

Post Test Reflection

This exercise is designed to help you think about how you studied for this past exam and to help identify areas where you can improve your study skills for the next exam. It is helpful to look over your exam while you are answering these questions.

1. How satisfied were you by your score on this exam?

- a. Very satisfied b. Satisfied c. Unsatisfied D. Very unsatisfied

2. Approximately how many hours did you spend studying?

- a. 1-2 b. 4-6 c. 8-10 d. 12+

3. Did you study:

- a. a little everyday b. the week before c. 1-2 days before

4. Was your study schedule realistic?

- a. Yes b. No

5. Check **ALL** the study resources you used:

- | | |
|---|--|
| _____ Textbook | _____ Provide Course Materials (PowerPoints, handouts, etc.) |
| _____ Study group | _____ Personal Notes |
| _____ Meeting with Professor | _____ Academic Support Center/Tutoring |
| _____ Other _____ (please name the resource(s)) | |

6. How did you use these resources?

- | | | |
|------------------------------------|----------------------------|-------------------------|
| _____ Rereading notes | _____ Reading the textbook | _____ Practice problems |
| _____ Self testing | _____ Timed practice | |
| _____ Other _____ (please specify) | | |

7. Did you feel prepared for this exam?

- a. Yes b. No

8. Look over your exam. For the problems you missed, or where you lost points, what mistakes did you make?

_____ Didn't understand the question

_____ Not enough detail included in answer

_____ Didn't express ideas clearly

_____ Didn't read the directions

_____ Ran out of time

_____ Didn't answer the question completely

9. Name three things you could do differently on the next exam.

10. Pick at least one new study method below to use to study for the next exam.

_____ Elaborative Interrogation. Ask why something is true, or how do you know something to be true and then explain to yourself why.

_____ Self Explanation. Explain to your-self or others the meaning of what you have learned.

_____ Practice testing. Create a practice test from course notes and materials and self-test, make it timed to get more practice for real-world testing.

_____ Distributed practice. Start studying earlier and across different study sessions.

_____ Interleaved Practice. Mix up different question type together and then answer them without first consulting notes.

11. Based on your answers to the above questions come up with a plan for studying for the next exam. Be detailed - saying "I'm going to study more" is not sufficient. When/how often, etc. are you going to do the things you plan on doing?

