Before the Exam

I thought I would have received roughly a ____ % because:

Study Strategy	✓	Time w/ 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 session		
Attending SI session with CFSS		
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		
Studying from flashcards		
Other:_____		

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.

During the Exam

I thought I would have received 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 have received roughly a ____ % because:

The grade I received was_____%.

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?

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

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

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

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

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

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

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:

- I will accommodate other factors in advance by: