Metacognition - Post-Exam Reflection  

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  __________
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.