S.A.L.A.M.I Method Pre-Exam Checklist

LAST NAME:⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯ **FIRST NAME:**⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

COURSE:⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯ **EXAM#:**⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

<u>**Introduction**</u>

      The S.A.L.A.M.I. method pre-exam checklist is a tool designed to provide students with the opportunity to reflect on their exam preparation. The information collected in this form can be used by itself or in conjunction with an exam wrapper to make ***informed*** adjustments to course preparation and study strategies, develop exam skills or seek assistance in reducing the impact of environmental factors on exam performance. Please answer the following questions as honestly and accurately as possible.

<u>**Part I: Examination Preparation**</u>

1. What % grade on the exam would you consider satisfactory? (what is your goal?)⎯⎯⎯⎯⎯⎯⎯

2. Based on your preparation, predict the **% grade** you will get on the exam:⎯⎯⎯⎯⎯⎯⎯

3. What grade did you earn on the exam? ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

4. How many hours of instruction were covered by this exam? ⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯⎯

5. Circle the statement that best describes your study pattern

   I study course material every day.

   I study course material several times a week.

   I only study course material several days before the exam.

   I review material regularly but my studying becomes more focused and intense right before the exam.

6. If you did not study the material every day, how many days typically passed between study sessions?

7. If you **only studied material right before the exam**, how many days before the exam did you start?

8. What materials did you use to study for the exam? (i.e. handouts or PowerPoint® Slides provided by the instructor, self-created notes, reading assignments, instructional videos/podcasts, class recordings, other). **List them in order of importance.**

9. Did you study individually, in a group or both? Estimate the percentage of time spent in each.
   % Time spent in Individual study:

   % Time spent studying with a partner or group:

10. How many total hours did you spend studying for the exam?_____

The table below contains a list of learning resources and study strategies that can be used to prepare for your exam. Use the Likert scales provided to indicate the frequency each of the resources or strategies were used and their effectiveness.

Learning Resources and Study Strategies	Estimated Frequency of Use Always (5) Most of the time (4) Sometimes (3) Rarely (2) Never (1)	Estimated Effectiveness of Strategy Very Good (5) Good (4) Acceptable (3) Poor (2) Very Poor (1)
Textbook		
reading the text only		
reading and highlighting the text		
reading and taking notes from the text		
re-reading the text without taking notes		
Class Materials		
reviewing/re-reading lecture notes or PowerPoint® presentations		
recopying lecture notes		
attempting to memorize facts and figures from lecture notes		
Electronic resources		
Watching instructional videos		
listening to or watching recorded lectures in their entirety		
Using testing apps such as Quizlet®, Anki®		

Study Strategies		
self-testing/retrieval practice		
completing assigned problem sets or study guide questions		
Listening to or watching short segments of pre-recorded lectures		
watching online tutorials		
OTHER:		

Using the Likert Scale below rank the overall effectiveness of your exam preparation.

Very Good (5) • Good (4) • Acceptable (3) • Poor (2) • Very Poor (1)