

Metacognition By taking a step back and **thinking** about the way you **learn**, you can **improve** your learning! The following survey will guide you through an exercise in **self-reflection**, with the goal of improving your performance on the next exam. I will offer 2 points extra credit on Exam I to students who complete this survey (+ 2 additional points for corrections). It analyzes the following three areas:

1. How did you prepare for this exam?
2. What kinds of mistakes did you make?
3. How will you prepare differently next time?

What was your score on the exam? (out of 100 points, before extra credit)

What was your grade in CHM 122? CHM 123? Are you repeating CHM 201?

1. Leading up to the exam, approximately how many hours per week outside of class (on average) did you spend studying Organic Chemistry?

2 . Approximately how much of your studying was spent doing each of the following activities?

5 4 3 2 1
major contributor moderate amount some time spent minimal amount not done at all

___ Reading textbook section(s) for the first time	___ Writing key concept or chapter summaries
___ Rereading textbook section(s)	___ Reviewing sample exams
___ Working on/reviewing submitted homework assignments	___ Working on sample exams
___ Solving textbook problems for practice	___ Reviewing/rewriting your own notes
___ Working on online homework (e.g., Sapling)	___ Reviewing materials from course website
___ Writing/using flash cards	___ Working with an OLC study group
	___ Other (Please specify)

*Of the above activities, which did you find most helpful? (mark top 3-5 with **)*

3. Considering the above activities, how often did it involve you providing **evidence of your learning**?

almost all the time often/almost daily regularly (not daily) occasionally rarely

4. Do you agree or disagree with the following statement: I felt prepared when I walked into the exam.

strongly agree agree somewhat agree disagree strongly disagree

5. Do you feel you spent enough time studying for the exam? If not, please mark your reason(s).

Mark all that apply.

<input type="checkbox"/> I dedicated enough time to study	<input type="checkbox"/> I underestimated the time needed
<input type="checkbox"/> I fell behind the lecture pace and ran out of time for latest material	
<input type="checkbox"/> Additional midterms/assignments in other classes	<input type="checkbox"/> I had health issues
<input type="checkbox"/> Other commitments kept me from needed studying (work/family/etc.)	

6. Which part of the exam was easiest for you? Why? Which part of the exam was most difficult? Why?

7. Now that you have looked over your graded exam, estimate the percentage of points you lost due to each of the following.

<input type="checkbox"/> Trouble understanding a concept	<input type="checkbox"/> Didn't know how to approach the problem
<input type="checkbox"/> Trouble remembering nomenclature	<input type="checkbox"/> Lack of preparation
<input type="checkbox"/> Trouble with definitions	<input type="checkbox"/> Unclear expectations
<input type="checkbox"/> Trouble with technique	<input type="checkbox"/> Reviewed the wrong material
<input type="checkbox"/> Not concentrating/focused enough	<input type="checkbox"/> Not practicing enough
<input type="checkbox"/> Careless mistakes	<input type="checkbox"/> Anxiety (and specifically over what?)

8. For each page of the exam, place a check mark for each reason that fits any missed question on that page. Total the checks in each row. Look at the reasons with the highest totals and decide what you can do to get a better test score next time.

Incorrect response(s) on each page, and reason(s) for mistakes (mark all that apply)

p. 2	p. 3	p. 4	p. 5	p. 6	Total	
						The information was not in my notes, or my notes were incomplete.
						I studied this, but couldn't remember all the details, or how to apply it.
						I did not work enough problems on this topic. (lack of preparation)
						I misread or did not follow the directions.
						I wrote poorly organized or incomplete responses.
						I made a careless mistake.
						I ran out of time.

9. Did you experience any test anxiety? Mark all that apply.

<input type="checkbox"/> I felt rushed.	<input type="checkbox"/> I was so tired I could not concentrate.
<input type="checkbox"/> I was so hungry I could not concentrate.	<input type="checkbox"/> I experienced mental block.
<input type="checkbox"/> I panicked.	
<input type="checkbox"/> I could not concentrate because I was too distracted. (Explain.)	

10. Would you like to improve your performance on the next exam, or maintain your high level if you did well on this past exam? Mark the things you will do differently or spend more time on when preparing for the next exam.

<input type="checkbox"/> Improve my time management	<input type="checkbox"/> Writing key concept or chapter summaries
<input type="checkbox"/> Reading textbook section(s) for the first time	<input type="checkbox"/> Reviewing sample exams
<input type="checkbox"/> Rereading textbook section(s)	<input type="checkbox"/> Working on sample exams
<input type="checkbox"/> Work on/review homework assignments	<input type="checkbox"/> Reviewing/rewriting your own notes
<input type="checkbox"/> Solving textbook problems for practice	<input type="checkbox"/> Reviewing materials from course website
<input type="checkbox"/> Working on online homework (e.g., Sapling)	<input type="checkbox"/> Working with an OLC study group
<input type="checkbox"/> Writing/using flash cards	<input type="checkbox"/> Other (Please specify)

Additional 2 points extra credit if you turn in corrections for the problems you got wrong!