

Targeted Post-Test Assessment

Course Name

Course Instructor

Exam Date

Exam Location

Format of Exam: essay short answer multiple choice
 true/false open book lab/demonstration

My current grade in this course before the exam is _____%

The exam is worth _____% of the course 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

What study strategies did I use for the exam:

Attended class regularly
- # of missed classes _____

Attended or created
study group sessions

Attended tutoring or office
hours when struggling.

Wrote notes during
lectures

Reviewed & Revised
drafted lecture notes

Completed or created
practice questions/tests

Wrote notes from my
course readings

Reviewed & revised
notes from readings

Reviewed supplemental
online materials

Created flash cards or
mnemonics

Created concept maps
or mind maps

Reviewed exam strategies by
the Academic Success Centre

Created a study schedule

Practiced stress
management

Engaged in healthy &
adequate physical activity

Engaged in healthy &
adequate sleep

Engaged in healthy &
adequate eating

Engaged in mindfulness &
healthy mindset activities

Main themes, topics, and content on the exam:

Trouble Spots on the exam