you studied for the test, as well as your actual experience during the test, you'll be able to identify what you did well, what you were unprepared for, and what skills you can develop in order to improve your performance on future exams.

Each step of the process has an associated worksheet. Use all three to develop a customized action plan for your next round of exams.

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- What sorts of questions were on the test and where did you lose points?

Use to analyze and re□ect on your results

How did you study and what techniques were most e□ective?

Use to look at how you studied for the test.

What happened during the test and what impact did those things have on your performance?

Use to look at what happened when you were taking the test.

NOTE: If the professor doesn't return tests for students to keep, see if you can set up some time to look at the test during o ce hours.

Complete this inventory to map out what happened during the test and what impact those things had on your performance.

	Things that may have helped		*Things that may not have helped*
&	I was fully rested.		I got less sleep than I needed to perform at my best.
	I was able to remain focused on the task of answering questions to the best of my ability.		I was distracted and unable to concentrate.
	I employed strategies to increase my con□dence (e.g., doing simple problems □rst,taking some deep breaths).		I became overwhelmed by nervousness or negative self-talk.
U	I used all of the time allotted to work or check my answers.		I □nished early but didn't check my answers.
	I devised a strategy for taking the exam (e.g., based on number of problems, points per problem, and/or di□culty of problems).		I didn't pay attention to how long I had overall and ran out of time before I could □nish.
of the questions	I asked the TA or professor for clari□cation of questions I didn't understand.		I didn't want to bother the professor, so I left these problems for last and/or guessed at them.
	I read each question carefully and understood what the question was asking before I started responding.		I rushed and missed problems because I did not read the questions carefully.
THOROUGHNESS in your responses	I applied problem-solving tactics (e.g., working backwards, breaking a problem into easier pieces, drawing pictures, etc.).		If I didn't know the answer right away, I just guessed at random.
	I covered the answers and did my own thinking before looking at the choices.		I found myself second guessing my answer choices as I read through the questions.
	My work was neat and well-organized.		My writing was disorganized and contributed to errors.

Any other noteworthy aspects of your experience during the test?

To improve my experience in the next test, I will ...

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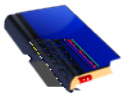
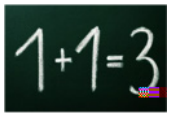
Complete this inventory as you review the results of your test.

	Applies to me?	Best addressed BEFORE or DURING the exam?	Which question(s) did this a□ect?
I had trouble recalling facts during the exam even though I had studied the information.			
 , The exam dealt with material I had not studied.			
The content was familiar, but the exam questions were more di□cult than I expected.			
I ran out of time and ended up not □nishing the exam or not answering the questions thoroughly.			
I was not sure what the question was asking.			
I misread the question or did not follow the instructions fully.			
 I knew how to answer the question or work the problem but I made an error writing it down (e.g., circled incorrect letter, minor error in arithmetic or copying problem).			

Do you notice any patterns?

Is there anything not listed above that impacted your test performance?

	Practice your pacing: •