

Post-Test Analysis

Directions: whenever a test is returned to you, be sure to evaluate your performance. Taking this opportunity will allow you to review the material and to make decisions about effective study habits.

I am reviewing my test in _____ . My grade for this test is _____ .

Complete the checklist below to determine your testing readiness and evaluate your performance.

KNOWLEDGE

	YES	NO
I knew what material would be covered on the test.		
I knew what format the test would be in by looking at an old exam, and/or talking with other students.		
I used or created a study guide.		
I used or created a pre-test.		
I used my homework assignments, tests, quizzes, etc. in order to prepare.		
I began my review at least two days prior to the test.		
I looked over the material frequently for short periods of time.		
I had a plan for taking the test; i.e., answering the easiest questions first, watching the time, etc.		
I knew how to handle the multiple choice, true/false, and essay questions.		

PHYSICAL READINESS

	YES	NO
I arrived on time to the test location.		
I was well-rested for the test.		
I had eaten energy-creating food before the test.		

EMOTIONAL READINESS

	YES	NO
I felt calm and focused for the test.		
I used positive self-talk to overcome negative thoughts.		
I have my personal life under control so that I can focus.		

