

Metacognition - Post-Exam Reflection Name: _____ (print)

This activity is designed to give you a chance to reflect on your exam performance and, more importantly, on the effectiveness of your exam preparation. Please answer the questions sincerely.

Grade Range:	0-50	50 - 59	60-69	70-79	80-89	90-100
1. What grade range did you expect to receive when you left the exam?	_____	_____	_____	_____	_____	_____
2. What is your actual grade range?	_____	_____	_____	_____	_____	_____
3. Approximately how much time did you spend preparing for this exam? _____ (hours)						
4. What percent of classes have you attended? _____%						
5. Did you study regularly so you did not have to cram? Yes _____ No _____						
6. Did you create a study plan outlining a strategic way to study? Yes _____ No _____						
If Yes , did you follow your study plan? Yes _____ No _____						
7. Did you monitor your study progress as time got closer to the exam? Yes _____ No _____						
8. When you had difficulty with learning certain concepts you tried alternative study strategies? Yes _____ No _____						
9. What percentage of your test-preparation time was spent in each of these activities? (make sure the percentages add up to 100)						
a. Re-reading textbook section(s)						_____
b. Reviewing your own notes (daily)						_____
c. Reviewing your own notes (sporadically)						_____
d. Reviewing PowerPoint presentations from lecture						_____
e. Testing yourself with questions or practice problems						_____
f. Studying in groups						_____
g. Completed the Tutorials/Assignments						_____
h. Attending Supplemental Learning sessions						_____
i. "Cram" lots of information the night before the test						_____
j. Make diagrams, charts, or pictures						_____
k. Recopy your notes						_____
l. Flash cards						_____

m. Other: (please specify: _____) _____

10. Now that you have looked over your graded exam, rank the top three areas you lost the most marks due to each of the following (i.e. 1st 2nd 3rd):

- a. Understanding Terminology _____
- b. Trouble remembering details _____
- c. Lack of understanding of the concepts _____
- d. Careless mistakes _____
- e. Questions were confusing _____
- f. Didn't expect a given topic on the exam _____
- g. Applying concepts _____
- h. Other: (please specify: _____) _____

11. Based on your responses to the questions above, name at least **three** things you will do differently in preparing for the next exam. For instance, will you spend more time studying, change a specific study habit or try a new one (if so, name it), try to sharpen some other skill (if so, name it), use supplemental learning more, participate in more review opportunities, something else? Please be specific. Also, what can we do to help?

- 1.
- 2.
- 3.