

EXAM REFLECTION GUIDE

Successful students don't just review their grades, they reflect on their preparation, identify what worked, and make adjustments for future exams. Use this guide to turn each exam into an opportunity to improve.

Reflect on Your Preparation

Think about how you prepared for this exam. Consider when you started studying, the strategies you used, and whether you took advantage of resources such as office hours, tutoring, or study groups.

“What preparation strategies helped me most?”

Identify Opportunities for Improvement

Consider what challenges affected your performance. Did you need more time to prepare, a different study approach, more practice with the material, additional support, or strategies to manage test anxiety?

“What is one change I can make before my next exam?”

Learn From Your Mistakes

Review the questions you missed and consider why you missed them. Were there concepts you did not understand, questions you misread, careless mistakes, time management challenges, or information you knew but struggled to recall?

“What does this tell me about how I should prepare next time?”

Create a Plan for Your Next Exam

Choose one or two specific strategies you will use moving forward. This might include starting earlier, using active study strategies, practicing problems, seeking help sooner, creating a study schedule, or developing strategies to manage exam stress.

“For my next exam, I will...”

Remember

One exam does not define your ability or potential. Successful students use feedback to adjust their approach, strengthen their learning strategies, and continue improving over time.



Active Learning
UNIVERSITY OF GEORGIA