

EXAM WRAPPER

PLANNING

Think of how you spent your time preparing for this exam or quiz. Use the below prompts to evaluate your metacognitive process and make a plan for next time.

Subject:

How much time did I spend studying?

What tools did I use to study?

What did I think my score would be when I sat down for the exam?

Did I study more or less than I anticipated?

What topic(s) was I least comfortable with when I sat down to take the exam?

What topic(s) was I most comfortable with when I sat down to take the exam?

EXAM WRAPPER

MONITORING

Think of how you spent your time preparing for this exam or quiz. Use the below prompts to evaluate your metacognitive process and make a plan for next time.

Subject:

How did I feel immediately following the exam?

After you completed the exam what did you anticipate your score to be?

How did your actual exam score compare to what you anticipated prior to and after taking the exam?

What was your emotional response to your exam score?

EXAM WRAPPER

ADAPTING

Think of how you spent your time preparing for this exam or quiz. Use the below prompts to evaluate your metacognitive process and make a plan for next time.

Subject:

How can I adjust my study schedule to add or delete study time as needed?

What study tools worked well for me?

What study tools were not successful in my learning?

What study tools should I eliminate from my study routine?

What study tools can I incorporate into my learning next time?