

## Post-test self-assessment

Course:	Test Date:	Test Value:	Grade Predicted:	Grade Received:		
<b>Assessment of Preparation</b>			<b>Answer</b>	<b>Helpful</b>	<b>Neutral</b>	<b>Not helpful</b>
How many hours did I spend preparing for this exam?						
What time of day did I typically study?						
Where did I study?						
<p>What activities did my preparation include? Consider course work, study, and personal wellness.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Attending class regularly—number of missed lectures: _____</li> <li><input type="checkbox"/> Reviewing lecture materials soon after class</li> <li><input type="checkbox"/> Reviewing previous material regularly</li> <li><input type="checkbox"/> Created a test-prep schedule to ensure I covered all material</li> <li><input type="checkbox"/> Self-testing</li> <li><input type="checkbox"/> Teaching someone else</li> <li><input type="checkbox"/> Group studying</li> <li><input type="checkbox"/> Generating possible test questions</li> <li><input type="checkbox"/> Making sure I knew what I could/could not bring into the test</li> <li><input type="checkbox"/> Creating concept maps, tables, diagrams, or other graphic organizers</li> <li><input type="checkbox"/> Studying all relevant materials (e.g., lecture notes, lecture slides, D2L, videos, assigned readings, practice problems)</li> <li><input type="checkbox"/> Combining notes from various course resources</li> <li><input type="checkbox"/> Using memory tools (e.g., mnemonics, chunking, visualization, rhymes, songs, rehearsal)</li> <li><input type="checkbox"/> Practicing the style of questions on test (e.g., MC, short answer, long answer, problems)</li> <li><input type="checkbox"/> Got adequate sleep</li> <li><input type="checkbox"/> Engaged in physical activity</li> <li><input type="checkbox"/> Ate nutritious food</li> <li><input type="checkbox"/> Other (specify) _____</li> </ul>						
<b>Assessment of Test Strategies</b>						
<p>What test strategies did I use during the test?</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Brought a watch and extra writing tools</li> <li><input type="checkbox"/> Scanned test before starting</li> <li><input type="checkbox"/> Brain dumped key concepts onto back</li> <li><input type="checkbox"/> Allocated time based on value of questions</li> <li><input type="checkbox"/> Started with questions about which I was most confident</li> <li><input type="checkbox"/> Started with high value questions</li> <li><input type="checkbox"/> Skipped a question when I got stuck, circled and came back later</li> <li><input type="checkbox"/> Used relaxation strategy if I became anxious</li> <li><input type="checkbox"/> Covered up multiple choice answers and answered from my head before looking</li> <li><input type="checkbox"/> Highlighted or underlined key words in test questions to ensure I understood</li> <li><input type="checkbox"/> Other (specify) _____</li> </ul>						

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Assessment of Test	Rating			
How much of the test did I complete?	All	Most	Half	Less than half
How much time did I have left at the end?	A lot	A little	None	Ran out of time
Did I check over my answers?	All	Many	A few	None
How did I lose points? <ul style="list-style-type: none"> <li><input type="checkbox"/> Illegible writing</li> <li><input type="checkbox"/> Didn't show my work</li> <li><input type="checkbox"/> Factual errors</li> <li><input type="checkbox"/> Small math errors</li> <li><input type="checkbox"/> Forgot permitted materials (e.g., open book, calculator, notes page)</li> <li><input type="checkbox"/> Misunderstood the question(s)</li> <li><input type="checkbox"/> Struggled with question format (e.g., MC, short answer, long answer)</li> <li><input type="checkbox"/> Difficulty expressing myself in English</li> <li><input type="checkbox"/> Ran out of time and did not complete all questions</li> <li><input type="checkbox"/> Skipped questions but forgot to go back and complete them</li> <li><input type="checkbox"/> Other _____</li> </ul>				
<b>Plan for Next Test</b>				
Three effective practices I will maintain for next test:				
1.				
2.				
3.				
One thing I will stop doing for next test:				
1.				
Three different things I will try for next test:				
1.				
2.				
3.				