



Academic Year: _____

Term / Semester: _____

[illegible]

My strategies:

Resources I will use:



BEFORE THE ASSESSMENT

DONE

- ☐ Understand the topic / instructions
- ☐ Review notes and materials
- ☐ Practice questions / past papers
- ☐ Make summary / mind maps
- ☐ Clarify doubts
- ☐ Plan my time
- ☐ Get enough rest
- ☐ Stay confident and positive

After the assessment, how did I do?

Rate yourself:



(1 – Needs Improvement 5 – Excellent)

What went well?

What can I improve next time?

TARGET DATE

1. _____
2. _____
3. _____

 REMINDERS

- _____
- _____
- _____
- _____
- _____



"Good preparation today leads to great results tomorrow!"

