

Exam Reflection & Study Improvement Plan 考後反思與學習改進計畫

1. My Exam Result 我的考試表現

1. My score: Reading ____ / ____, Listening ____ / ____
 2. How do I feel about my score?
 😊 Very happy 😐 Okay 😕 Not sure 😞 A little disappointed
 3. Which part did I do well in? Why?
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4. Which part was difficult for me? Why?
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2. My Mistakes 我的錯誤分析

5. What mistakes did I make? (You can choose more than one.)
 I did not understand the question I made careless mistakes
 I did not study enough I forgot vocabulary / grammar
 I ran out of time Other: _____
 6. Do I often make the same mistakes? What are they?
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3. Thinking About My Learning 思考我的學習方式

7. How did I study before the exam?
-

8. What study strategy helped me most?
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9. During the exam, how did I remember information or manage my time?
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10. How do I know if I really understand something?
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11. What can I do differently next time?

4. My Study Habits 我的讀書習慣

12. How did I prepare for this exam?

- Reviewed notes Practiced exercises / past papers
 Used flashcards or mind maps Studied with friends
 Studied only before the exam Did not study enough

13. Which study method worked well for me?

14. Which study method did not help me?

5. My Goal for Next Time 下一次的學習目標

15. What do I want to improve?

16. What small steps will I take?

17. How will I check my progress?

18. When will I finish my study plan?

6. Growth Mindset Reflection 成長型心態反思

19. What is one thing I improved this time?

20. What mistake helped me learn something?

21. When learning is difficult, I can remind myself:

- I can improve with practice Mistakes help me learn
 I can try a new strategy I can ask for help and keep trying

My Promise 我的學習承諾

I will keep trying, use better study strategies, and learn from my mistakes.

Student Name: _____ Date: _____