

# Post-Test Reflection

<b>Course Name:</b>	<b>Instructor:</b>
<b>Test Date:</b>	<b>Test Location:</b>
<b>Test Format:</b> <input type="checkbox"/> essay <input type="checkbox"/> short answer <input type="checkbox"/> multiple choice <input type="checkbox"/> true/false <input type="checkbox"/> open book <input type="checkbox"/> lab/practical	
My current grade in this course before the exam is: _____ % The exam is worth _____ % of the final grade. I predict I will get _____ % on the exam.	
When did I begin studying for the exam? _____ How many hours I spent studying for the exam? _____ Where did I study for the exam? _____	
<b>What study strategies did I use when preparing for the exam?</b>	
<input type="checkbox"/> Attended class regularly - # of missed classes ____ <input type="checkbox"/> Took notes during lectures <input type="checkbox"/> Wrote notes from the textbook and readings <input type="checkbox"/> Created flash cards or mnemonics <input type="checkbox"/> Created a study schedule <input type="checkbox"/> Got a healthy & adequate amount of sleep	<input type="checkbox"/> Studied with classmates, a study group, or PAL <input type="checkbox"/> Reviewed & revised lecture notes <input type="checkbox"/> Created a study guide from lecture notes and the textbook & readings <input type="checkbox"/> Created concept maps or mind maps <input type="checkbox"/> Practiced stress management
<input type="checkbox"/> Attended a help centre or instructor office hours <input type="checkbox"/> Completed or created practice questions/tests <input type="checkbox"/> Reviewed supplemental online materials <input type="checkbox"/> Reviewed the Academic Success Centre's exam strategy resources <input type="checkbox"/> Engaged in healthy & adequate physical activity	
<b>Main themes, topics, and content on the exam:</b>	<b>Trouble spots on the exam:</b>