Post-Test Self-Assessment Worksheet

How to use the post-test self-assessment worksheet

Use the checklists below to reflect on the methods and strategies you used to prepare for your quiz, test, or exam. Follow the instructions for each section and use the information gathered to make a plan for upcoming tests. The first step is to provide the course, test, and grade information. You have a maximum of 10 words for each space provided.

Course: **Test Name:**   **Test date:**

Test Worth % :   **Type of Test:**

Grade Predicted: **Grade Received:**

Section 1 - Before the Test

Complete this section before you have completed your test to record which strategies help you best prepare. For the first three questions located under Assessment of Preparation, you have a maximum of 20 words or one sentence in the space provided after each question.

Assessment of Preparation

How many hours did I spend preparing for this test?

What time of day did I typically study?

Where did I study?

For the following questions, check all the boxes that apply to you.

What activities did my preparation include?

      Attending class regularly – number of missed lectures

      Reviewing lecture materials soon after class

      Reviewing previous material regularly

      Created a test-prep schedule to ensure I covered all material

Self-testing

Teaching someone else

Group studying

Generating possible test questions

Making sure I knew what I could/could not bring into the test

Creating concept maps, tables, diagrams, or other graphic organizers.

Studying all relevant materials (e.g., lecture notes, lectures slides, D2L, videos, assigned readings, practice problems, etc…)

Combining notes from various course resources

Using memory tools (e.g., mnemonics, chunking, visualization, rhymes, rehearsal etc…)

Practicing the style of questions on the test (e.g., MC, short answer, long answer, problems)

Getting adequate sleep leading up to the test

Engaging in physical activity

Eating nutritious food

Other (specify)

Section 2 - After the Test

Complete this section after you have completed your test to record which strategies you used during the test. Check all boxes that apply to you.

Assessment of Test Strategies

What test strategies did I use during the test?

Brought a watch and extra writing tools

Scanned through entire test before starting

Brain dumped key concepts onto back of test/scrap paper

Allocated time based on value of questions

Started with questions about which I was most confident

Started with high value questions

Skipped a questions when I got stuck, circled and came back later

Used relaxation strategy if I became anxious

Covered up multiple choice answers and answered from my head before looking

Highlighted or underlined key words in test questions to ensure I understood

Other (specify)

Section 3 - After the Test has been Graded

Complete this section after the test has been graded. If possible, it is a good idea to review your graded test with your instructor. Check all boxes that apply to you. For each question listed, you have a maximum of 20 words or 1 sentence for each space provided.

Assessment of Test

How much of the test did I complete?

How much time did I have left at the end?

Did I check over my answers?

How did I lose points?

Illegible writing

Didn't show my work

Factual errors

Small math errors

Forgot permitted materials (e.g., open book, calculator, notes page etc…)

Misunderstood the question(s)

Struggled with Question Format (e.g., MC, short answer, long answer, etc…)

Difficulty with expressing myself in English

Ran out of time and did not complete all questions

Skipped questions but forgot to go back and complete them

Technical issues with online testing

Other

Section 4 – Next Steps

Reflect on the strategies that were successful for you in preparing and writing your test. Complete the questions below to help you plan how you will approach any upcoming tests. you have a maximum of 60 words or three sentences in the space provided after each question.

Plan for Next Test

Three effective practices I will maintain for the next test:

One thing I will stop doing for next test:

Three different things I will try for next test: