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

What strategies did you use to study?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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.
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| **Potentially Effective** |
| * Summarization. Works best when it involves elaboration or connecting of previously studied material with new material.
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**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?** |
| 1.
2.
3.
 | 1.
2.
3.
4.
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