

This reflection is designed to help you improve your studying and test-taking habits over time. It is most effective when completed as soon as possible after writing a test. Keep this reflection in your notes and refer to it as you plan for future tests.

1. Which of the following activities did you complete before the test?

- Read and highlighted the textbook
- Read and took notes from the textbook
- Read lecture notes
- Read study notes based on lecture notes
- Read study notes based on the textbook and lecture notes
- Recorded study notes and listened to the recordings
- Completed textbook questions
- Completed in-class worksheets
- Completed the test review
- Completed a SALS practice test, if available
- Looked for examples or resources on SALS ONLINE
- Looked for examples or resources on the Internet
- Predicted possible test questions
- Answered possible test questions
- Reviewed class notes regularly
- Studied with other students in the class
- Attended SALS tutorial (or requested tutorial if subject has staff specialist)
- Got extra help from my professor
- Got extra help from a SALS Learning Skills Advisor
- Got extra help from a Peer Tutor
- Got a good sleep the night before the test

2. Which of the above did you find the most helpful? Why?

3. Which of the above was the least helpful? Why?

4. When did you begin reviewing for the test?

- | | |
|--|---|
| <input type="checkbox"/> The day before | <input type="checkbox"/> 2-3 weeks before |
| <input type="checkbox"/> A few days before | <input type="checkbox"/> I reviewed regularly throughout the semester |
| <input type="checkbox"/> About a week before | |

5. How much time did you spend studying for the test? _____

How much time did you spend studying the night before the test? _____

6. During the test, which of the following activities did you do?

- Read through the test before doing any work
- Read the test directions carefully
- Completed a memory dump (wrote down formulas and key information before looking at the test)
- Answered the test questions in order
- Skipped the hard questions and returned to them later
- Underlined key words in questions
- Spent adequate time on each question
- Made sure my answers were readable
- Showed all calculation steps, including units, if applicable

7. Rate your anxiety during the test from 1 (no anxiety) to 10 (high anxiety). How can you decrease your anxiety during the next test?

8. What part of the test was easiest for you? Why?

9. What part of the test was the most difficult? Why?

10. Do you feel that you focused on the right material when studying? If no, please explain.

11. What should you keep doing to prepare for the next test?

12. How will you study differently for the next test?

Adapted from the Office of Academic Support (2015). Post-Exam Survey. Retrieved from:
<https://www.niagara.edu/assets/listpage/Post-Exam-Survey.pdf>