



# Analyzing Returned Tests

Self-reflection is an important part of learning. Analyzing tests and assignments that have been revised and corrected by instructors gives you the opportunity to recognize your knowledge gaps, adapt your study skills and monitor your academic performance. Asking the following questions can help to identify possible causes of errors and where to make changes and ask for help.

Didn't sleep enough the night before?

Misremembered information?

Misread the question?

Experienced mental block?

Didn't have time for breakfast?

Studied the wrong information?

Misread the directions?

Felt unusually panicked?

Didn't read the relevant course materials?

Remembered big ideas only?

Wrote an incomplete response?

Unable to concentrate?

Missed class when information was shared?

Knew details but couldn't apply them?

Made careless mistakes?

Distracting physical symptoms like nausea?

## **Time Management**

Avoid distraction  
Make to-do lists  
Block out time to complete tasks

## **Study Skills**

Improve note-taking  
Join a study group  
Think critically

## **Test-taking Skills**

Budget your time  
Reread questions  
Focus on details

## **Test Anxiety**

Adopt relaxation techniques  
Engage in self-care  
Keep things in perspective

For more information on the [USU Academic Resource Finder](#), [Habits of Mind](#) courses

and sign up with an [Academic Success Coach](#), visit

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