

Successful test performance involves both forethought (preparation before the test) and after-thought (reflection after the test). Use your test results as feedback to improve future performance. If you do poorly on an exam, don't get bitter- get better. View your mistakes in terms of what they can do for you. A poor test performance can be turned into a productive learning experience, particularly if it occurs early in the course when you're still learning the rules of the game.

*Use your test results as a valuable source of feedback for improving your future performance and final grade.*

*Although all factors won't apply to every test, a thorough analysis of prior tests can help you raise future test grades. Honestly and objectively consider the aspects below:*

Course: \_\_\_\_\_ Test: \_\_\_\_\_

## Part 1:

What grade did you receive?

\_\_\_\_\_

What grade did you expect?

\_\_\_\_\_

What grade will you aim for on the next test?

\_\_\_\_\_

## Part 2:

Looking back on your last test, analyze any errors:

1. Did you make mistakes on material from readings?
2. Did you make mistakes on material from class?
3. Did you remember information generally but not in detail?
4. Did you forget information that you thought you knew?
5. Did test anxiety cause you to go blank?
6. Did you change any correct answers to incorrect answers?
7. Did you have trouble finishing the test?
8. What else caused you to lose points?

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

## Part 3:

To evaluate your preparation for the prior test, check all that apply:

1. I downloaded all online notes and reviewed them before class \_\_\_\_\_
2. I took thorough lecture notes in ALL classes \_\_\_\_\_
3. I reviewed notes within 24 hours of taking them \_\_\_\_\_
4. I reviewed notes weekly, adding each new week's notes \_\_\_\_\_
5. I reviewed textbook highlighting weekly, adding each new week's notes \_\_\_\_\_
6. I studied away from distractions, where I could concentrate \_\_\_\_\_
  
1. I procrastinated and had to cram the night before the exam \_\_\_\_\_
2. I pulled an all-nighter \_\_\_\_\_
3. I did not review until the week of the test \_\_\_\_\_
4. I reviewed some, but not enough to do well on the test \_\_\_\_\_
5. I did not realize how much studying I would need to do to earn a good grade \_\_\_\_\_

## Previous Test Analysis, continued

To improve on your next test, evaluate the steps you took to prepare for the last test.

Before the last test, did you:	Yes	No	Points for Yes
1. Attend all classes and/or labs?_____	<input type="checkbox"/>	<input type="checkbox"/>	1
2. Edit and summarize your lecture notes after each class?_____	<input type="checkbox"/>	<input type="checkbox"/>	3
3. Read all text material before it was covered in class?_____	<input type="checkbox"/>	<input type="checkbox"/>	2
4. Study read the text using SQ4R or a similar system?_____	<input type="checkbox"/>	<input type="checkbox"/>	3
5. Read/review/study the course 3 or more times each week?_____	<input type="checkbox"/>	<input type="checkbox"/>	3
6. Have at least one conference with the professor/attend office hours?_____	<input type="checkbox"/>	<input type="checkbox"/>	1
7. Develop study tools such as flash cards, time lines, drawings, or charts?___	<input type="checkbox"/>	<input type="checkbox"/>	1
8. Memorize key terms, definitions, formulas, events, dates, names, theories?	<input type="checkbox"/>	<input type="checkbox"/>	1
9. Use materials other than the textbook to improve background knowledge?	<input type="checkbox"/>	<input type="checkbox"/>	1
10. Attend tutoring or review sessions?_____	<input type="checkbox"/>	<input type="checkbox"/>	2
11. Use self-tutorial materials from the A-LEC, the professor, or online?_____	<input type="checkbox"/>	<input type="checkbox"/>	2
12. Develop a list of possible test questions (and try to answer them)?_____	<input type="checkbox"/>	<input type="checkbox"/>	2
13. Ask questions during class or office hours?_____	<input type="checkbox"/>	<input type="checkbox"/>	1
14. Study a prior exam, if available?_____	<input type="checkbox"/>	<input type="checkbox"/>	1
15. Connect with a study group to fill in gaps in understanding?_____	<input type="checkbox"/>	<input type="checkbox"/>	2
16. Avoid a last-minute cram session?_____	<input type="checkbox"/>	<input type="checkbox"/>	3
17. Sleep at least eight hours the night before the test?_____	<input type="checkbox"/>	<input type="checkbox"/>	1

All points earned for YES answers: \_\_\_\_\_

Bonus: Estimate the total hours you spent preparing for the test, including all study done during the weeks before the exam. If the total is MORE THAN 20 HOURS, add an extra point for EACH HOUR OVER 20 to the total score.

Total Points \_\_\_\_\_ + Bonus Points \_\_\_\_\_ = Updated Points \_\_\_\_\_

Penalty: For each hour of sleep you lost by cramming the night before the test; deduct one point for each hour below eight hours from the total score.

Updated Points \_\_\_\_\_ - Penalty Points \_\_\_\_\_ = Final Test Prep Score \_\_\_\_\_

### Scoring:

- 25 or more points = Good preparation
- 20-24 points = Fair preparation
- 20 or fewer points = Poor preparation

### To Improve:

**Highlight all steps you plan to take for your next test.**