The Point Reward System (PRS) is a new learning assessment method designed to deal with a diversity of students' abilities and interest. PRS is an assessment method that facilitates learning by flexibly accommodating students’ individual needs and yet it is easy and practical to implement in the classroom. It has been shown that PRS increases retention rates, retains students’ interest in the material throughout the semester and build students’ confidence in their abilities to deal with complex topics. In this talk, we will present the results of a comparison between PRS and a commonly used assessment method. In particular, we will discuss differences in anxiety levels (we compare exam stress levels as well as overall stress levels caused by grade pressure), students involvement in course (measured by their class participation and class attendance), and retention of learned material (analyzed using longitudinal study of students individual learning progress). We also discuss the effect PRS has on instructors and instructors’ ability to tailor the course to better serve the students. (Received September 20, 2016)