This form will help you to analyze your exam performance and find strategies that work best for you in learning the material for this course. Self-assessing your progress and adjusting your study strategies accordingly is what effective learners tend to do. Please answer the questions below sincerely. Your responses will have no impact on your grade, but they will inform the instructional team about how we can best support your learning. We will return your completed form before the second exam so that you can use your own responses to guide your approach to studying next time.	
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. Skimming textbook chapters  b. Reading textbook chapters thoroughly  c. Reviewing your own notes  d. Working on practice exam questions  e. Reviewing materials from blackboard  f. Other  (Please specify:)
3.	As you look over your graded exam, analyze where/how you lost points. Fill in the blanks below with the number of points you lost due to each of the following:  a. Trouble applying definitions  b. Trouble remembering structures  c. Lack of understanding of a concept  d. Not knowing how to begin a problem  e. Careless mistakes  f. Other  (Please specify:)
4.	Based on your responses to the questions above, name 3 things you plan to do differently in preparing for the next exam. For instance, will you just spend more time, change a specific study habit (if so, name it), try to sharpen some other skill (if so, name it), use other resources more, or something else?
5.	What can we do to help support your learning and your preparation for the next exam?

PLEASE CONTINUE ON THE BACK ON ANY QUESTION WHERE YOU NEED MORE ROOM.

Name:

Chemistry Self-Assessment & Reflection: Exam #1

DUE: At the next class meeting, hand in this completed form at the beginning of lecture.