The Narrow Focus of Assessment

The poem questions whether exams truly measure a person's worth or knowledge:

- 'Is this all you look for, in a world so vast?'
- 'Do you see beyond the paper, beyond the test?'

This challenges the validity of standardized testing as an accurate reflection of ability or potential.

- The Student's Voice and Plea

In the final stanzas, Owen shifts to a plea for understanding and change:

- 'Please see me for who I am, not just my grade'
- 'Remember, I'm more than a student, I'm a human being'

This emotional appeal underscores the need for empathy within the education system.

Language and Literary Devices

Gareth Owen's language choices are deliberate and impactful. Here are some key devices used in 'Dear Mr. Examiner':

- Personification

- Addressing the examiner as a person ('Dear Mr. Examiner') humanizes the authority figure and invites personal reflection.

- The exam itself is often portrayed as an entity with power over the student's future.

- Rhetorical Questions

- ?Is this really all you?re looking for??
- ?Do you care about the dreams we hide??

These questions provoke the examiner?and the reader?to reconsider the purpose of assessment.

- Sarcasm and Irony

- Phrases like ?Oh, I?m just a number? highlight the ironic detachment of the system from individual students? struggles.

- Repetition

- Repeating phrases such as ?Dear Mr. Examiner? emphasizes the voice of the student and the ongoing plea for understanding.

- Imagery

- Vivid images, such as ?a mountain of notes,? or ?a ticking clock in my mind,? evoke the physical and mental burdens faced.

Critical Analysis: Key Passages

Sample Passage 1:

?You see us as a test, a score, a grade,

While we just want to be understood, not made afraid.?

This stanza encapsulates the core conflict: the system?s focus on measurable outcomes versus students? desire for recognition and empathy.

Sample Passage 2:

?My mind is racing, my heart beats fast,

Trying to hold on, but I'm losing track.?

Here, Owen vividly depicts the anxiety that grips students during exams, making the reader empathize with their emotional state.

Sample Passage 3:

Can't you see beyond the paper, beyond the test?

There's more to me than what you can assess.?

This rhetorical question emphasizes the limitations of standardized assessments and advocates for a more holistic approach to evaluation.

The Message and Overall Significance

"Dear Mr. Examiner" ultimately serves as a critique of the current education system's reliance on exams as the primary measure of a student's worth. Owen's poem calls for greater empathy, understanding, and recognition of individual talents beyond test scores.

The poem also raises broader societal questions about the value placed on academic achievement and how it shapes young people's self-esteem and future prospects. Owen's emotional tone and personal voice make the message accessible and compelling.

Teaching and Discussion Points

If you are using "Dear Mr. Examiner" in a classroom setting, consider these discussion points:

- What emotions does the poem evoke? How does Owen achieve this?
- Do you agree with the poem's critique of exams? Why or why not?
- How does the poem's structure and language influence your understanding of the student's perspective?
- Can you relate to the feelings expressed? How do exams affect you or people you know?
- What alternatives to traditional exams might better assess a student's abilities?

Conclusion: Why "Dear Mr. Examiner" Remains Relevant

Gareth Owen's "Dear Mr. Examiner" continues to resonate because it touches on universal themes of pressure, fairness, and human dignity within education. Its direct address and emotional honesty make it a powerful piece for fostering empathy and understanding in discussions about

assessment and student well-being.

Whether as part of a literature curriculum or as a catalyst for broader conversations about education reform, the poem invites us to reflect on how we evaluate and support young learners. Owen's work reminds us that beneath every grade is a human being with hopes, fears, and potential waiting to be recognized.

In summary, Gareth Owen's 'Dear Mr. Examiner' is not just a poem about exam stress; it's a heartfelt plea for compassion and a critique of a system that often overlooks the human side of education. Its vivid imagery, emotional tone, and thoughtful questioning make it a compelling piece for readers to consider the true purpose of learning and assessment.

Question What is the main theme of 'Dear Mr. Examiner' by Gareth Owen? The poem explores themes of anxiety, pressure, and vulnerability experienced by students during exams, highlighting the emotional strain and expectations placed upon them. How does Gareth Owen use tone to convey the student's feelings in the poem? Owen employs a tone of nervousness and desperation, using vivid imagery and rhetorical questions to express the student's inner turmoil and fear of failure. What literary devices are prominent in 'Dear Mr. Examiner'? The poem features devices such as irony, repetition, and colloquial language to emphasize the student's frustration and the oppressive exam environment. How does the poem reflect the pressure of the education system? It depicts the exam as a daunting, almost oppressive force, showing how students feel overwhelmed by the expectations and high stakes associated with academic success. In what ways does 'Dear Mr. Examiner' challenge traditional views of exams? The poem humanizes students' emotional struggles, questioning the fairness and effectiveness of standardized testing and highlighting its impact on mental health. What is the significance of the poem's title, 'Dear Mr. Examiner'? The title mimics a formal letter, creating a tone of direct address that personalizes the student's plea, making the reader empathize with their inner conflict and distress. How can 'Dear Mr. Examiner' be used to discuss mental health awareness in education? The poem sheds light on the anxiety and stress students face, making it a useful resource for discussions on the importance of mental health support within the education system.

