

Test & Exam Preparation: Post Midterm

Reflection

TRAIN TO LEARN EFFECTIVELY: TIP SHEETS

1. What were some of the things that went well during exams? What are your highlights (beyond the grade)?

2. What didn't go well? What didn't go as planned?

3. What will you need to do to reach the target mark(s) you set for yourself?

4. How have you lost track of goals that you set for yourself, at the beginning of the semester?

5. How can you be more focused in meeting your goals?

6. What resources can you use to help you achieve your goal?

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★ ACTIVITY

- Define three goals you would like to achieve in the short, medium, and long-term.

- Outline your action plan (steps) for each of your goals, on this table:

	Steps for Goal 1	Steps for Goal 2	Steps for Goal 3
Specific			
Measureable			
Achievable			
Realistic			
Time-Bound			
Evaluated			
Re-adjusted/ Rewarded			