



# Assessment Wrapper

Part 1

## Pre-Test Reflections

I am feeling \_\_\_\_\_ about this assessment. I have prepared for it by doing \_\_\_\_\_ and \_\_\_\_\_: all-in-all I have spent \_\_\_\_\_ hours preparing for it outside of lessons.

Given my strengths and weaknesses in the knowledge required for this subject, I hope that questions about \_\_\_\_\_ and \_\_\_\_\_ come up in the test. The worst possible topics that could arise are \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ as I need to revise these more.

The best way to show-off my learning in this subject is to include \_\_\_\_\_.

I can ensure that I make the best use of time by \_\_\_\_\_.

A mistake I've made previously that I hope to avoid is \_\_\_\_\_.

My current target for improvement in assessments is \_\_\_\_\_.

Give yourself a mark out of 10 for each condition...

Revision

Mood

Physical Health

Focus

Attitude

Mental Health

Energy

Exam Technique

Knowledge

Reflecting before and after assessments helps you to improve performance!

Complete this side of the worksheet before you start your test/assessment/exam.

Complete the reverse side once you've finished and been told to do so.

Once your assessment is over, either fold and glue this section into your exercise book or otherwise attach this sheet to the assessment depending on your teacher's instructions.





## Part 2

Complete this side after the assessment has finished.  
Reflect deeply on how you can do better next time!

Draw a smiley to show how you think it went...

What is your target grade?

What grade do you think this deserves?

One thing that went well in that assessment was...

One thing that didn't go so well was...

Based on that assessment, one of my areas of subject knowledge I feel confident in is...

However, a weakness in my subject knowledge is.....



## Agree or Disagree?

Reflect on each statement. Use a tick to indicate whether you agree or not.

Statement	Agree	Disagree
My performance today is a fair reflection of my progress		
I would have done better if I had gotten more sleep last night!		
I managed time effectively in this assessment		
Gaps in knowledge created problems for me in this assessment		
I understand what needs to be included in more lengthily answers		
I think I did better than in the previous assessment		
I feel as if I am not really making progress in this subject		
I am clear about how I can do better next time		
I found it difficult to focus and concentrate in that assessment		
I tried my best in the assessment and made a genuine effort		
I used a lot of subject-specific vocabulary and key-words		
My answers lacked detail in places, I could add more information		
I ran out of time and didn't finish the assessment		
I have no idea whether I did well or not in that assessment		
At this rate, I will reach my target in this subject		
I know which topics I need to focus on in revision to improve		
I didn't prepare enough for this test and did very little revision		
I have a positive attitude to this subject and want to succeed		