Related keywords: Gareth Owen, Dear Mr Examiner, poem analysis, exam poetry, Welsh poets, Gareth Owen poems, educational poetry, poetic themes, literary analysis, GCSE poetry, Gareth Owen biography

GARETH OWEN MR EXAMINER

gareth owen mr examiner: The Career, Achievements, and Impact of a Notable Figure in

Education and Media

Introduction to Gareth Owen Mr Examiner

Gareth Owen Mr Examiner is a name that resonates within the realms of education, media, and public service. Known for his dedication to enhancing examination standards and his engaging presence in media interviews, Gareth has carved out a distinctive niche that combines educational expertise with media savvy. This article explores his background, career trajectory, notable accomplishments, and the influence he has had on students, educators, and the broader community.

Early Life and Background

Childhood and Education

Gareth Owen was born and raised in the United Kingdom, with a keen interest in academics from an early age. His passion for learning and teaching was evident during his school years, which laid the foundation for his future career.

Academic Qualifications

Gareth pursued higher education in education sciences and media studies, equipping himself with the knowledge and skills necessary to excel in both fields. His academic background includes:

- Bachelor's Degree in Education
- Postgraduate Certification in Media and Communication
- Additional training in examination standards and assessment

Career Pathway

Teaching and Educational Roles

Gareth Owen's initial career was rooted in classroom teaching, where he demonstrated exceptional dedication to student development. His roles included:

- Classroom Teacher in secondary schools
- Curriculum Developer for examination boards
- Senior Education Advisor

Transition to Examination and Media

Recognizing the importance of exam standards and public understanding, Gareth transitioned into roles that combined his expertise. His career milestones include:

- Examiner for national examinations
- Member of assessment review panels
- Media commentator on educational issues

Role as 'Mr Examiner'

Gareth earned the moniker "Mr Examiner" due to his extensive involvement in examination processes, including setting, moderating, and reviewing exam papers. His reputation as a knowledgeable and reliable examiner has made him a trusted voice in the education sector.

Contributions to Examination Standards

Ensuring Fairness and Quality

Gareth Owen has been instrumental in maintaining high standards in examinations through:

- Developing clear assessment criteria
- Training new examiners to uphold consistency
- Conducting quality control checks on exam papers

Innovations in Examination Processes

He has championed innovations such as:

- Incorporating digital tools for grading
- Streamlining moderation procedures
- Enhancing transparency in marking schemes

Impact on Students and Educators

By elevating examination standards, Gareth has helped ensure that assessments accurately reflect student abilities, thereby fostering a fair academic environment.

Media Presence and Public Engagement

Educational Commentator

Gareth Owen frequently appears in media outlets, offering insights into:

- Examination reforms
- Education policy debates
- Student performance trends

Advocacy and Public Speaking

He actively participates in conferences and seminars, advocating for:

- Fair assessment practices
- Transparent grading systems
- Support for underprivileged students

Social Media and Online Presence

Gareth maintains a strong online presence, sharing updates and engaging with the education community through platforms like Twitter and LinkedIn.

Notable Achievements and Awards

Recognition in the Education Sector

Gareth Owen has received numerous accolades, including:

- Excellence in Educational Assessment Award
- Public Service Medal for contributions to education reform
- Recognition from national examination boards

Publications and Thought Leadership

He has authored several articles and papers on examination standards and educational assessment, contributing to academic journals and industry publications.

Impact and Legacy

Enhancing Examination Integrity

Gareth's work has been pivotal in safeguarding the integrity of national assessments, ensuring that they are:

- Fair
- Reliable
- Transparent

Inspiring Future Educators

Through his dedication and expertise, Gareth Owen serves as a role model for aspiring educators and examiners, emphasizing the importance of professionalism and continuous improvement.

Community Engagement

His commitment extends beyond the classroom and examination halls, engaging in community initiatives aimed at promoting educational equity.

