

Post-Test Self Assessment

Course:

Test date:

% of total grade:

Test format:

Grade predicted:

Grade received:

(click boxes to check)

Assessment of Preparation

Helpful Neutral Not Helpful

How many days before the test did I begin exam prep?

How many hours did I spend preparing for this exam?

What time of day did I typically study?

Where did I study?

How did I prepare for my exam? Consider course work, study and personal wellness.

Attending class regularly - number of missed lectures:

Reviewing lecture notes regularly & asap after class

Creating a test-prep schedule to ensure I covered all material

Self-testing / generating possible test questions

Group studying / teaching someone else / meeting with a tutor

Creating concept maps, tables, diagrams, or other graphic organizers

Studying all relevant materials:

Lecture notes

Videos

Additional readings

Slides

Textbook material

Practice problems

Combining notes from various course resources

Using memory tools:

Mnemonics

Visualization

Rhymes / songs

Rehearsal

Getting adequate sleep

Engaging in physical activity

Eating nutritious food

Other:

Assessment of Test

What test strategies did I use during the exam?

Brought a watch and extra writing tools

Brain dumped key concepts onto back of test

Scanned test before starting

Allocated time based on value of questions

Started with questions that I felt most confident about

Started with high value questions

Covered up multiple choice questions and answered them in my head before looking

Highlighted or underlined key words in test questions to ensure I understood

Skipped a question when I got stuck, circled, and came back later

Used relaxation strategies if I became anxious

Other:

Assessment of Test cont.

(click boxes to check)

All Most Half Less than
half None

How much of the test did I complete?

How much time did I have left at the end?

Did I check over my answers?

How did I lose points?

Illegible writing

Didn't show my work

Factual errors

Small math errors / silly mistakes

Forgot permitted materials (open book, calculator)

Misunderstood the question(s)

Struggled with question format

Missed vocabulary term or concept

Missed example or application problem

Skipped question(s) and forgot to complete

Other:

Why did you lose points? Use the space below to elaborate.

Assessment of Anxiety

(click boxes to check)

Not at all Sort of Quite Very

Why do I think I was anxious?

How anxious was I before the test?

How anxious was I during the test?

How anxious was I after the test?

Has my anxiety increased or decreased since the last test?

Increased

Decreased

This was my first test.

My Action Plan for the Next Test

My goal for the next test is:

Review the items on the exam preparation checklists on the front page. Highlight up to three items you didn't check to try out for your next test. List the items below: