

## Cognitive Wrapper - Exam or Assignment

### Instructions:

A cognitive wrapper gives you a structured opportunity to reflect on your study strategies and your performance on an exam or assignment. Research demonstrates that engaging in questions that are meant to prompt this way of thinking positively affects learning and grades.

This cognitive wrapper will focus on **evaluating**. Evaluating is a critical step in metacognitive regulation, which refers to the activities that we use to control (regulate) our learning and thinking. **Evaluating** includes determining how effective you were with your learning. This will help you identify what you didn't understand and what steps you can take to prepare for the next course assessment.

*\* Make sure you respond as accurately as possible to these prompts. Getting a true picture of how you are studying will help you recognize what is and is not working for you.*

#### Q1. How would you describe your preparation? Select all that apply.

- ☐ I did most of my studying in the day or two before the deadline.
- ☐ I did most of my studying several days (at least 3-4 days) before the deadline.
- ☐ Most of my study sessions were 30-60 minutes long.
- ☐ Most of my study sessions were an hour or longer.
- ☐ Most of my study sessions were on my own.
- ☐ Most of my study sessions were in a group with other students.

#### Q2. Which of the following strategies did you use to prepare? Select all that apply.

- ☐ Attended Supplemental Instruction (SI)/Tutoring/Departmental Help Lab/Review Session
- ☐ Created concept maps, flow-charts or other visual representation of key ideas
- ☐ Created my own study guide and practice questions
- ☐ Explained concepts to someone else
- ☐ Read textbook for the first time
- ☐ Reread and highlighted textbook
- ☐ Reviewed and highlighted my class notes
- ☐ Rewrote my class notes
- ☐ Searched external sources (videos, Youtube, etc) for additional explanations
- ☐ Summarized key topics in my own words
- ☐ Took practice exams
- ☐ Tested/quizzed myself on material
- ☐ Used flashcards or Quizlet
- ☐ Visited instructor and/or TA office hours
- ☐ **Other:**

**Q3. Now that you have looked over your assessment and the instructor's feedback, estimate the number of points you lost due to each of the following:**

|                                                                                                           | NONE | A FEW | MANY |
|-----------------------------------------------------------------------------------------------------------|------|-------|------|
| I could not identify the type of question/problem and steps required to solve it                          |      |       |      |
| I did not know how to apply concepts to the questions                                                     |      |       |      |
| I did not pay close enough attention (i.e., made careless mistakes or misread or misunderstood questions) |      |       |      |
| I did not study enough                                                                                    |      |       |      |
| I did not study the correct material                                                                      |      |       |      |
| I did not understand concept(s)                                                                           |      |       |      |
| I ran out of time                                                                                         |      |       |      |

**Q4. Based on your responses to the previous questions, identify at least three things you plan to do to prepare for the next assessment in the course. For instance, will you spend more time studying, change a specific study habit or try a new one (if so, name it), use additional resources such as tutoring or SI, or something else?**

| <i>The more specific you can be about where and when you will try these strategies, the more likely it is that you will follow through with your plan.</i> | WHEN? | WHERE? |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|--------|
| 1.                                                                                                                                                         |       |        |
| 2.                                                                                                                                                         |       |        |
| 3.                                                                                                                                                         |       |        |