

AP Psychology Unit 1 – Post-Test Reflection Survey

Section 1 – Reflection on Learning

1. What study method did you use most to prepare for this test?
2. On a scale of 1–5, how effective do you think that method was? (1 = Not at all effective, 5 = Very effective)
3. If you could prepare differently for the next test, what would you change?



Section 2 – Performance & Effort

4. How confident did you feel during the test? (1 = Not confident, 5 = Very confident)
5. Did you feel any test anxiety that interfered with your performance? (Yes / Somewhat / No)
6. What's one concept from Unit 1 you feel very strong on?
7. What's one concept you need more practice with?

Section 3 – Course Feedback

8. Which in-class activity (demos, practice questions, experiments, discussions) helped you learn the most? Why?
9. Which activity felt the least useful to you? How could it be improved?
10. What did you enjoy most about Unit 1?
11. Do you have any suggestions for how we review or learn material in future units?

Section 4 – Teacher Reflection

12. What's one thing Mr. Cummings did that helped you learn?
13. What's one suggestion you'd give me to improve class learning for you?