

Reflection Worksheets

Name: _____

Date: _____

Weekly Study Reflection

What worked this week?

What didn't work?

What consumed the most time?

What did I understand well?

What requires more work?

What will I change next week?

Exam Reflection

How would I rate my preparation quality?

What were my strongest areas?

What were my weakest areas?

What surprised me on the exam?

What mistakes did I make, and why?

How effective was my study strategy?

What will I change for the next exam?

Study Method Evaluation

Which strategy did I use?

How useful did it feel?

How well did it help recall?

How well did it help understanding?

How efficient was it for the time spent?

Continue / Change / Stop this method?

☐ Continue ☐ Change ☐ Stop

NEXT ACTIONS

Specific changes to make:

Commitment for next week:

Follow-up date: