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?

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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?

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14. Which study method did not help me?

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5. My Goal for Next Time 下一次的學習目標

15. What do I want to improve?

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16. What small steps will I take?

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17. How will I check my progress?

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18. When will I finish my study plan?

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6. Growth Mindset Reflection 成長型心態反思

19. What is one thing I improved this time?

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20. What mistake helped me learn something?

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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: _____