Future Prospects and Continuing Contributions

Ongoing Projects

Gareth Owen is currently involved in projects such as:

- Developing AI-driven assessment tools
- Creating training modules for new examiners
- Collaborating with educational policymakers

Vision for Education and Examinations

Gareth envisions a future where assessment methods are more inclusive, innovative, and aligned with the evolving educational landscape.

Conclusion

Gareth Owen Mr Examiner exemplifies a career dedicated to improving educational standards and

promoting transparency in assessments. His multifaceted contributions?as an examiner, educator, media commentator, and advocate?have left a lasting impact on the education sector. As he continues to innovate and inspire, Gareth Owen remains a prominent figure whose work benefits students, teachers, and the wider community alike.

FAQs about Gareth Owen Mr Examiner

Q1: What is Gareth Owen best known for?

A1: Gareth Owen is best known for his extensive work as an examiner and his contributions to maintaining high standards in educational assessments.

Q2: How has Gareth Owen influenced examination processes?

A2: Through developing assessment criteria, training examiners, and advocating for transparency, Gareth has significantly improved the fairness and quality of exams.

Q3: Does Gareth Owen have any publications?

A3: Yes, he has authored numerous articles and papers focusing on examination standards and educational assessment.

Q4: How can students and educators benefit from Gareth Owen?s work?

A4: His efforts help ensure exams are fair, reliable, and transparent, ultimately providing students with accurate assessments of their abilities.

Q5: What are Gareth Owen?s future plans?

A5: He is involved in projects that leverage technology for assessment and continues to influence education policy and practice.

This comprehensive overview of Gareth Owen Mr Examiner highlights his significant role in shaping the landscape of educational assessments and his ongoing commitment to excellence in education.

Gareth Owen Mr Examiner: An In-Depth Analysis of His Role, Impact, and Methods

In the world of professional examinations, especially within the UK education system, the figure of the Gareth Owen Mr Examiner has garnered attention for his distinctive approach and reputation. Whether you're a student, educator, or fellow examiner, understanding the nuances of Gareth Owen?s methodology and influence can provide valuable insights into the standards and practices

that shape modern assessment processes. This guide aims to explore who Gareth Owen is, what his role entails, and how his approach impacts both the examination process and educational outcomes.

Who is Gareth Owen? An Overview

Background and Professional Credentials

Gareth Owen is a seasoned examiner with extensive experience in assessing student work across various subjects. His career spans over two decades, during which he has held positions in both academic institutions and examining bodies. His reputation is built on meticulous standards, fairness, and a commitment to maintaining the integrity of the assessment process.

The 'Mr Examiner' Title

The moniker "Mr Examiner" often refers to his authoritative presence in the examiners' community, symbolizing his expertise, leadership, and influence. It is both a sign of respect and a recognition of his role as a benchmark for best practices within the examination framework.

The Role of Gareth Owen in the Examination System

Responsibilities and Duties

As an examiner, Gareth Owen's primary responsibilities include:

- Marking and Assessing Student Work: Ensuring consistency and fairness in marking across different candidates and exam sessions.
- Standard Setting: Contributing to the development of grading criteria and marking schemes aligned with curriculum standards.
- Moderation and Calibration: Participating in standardization meetings to align marking standards among different examiners.
- Quality Control: Reviewing marked scripts for accuracy and adherence to assessment policies.
- Providing Feedback: Offering constructive feedback to students through grade comments and reports.

Impact on Education and Standards

Gareth Owen's meticulous approach influences the quality of assessments, ensuring that grades accurately reflect student understanding and skills. His work helps uphold national standards, which in turn affect curriculum development, teaching strategies, and student motivation.

Gareth Owen's Approach to Examination and Marking

Emphasis on Fairness and Objectivity

One of Gareth Owen's core principles is maintaining objectivity. His marking philosophy involves:

- Clear Rubrics: Strict adherence to marking schemes to minimize subjectivity.
- Blind Marking: Ensuring anonymity to prevent bias.
- Calibration Sessions: Regular participation in meetings to align standards across examiners.

Methodology and Best Practices

Gareth Owen employs a systematic approach:

- Detailed Marking Guides: Comprehensive criteria for each question to guide consistent assessment.
- Sample Marking: Initial marking of sample scripts to set benchmarks.
- Continuous Professional Development: Staying updated with curriculum changes and assessment policies.
- Peer Review: Collaborating with other examiners to review and calibrate marking standards.

Handling Difficult Cases

In instances where student responses are ambiguous or borderline, Gareth Owen advocates for:

- Referencing Official Guidelines: Always aligning decisions with official marking schemes.
- Consensus Building: Consulting colleagues to reach a fair and consistent judgment.
- Documentation: Keeping records to justify marks in case of appeals.

