

# Examine the Exam

Course: \_\_\_\_\_

Quarter/Year: \_\_\_\_\_ / \_\_\_\_\_

Exam date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

| <b>Directions:</b> List the question #s for each item missed in this column; place a check in the column box to the right that best describes the error type; total the number of checks to determine which factors most affect you. Turn the page for next steps.<br><br><b>Test item missed</b> | Insufficient Information                |                                      |   |  |  |  |                                  | Test Anxiety                               |                               |  | Careless Mistakes                          |                         |                           |                                       | Lack of Test Wisdom                   |                                 |  |   | Other  |  |  |  |   |  |  |  |  |  |  |
|---|---|--------------------------------------|---|--|--|--|----------------------------------|--|-------------------------------|--|--|-------------------------|---------------------------|---------------------------------------|---------------------------------------|---------------------------------|--|---|--|--|--|--|---|--|--|--|--|--|--|
|   | I did not read the textbook thoroughly. | The information was not in my notes. | I studied the information, but could not remember it. | I knew the main ideas, but needed the details. | I had the details, but did not fully grasp the main concept. | I knew the information, but I couldn't apply it. | I studied the wrong information. | I did not understand the vocabulary/terms. | I experienced a mental block. | I second-guessed my correct answer and changed it. | Negative self-speech affected my judgment. | I panicked and guessed. | I misread the directions. | I misread/misunderstood the question. | I accidentally skipped this question. | I wrote an incomplete response. | I knew the answer, but made the wrong selection. | I did not notice a negative or double-negative statement. | I did not eliminate obviously incorrect answers. | I did not choose the best answer choice (e.g., all of the above) | I did not process absolute versus qualifying words ( <i>all vs. some</i> ) | I made poor use of time and was rushing. | I ran out of time and was not able to answer. |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
|   |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |
| <b># of items missed</b>  |   |                                      |   |  |  |  |                                  |  |                               |  |  |                         |                           |                                       |                                       |                                 |  |   |  |  |  |  |   |  |  |  |  |  |  |

Adapted from <http://fresnostate.edu/studentaffairs/lrc/supportnet/documents/examautopsyworksheet2.pdf>

# Next Steps

After completing the “Examine the Exam” sheet, reflect on your exam performance. Which factor or factors most affected you? Take action accordingly:

## Insufficient Information

- Attend SASC tutoring sessions ([success.ucdavis.edu/academic/](https://success.ucdavis.edu/academic/)) or organize a study group
- Attend Study Skills workshops on active reading and note-taking ([success.ucdavis.edu/study-skills/](https://success.ucdavis.edu/study-skills/))
- Set aside additional study/review sessions in your calendar; attend a Study Skills time management workshop
- Clarify concepts and discuss wrong answers in office hours with the professor or TA

## Test Anxiety

- Attend the Study Skills test-taking workshop, which addresses ways to manage test-induced anxiety
- Consider scheduling an appointment with a counselor to discuss stress and anxiety: [shcs.ucdavis.edu](https://shcs.ucdavis.edu)

## Careless Mistakes

- Read the instructions more carefully next time, and highlight key words
- Try to pace yourself better in the future so that you have time to review your answers

## Lack of Test Wisdom

- Consult Study Skills handouts on various exam formats ([success.ucdavis.edu/study-skills/handouts/](https://success.ucdavis.edu/study-skills/handouts/))



**Schedule a one-on-one Study Skills advising appointment to discuss your “Examine the Exam” results at [success.ucdavis.edu/study-skills/advising](https://success.ucdavis.edu/study-skills/advising)**