**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. Your responses will be collected to inform the instructor about students’ experiences surrounding this exam and how best to support your learning. They will have no impact on your grade. **Note:** Your professor will not see this page, only a summary of all student results.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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? | \_\_\_\_\_\_ | \_\_\_\_\_\_ | \_\_\_\_\_\_ | \_\_\_\_\_\_ | \_\_\_\_\_\_ | \_\_\_\_\_\_ |
| 1. What is your actual grade range? | \_\_\_\_\_\_ | \_\_\_\_\_\_ | \_\_\_\_\_\_ | \_\_\_\_\_\_ | \_\_\_\_\_\_ | \_\_\_\_\_\_ |

1. Approximately how much time did you spend preparing for this exam? \_\_\_\_\_\_\_\_\_\_\_\_ (hours)
2. What percent of classes have you attended? \_\_\_\_\_\_\_\_\_\_\_\_\_%
3. Did you study regularly so you did not have to cram? Yes\_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_
4. Did you create a study plan outlining a strategic way to study? Yes\_\_\_\_\_ No \_\_\_\_\_   
   **If Yes**, did you follow your study plan? Yes\_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_
5. Did you monitor your study progress as time got closer to the exam? Yes\_\_\_\_\_\_\_\_ No \_\_\_\_\_\_\_
6. When you had difficulty with learning certain concepts you tried alternative study strategies? Yes\_\_\_\_\_ No \_\_\_\_\_
7. What percentage of your test-preparation time was spent in each of these activities?   
   (make sure the percentages add up to 100)  
   1. Re-reading textbook section(s) \_\_\_\_\_\_\_\_\_\_\_
   2. Reviewing your own notes (daily) \_\_\_\_\_\_\_\_\_\_\_
   3. Reviewing your own notes (sporadically) \_\_\_\_\_\_\_\_\_\_\_
   4. Reviewing PowerPoint presentations from lecture \_\_\_\_\_\_\_\_\_\_\_
   5. Testing yourself with questions or practice problems \_\_\_\_\_\_\_\_\_\_\_
   6. Studying in groups \_\_\_\_\_\_\_\_\_\_\_
   7. Completed the Mastering Biology Tutorials/Assignments \_\_\_\_\_\_\_\_\_\_\_
   8. Attending Supplemental Learning sessions \_\_\_\_\_\_\_\_\_\_\_
   9. “cram” lots of information the night before the test \_\_\_\_\_\_\_\_\_\_\_
   10. Make diagrams, charts, or pictures \_\_\_\_\_\_\_\_\_\_\_
   11. Recopy your notes \_\_\_\_\_\_\_\_\_\_\_
   12. Flash cards \_\_\_\_\_\_\_\_\_\_\_
   13. Other: (please specify:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_\_\_
8. 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):
9. Understanding Terminology \_\_\_\_\_\_\_\_\_\_\_
10. Trouble remembering details \_\_\_\_\_\_\_\_\_\_\_
11. Lack of understanding of the concepts \_\_\_\_\_\_\_\_\_\_\_
12. Careless mistakes \_\_\_\_\_\_\_\_\_\_\_
13. Questions were confusing \_\_\_\_\_\_\_\_\_\_\_
14. Didn’t expect a given topic on the exam \_\_\_\_\_\_\_\_\_\_\_
15. Applying concepts \_\_\_\_\_\_\_\_\_\_\_
16. Other: (please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_\_\_
17. 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.

**Take a moment and WRITE these three same things down in your notes as a reminder to yourself for the next exam.**

How can we help?