

Biochemistry Post-Exam Reflection "Exam Wrapper"

This activity is designed to give you a chance to reflect on your exam performance, and more importantly, on the effectiveness of your exam preparation. Please answer the questions sincerely.

1. Approximately how much time did you spend preparing for this exam? _____

2. What percentage of your test-preparation time was spent in each of these activities?
 - a. Reading the assigned reading for the first time: _____
 - b. Rereading the assigned reading after lecture: _____
 - c. Reviewing your lecture notes: _____
 - d. Reading the book and adding details to the notes _____
 - e. Revising your lectures note with peers and from readings: _____
 - f. Making and reviewing notecards: _____
 - g. Working with practice questions: _____
 - h. Reviewing and discussing material with study group: _____
 - i. Asking instructor questions during office hours _____
 - j. Other _____
 - i. Please specify what: _____

3. Now that you have looked at your graded exam, estimate the percentage of points you lost due to each of the following (make sure the percentages add up to 100):
 - a. Trouble with applying definitions: _____
 - b. Trouble remembering structures: _____
 - c. Lack of understanding of concepts: _____
 - d. Not applying details from book to answer _____
 - e. Not knowing how to approach the problem: _____
 - f. Careless mistakes: _____
 - g. Other: Please be specific _____

4. Based on your responses to the questions above, name at least three things you will do differently in preparing for the next exam. For instance, will you *just* spend more time, use your time more efficiently, change a specific study habitat, try a new one (if so, name it), try to sharpen some other skill (if so, name it), participate more in review opportunities, or something else?