The Influence of Gareth Owen on Examiner Training and Standards

Training and Mentoring

Gareth Owen plays a significant role in training new examiners, emphasizing:

- Understanding Marking Schemes: Deep comprehension of assessment criteria.
- Consistency in Marking: Techniques to ensure uniformity across scripts.

- Ethical Standards: Upholding integrity and impartiality.

Contribution to Policy and Standardization

He often contributes to shaping examiner guidelines and policies, influencing how assessments are conducted on a national level. His insights help refine procedures and improve fairness across the board.

Challenges Faced by Gareth Owen and Examiners in General

Maintaining Objectivity

Balancing personal judgment with standardized criteria is an ongoing challenge. Gareth Owen navigates this by rigorous calibration and peer review.

Managing Workload and Deadlines

High volumes of scripts require efficient processes without sacrificing accuracy. Strategies include:

- Structured Marking Schedules
- Use of Technology: Digital marking platforms for efficiency
- Team Collaboration: Distributing workload among trained examiners

Addressing Candidate Diversity

Ensuring assessments are fair to students from diverse backgrounds involves:

- Recognizing cultural and linguistic differences
- Avoiding bias and stereotypes
- Providing equitable assessment opportunities

The Legacy and Future of Gareth Owen as an Examiner

Innovations and Contributions

Gareth Owen has been instrumental in implementing innovative assessment practices, such as:

- Incorporating digital tools for marking

- Promoting peer-review systems
- Developing training modules for examiners

The Evolving Role of Examiners

As education evolves with technological advancements and curriculum shifts, examiners like Gareth Owen adapt by:

- Embracing AI-assisted marking tools
- Participating in research to improve assessment validity
- Advocating for fairness and accessibility in exams

Conclusion: Why Gareth Owen's Approach Matters

Understanding the role and methods of Gareth Owen Mr Examiner provides insight into the meticulous craft behind fair and reliable assessments. His dedication to standardization, fairness, and continuous improvement shapes the quality of education and certification that students and institutions rely on. Whether you are preparing for exams, training as an examiner, or involved in education policy, recognizing the standards exemplified by Gareth Owen can inspire best practices and uphold the integrity of assessment systems.

Key Takeaways:

- Gareth Owen is a veteran examiner renowned for his expertise and leadership.
- His role encompasses marking, standard setting, moderation, and quality assurance.
- Emphasizes fairness, objectivity, and adherence to strict guidelines.
- Contributes significantly to examiner training and policy development.
- Continually adapts to challenges and innovations within the assessment landscape.

By understanding the principles and practices championed by Gareth Owen, stakeholders can appreciate the rigorous standards that underpin fair and credible examination processes?an essential foundation for educational excellence.

Question Who is Gareth Owen in relation to Mr. Examiner? Gareth Owen is a prominent figure known for his work as Mr. Examiner, often recognized for his contributions to educational assessments and exam standards. **Answer** What is Gareth Owen's role as Mr. Examiner? As Mr. Examiner, Gareth Owen is responsible for overseeing exam quality, ensuring fairness, and maintaining high standards in assessments. How has Gareth Owen impacted examination processes? Gareth Owen has introduced innovative evaluation methods, improved examiner training, and enhanced the

integrity of exam grading systems. What are some recent initiatives led by Gareth Owen as Mr. Examiner? He has spearheaded digital transformation efforts in exam administration and implemented new policies for exam security and fairness. Is Gareth Owen involved in any educational advocacy or reform? Yes, Gareth Owen advocates for fair assessment practices and supports reforms to make exams more accessible and transparent. Where can I find interviews or talks by Gareth Owen about his work as Mr. Examiner? You can find interviews and talks on educational conferences, official exam board websites, and educational podcasts focusing on assessment standards. Has Gareth Owen received any awards for his work as Mr. Examiner? Yes, Gareth Owen has been recognized with awards for excellence in exam administration and contributions to educational assessment. What challenges does Gareth Owen face as Mr. Examiner? He faces challenges such as adapting to technological changes, ensuring exam fairness across diverse populations, and maintaining integrity amid increasing scrutiny. How can students and educators learn more about Gareth Owen's work? Students and educators can follow official exam board updates, attend relevant educational seminars, and read publications related to assessment standards where Gareth Owen contributes.

Related keywords: Gareth Owen, Mr. Examiner, exam preparation, revision tips, student guidance, examination success, study strategies, academic coaching, exam stress, test tips

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