**Before the Test**

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| **What did you do before your test?** | |
| * Read textbook chapters * Took notes during reading textbook * Attended all lectures * Took notes during lecture * Summarized notes after lectures * Went to supplemental instruction or tutoring | * Attended office hours * Made your own study guide * Predicted test questions * Reviewed feedback on homework/quizzes * Participated in a study group |

Time spent studying: # of Hours: \_\_\_\_\_\_\_\_ # of Days: \_\_\_\_\_\_\_\_

What strategies did you use to study?

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| **Not Effective** |  | **Moderately Effective** |  | **Highly Effective** |
| * Highlighting * Concentrated (massed) practice (aka “cramming”) * Rereading * Finding teachers who match my learning style. |  | * Self-explanation * Imagining. Form of deep processing that will aid memory and comprehension. * Interleaved practice. Mixing up the types of practice problems you’re working so that consecutive problems cannot be solved by the same strategy. * Graphic mapping |  | * Distributed (spaced) practice. Distributing practice in shorter sessions over longer periods of time. * Practice testing (or self-testing). Tests need to be low-stakes and frequent. * Teaching. Similar to self-explanation except the person receiving the information can provide feedback or questions. * Desirable difficulties. Challenging, not impossible strategies. |
|  |
| **Potentially Effective** |
| * Summarization. Works best when it involves elaboration or connecting of previously studied material with new material. |

**During the Test**

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| Understood questions |  | Confused on questions |
| Had enough time |  | Felt rushed/ran out of time |
| Calm through test |  | Anxious |

**After the Test**

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| **What worked well that you will repeat?** | **What adjustments or additions will you make?** |
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