## Post-test self-assessment

<table>
<thead>
<tr>
<th>Course:</th>
<th>Test Date:</th>
<th>Test Value:</th>
<th>Grade Predicted:</th>
<th>Grade Received:</th>
</tr>
</thead>
</table>

### Assessment of Preparation

<table>
<thead>
<tr>
<th>Answer</th>
<th>Helpful</th>
<th>Neutral</th>
<th>Not helpful</th>
</tr>
</thead>
<tbody>
<tr>
<td>How many hours did I spend preparing for this exam?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>What time of day did I typically study?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Where did I study?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What activities did my preparation include? Consider course work, study, and personal wellness.

- [ ] Attending class regularly—number of missed lectures: _____________
- [ ] Reviewing lecture materials soon after class
- [ ] Reviewing previous material regularly
- [ ] Created a test-prep schedule to ensure I covered all material
- [ ] Self-testing
- [ ] Teaching someone else
- [ ] Group studying
- [ ] Generating possible test questions
- [ ] Making sure I knew what I could/could not bring into the test
- [ ] Creating concept maps, tables, diagrams, or other graphic organizers
- [ ] Studying all relevant materials (e.g., lecture notes, lecture slides, D2L, videos, assigned readings, practice problems)
- [ ] Combining notes from various course resources
- [ ] Using memory tools (e.g., mnemonics, chunking, visualization, rhymes, songs, rehearsal)
- [ ] Practicing the style of questions on test (e.g., MC, short answer, long answer, problems)
- [ ] Got adequate sleep
- [ ] Engaged in physical activity
- [ ] Ate nutritious food
- [ ] Other (specify) ____________________________________________________________

### Assessment of Test Strategies

What test strategies did I use during the test?

- [ ] Brought a watch and extra writing tools
- [ ] Scanned test before starting
- [ ] Brain dumped key concepts onto back
- [ ] Allocated time based on value of questions
- [ ] Started with questions about which I was most confident
- [ ] Started with high value questions
- [ ] Skipped a question when I got stuck, circled and came back later
- [ ] Used relaxation strategy if I became anxious
- [ ] Covered up multiple choice answers and answered from my head before looking
- [ ] Highlighted or underlined key words in test questions to ensure I understood
- [ ] Other (specify) ____________________________________________________________
## Post-test self-assessment

### Assessment of Test

<table>
<thead>
<tr>
<th>Question</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>How much of the test did I complete?</td>
<td>All</td>
</tr>
<tr>
<td>How much time did I have left at the end?</td>
<td>A lot</td>
</tr>
<tr>
<td>Did I check over my answers?</td>
<td>All</td>
</tr>
</tbody>
</table>

### How did I lose points?
- ☐ Illegible writing
- ☐ Didn’t show my work
- ☐ Factual errors
- ☐ Small math errors
- ☐ Forgot permitted materials (e.g., open book, calculator, notes page)
- ☐ Misunderstood the question(s)
- ☐ Struggled with question format (e.g., MC, short answer, long answer)
- ☐ Difficulty expressing myself in English
- ☐ Ran out of time and did not complete all questions
- ☐ Skipped questions but forgot to go back and complete them
- ☐ Other

### Plan for Next Test

**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. 

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