

W } r d š • š ^ r o ( • • u v š t } O E I • Z š

## How to use the post-test self-assessment worksheet

Use the checklist below to reflect on the methods and strategies you used to prepare for your quiz, test, or exam. Follow the instructions for each section and use the information gathered to make a plan for upcoming tests. The first step is to provide the course, test, and grade information. You have a maximum of 10 words for each space provided.

Course	Test Name:	Test date:
Test Worth %:	Type of Test:	
Grade Predicted:	Grade Received:	

### Section 1

For the first three questions located under Assessment of Preparation, you have a maximum of 20 words or one sentence in the space provided after each question.

#### Assessment of Preparation

How many hours did I spend preparing for this test?

What time of day did I typically study?

Where did I study?

For the following questions, check all the boxes that apply to you.

What activities did my preparation include?

- Attending class regularly
- number of missed lectures
- Reviewing lecture materials soon after class
- Reviewing previous material regularly
- Created a test prep schedule to ensure I covered all material

Selftesting

Teaching someone else

Group studying

Generating possible test questions

Making sure I knew what I could/could not bring into the test

Creating concept maps, tables, diagrams, or other graphic organizers.

Covered up multiple choice answers and answered from my head before looking

Highlighted or underlined keywords in test questions to ensure I understood

Other (specify)

### Section 3 - After the Test has been Graded

Complete this section after the test has been graded. If possible, it is a good idea to review your graded test with your instructor. Check all boxes that apply to you.

## Section 4 t Next Steps

Reflect on the strategies that were successful for you in preparing and writing your test. Complete the questions below to help you plan how you will approach any upcoming tests. You have a maximum of 60 words or three sentences in the space provided after each question.

Plan for Next Test

Three effective practices I will maintain for the next test:

One thing I will stop doing for next test:

Three different things I will try for next test: