**Examine the Exam**

**Directions:** 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.

<table>
<thead>
<tr>
<th>Test item missed</th>
<th>Insufficient Information</th>
<th>Test Anxiety</th>
<th>Careless Mistakes</th>
<th>Lack of Test Wisdom</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>I did not read the textbook thoroughly.</td>
<td>I second-guessed my correct answer and changed it.</td>
<td>I missed the directions.</td>
<td>I did not eliminate obviously incorrect answers.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The information was not in my notes.</td>
<td>I had difficulty applying it.</td>
<td>Negative self-talk affected my judgment.</td>
<td>I did not choose the best answer choice (e.g., all of the above).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I studied the information, but could not remember it.</td>
<td>I counterselected the question.</td>
<td>I had trouble reading the directions.</td>
<td>I did not process absolute versus qualifying words (all vs. some).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I knew the main ideas, but needed the details.</td>
<td>I rephrased the question.</td>
<td>I did not notice a negative or double-negative statement.</td>
<td>I ran out of time and was not able to answer.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>I had the details, but did not fully grasp the main concept.</td>
<td>I miscalculated.</td>
<td>I made poor use of time and was rushing.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>I did not understand the vocabulary/terms.</td>
<td>I rushed my work.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>I experienced a mental block.</td>
<td>I hurried my work.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>I panicked and guessed.</td>
<td>I ran out of time and was not able to answer.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**# of items missed**

Course: ____________________________
Quarter/Year: ______________________
Exam date: ____/____/____

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 AATC tutoring sessions (tutoring.ucdavis.edu) or organize a study group
- Attend a workshop in our *Study Systems* workshop series to learn how to study smarter
- Set aside additional study/review sessions in your calendar; attend a workshop in our *Productivity and Organization* series to work on your schedule or focus and concentration
- Clarify concepts and discuss wrong answers in office hours with the professor or TA

**Test Anxiety**
- Attend the *Strategies for 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

**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**
- Attend the *Strategies for Test Taking* workshop to learn strategies for different test formats, and/or schedule an appointment with a Learning Strategist

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