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 to students who complete the survey in Blackboard. 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 314?
Are you repeating CHM 315?

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

2. Approximately how much of your studying was spent doing each of the following activities?
   1 not done at all
   2 minimal amount of time spent
   3 some time spent, but not much
   4 moderate amount of time spent
   5 major contributor to time spent

   Reading textbook section(s) for the first time
   Rereading textbook section(s)
   Working on/reviewing submitted homework assignments
   Solving textbook problems for practice
   Working on online homework (e.g., Sapling)
   Writing/using flash cards
   Writing key concept or chapter summaries
Reviewing sample exams

Working on sample exams

Reviewing/rewriting your own notes

Reviewing materials from course website

Working with a study group

Other (Please specify) __________________________

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

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

Do you feel you spent enough time studying for the exam? If not, please mark your reason(s). Mark all that apply.
I dedicated enough time to study
I underestimated the time needed
I fell behind the lecture pace and ran out of time for latest material
Additional midterms/assignments in other classes
Other commitments kept me from needed studying (work/family/etc.)
I had health issues

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

- Trouble understanding a concept (or list specific concepts) __
- Trouble remembering lines/formulas/structures __
- Trouble with definitions __
- Trouble with technique __
- Not concentrating/focused enough __
- Careless mistakes __
- Lack of preparation __
- Not being able to formulate an approach to the problem __
- Arithmetic/grammatical errors __
- Unclear expectations __
- Reviewed the wrong material __
- Not practicing enough __
- Anxiety (and specifically over what?) __
Which part of the exam was easiest for you? Why?

Which part of the exam was most difficult? Why?

How might you study for the next exam in this course differently than you studied for this exam?

Examination of mistakes made:
- Write the number of each item you missed in the top row of the chart.
- Check each sentence that fits the missed question.
- Total the checks in each row.
- Look at the sentences with the highest totals and decide what you can do to get a better test score next time.

Question Incorrect (mark all that apply)
The information was not in my notes, or my notes were incomplete.
I studied the information but could not 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.

Did you experience any test anxiety? Mark all that apply.
I felt rushed.
I was so tired I could not concentrate.
I was so hungry I could not concentrate.
I experienced mental block.
I panickd.
I could not concentrate because I was too distracted. Explain.

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.

Improve my time management

Reading textbook section(s) for the first time

Rereading textbook section(s)

Working on/reviewing homework assignments
Solving textbook problems for practice

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Other (Please specify) ___________________________