

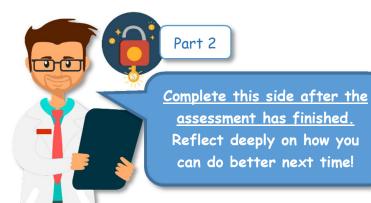




	Assessment	Wrapp	per			
Part 1	Pre-Test Re	flections				
_	about this assessment. I			and		
	Il I have spent hours prep					
·	nd weaknesses in the knowledge					
	andcome u ,and					
The best way to show	-off my learning in this subject	is to include		·		
I can ensure that I m	ake the best use of time by			·		
A mistake I've made p	previously that I hope to avoid is	S		·		
My current target for	r improvement in assessments is					
Give yourself a mark out of 10 for each condition						
Revision	Mood		Physical He	ealth		
Focus	Attitude		Mental He	alth		
Energy	Exam Techni	ique	Knowledg	ge		
	Reflecting before and after a omplete this side of the worksh Complete the reverse side	eet before you sto	<u>.</u> a <u>rt</u> your test/asse	essment/exam.		

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.





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.

	Agree or Disagree? 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				
I understand what needs to				
I think I did better than in				
I feel as if I am not really 1				
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				