

## Before The Exam

- I thought I would receive roughly a \_\_\_\_\_% because:

### Mechanics of Studying:

- Who I studied with:
- What info I studied most:
- Where I studied most:
- Time of day I studied most:
- Length of study sessions:
- I started studying \_\_\_\_\_ days in advance.
- I had \_\_\_\_\_ study sessions.

Study Strategy	√	Time with strategy
Completing assigned readings		
Taking notes from readings		
Reviewing notes from readings		
Attending lecture		
Taking lecture notes		
Reviewing lecture notes		
Creating a personal study guide		
Studying from study guides		
Attending tutoring		
Attending a study group		
Talking with a professor about exam		
Predicting test questions		
Concept-mapping or diagramming		
Reviewing old homework		
Reviewing past quizzes		
Completing practice problems or questions		
Studying from flashcards		
Other: _____		

## During The Exam

- I thought I would receive roughly a \_\_\_\_\_% because:

Were there other factors that impacted your test performance?

- Hunger
- Fatigue
- Daydreaming
- Panic/Anxiety
- Personal issues
- Test format confusion
- Mental block
- Noise
- Temperature of room
- Other: \_\_\_\_\_

- What was the easiest section of the exam for you? (essay, T/F, etc.)
- Why?

- What was the hardest section of the exam for you? (essay, T/F, etc.)
- Why?

## After The Exam

- I thought I would receive roughly a \_\_\_\_\_% because:

- I thought I would receive roughly a \_\_\_\_\_% because:

- When I first saw my results I felt \_\_\_\_\_ because

- Why do you think you received the grade you did?

- Do you have any other comments about any part of the exam process?

## Post-Exam Reflection

- Which of these study strategies will you use again?  
Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Which of these study strategies will you not use again?  
Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Are there study strategies on the list that you didn't utilize, but would like to use next time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- How does knowing the exam sections that were easiest and hardest for you impact your study plan for next time? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- What about the mechanics of your studying worked well for you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- What about the mechanics of your studying did not work well for you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Looking back at the other factors that affected your test performance, how could you possibly accommodate these factors in advance for the next exam? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Commitment Plan for Next Exam

On the next exam, I hope to receive a \_\_\_\_%. My plan to achieve that goal is as follows:

- For the next exam, I will utilize the following study strategies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- The mechanics of studying will look like: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_