

# Supplemental Material

*CBE—Life Sciences Education*

Stanton *et al.*

**Appendix 1:  
Exam One Self-Evaluation Assignment  
(E1-SE)**

Name: \_\_\_\_\_

ID Number: \_\_\_\_\_

Lab Section: \_\_\_\_\_

**Self-Evaluation of My Biology 107 Exam One Performance**

Please answer the following questions honestly and completely.

*Note that I will not judge you based on what you say you did or did not do!*

❶ Exam one was on Monday, September 16th. I began seriously studying for exam one on \_\_\_\_\_ . (day of the week, date)

❷ I estimate that I probably spent \_\_\_\_\_ hours studying for exam one.

❸ My studying was (check one):

\_\_\_\_\_ distributed across several days

\_\_\_\_\_ done in one evening or in a 24-48 hour period

❹ I studied for exam one by (describe your approaches, techniques, strategies):

❺ Now that I have seen the grade I earned on exam one on ANGEL, **these are the study strategies that I feel worked well for me, and I plan on using them again for exam two:**

**PLEASE TURN OVER ➡**

⑥ Now that I have seen the grade I earned on exam one on ANGEL, **these are the study strategies that I feel did not work well for me, and I don't plan on using them again for exam two:**

⑦ Was the exam what you expected? If not how was it different?

⑧ A compiled list of study strategies used by students who earned high grades on Biology 107 exam one in past semesters is posted on ANGEL (please see the Homework folder under the Lessons tab). **After reading this document, I might try the following new study strategy for exam two:**

The reason I think this may be helpful is:

⑨ Besides what you already wrote, what else do you plan to do differently for exam two now that you have the experience of taking exam one?

**Appendix 2:  
Exam Two Follow-Through Assignment  
(E2-FT)**

Name: \_\_\_\_\_

ID Number: \_\_\_\_\_

Lab Section: \_\_\_\_\_

**Self-Evaluation of My Biology 107 Exam Two Performance**

Please answer the following questions honestly and completely.

*Note that we will not judge you based on what you say you did or did not do!*

❶ Did you put more time into studying for exam two than you did for exam one?

\_\_\_\_\_ yes

\_\_\_\_\_ no

❷ In the space below, please explain how you were able to put more time into studying for exam two or why you were not able to put more time into studying for exam.

❸ Reread your answers to questions 8 and 9 from your exam one self-evaluation, which is attached to this assignment. Did you follow the study plan you outlined for exam two?

\_\_\_\_\_ yes

\_\_\_\_\_ no

❹ In the space below, please explain how you were able to follow your study plan or why you were not able to follow your study plan for exam two.

❺ Now that you have taken two Biology 107 exams, which study strategies will you continue using to prepare for exam three, **because they worked well on exam two?**

**I feel these study strategies are effective because:**

□

## Appendix 3: Study Strategies Posted Online for Students

### Study Strategies for Biology 107 Exams Shared by Student Who Earned High A Grades

This is a compiled list of study strategies from students who earned high A grades on exam one in Biology 107 in past semesters. I hope some of these suggestions will help you earn a higher grade on exam two.

#### What did students who earned an A do in lecture (or related to lecture)?

- Attended lecture regularly, paid close attention, took their own detailed notes (they wrote more than just the words on the slides).
- Reviewed their notes after each lecture and identified the concepts they didn't understand. Rewrote or typed their notes after each lecture to help review them.
- Printed off slides after lecture and added what they wrote in their notes to the slides.
- Read the textbook either before or after attending class, covering the parts of the chapters discussed in lecture and integrated the information with their lecture notes.

#### How did the students who earned an A study each week?

- Wrote detailed answers to the study questions *every week*.
- Read the book carefully to clear up any confusion about lecture topics.
- Read the chapter summaries in the book to get an overview of the material
- Focused on understanding the Mastering Biology homework not just getting it done.
- Drew their own diagrams to illustrate concepts.
- Filled out the macromolecules chart and studied it. Made other charts to study.
- Made up acronyms, stories or songs to help them remember information.
- Typed answers to study questions and notes as way to review them.

#### How did the students who earned an A study closer to the exam?

- Reviewed answers to the study questions, notes and lecture slides.
- Tried to answer study questions *without any notes* in as much detail as possible.
- Explained the concepts to others to make sure they really knew the information.

### How did the students who earned an A study closer to the exam? *continued*

- Answered practice multiple-choice test questions on Mastering Biology (see the “Study Area” section of Mastering Biology).
- Took the practice test as if it were a real exam without any notes. Looked up all the answers themselves as a way to check their understanding of the material.

### How much time did the students who earned an A spend studying?

- **They studied a little bit every week leading up to the exam.**
- The average amount of time they spent studying *close to the exam* was ten hours, *not including the amount of time they spent every week leading up to the exam.* (Almost all of them spread those ten hours over several days.)

#### Some quotes from previous students:

“Try to actually **learn the material during lecture**, not just write notes without thinking.”

“**Read the textbook**, seriously, carefully reading the textbook will help tie things from the lecture together.”

“The biggest key is to **study the information in smaller chunks over a period of time**. Make the chunks small enough that you can clearly remember all of it without mixing anything up. Then just review this several times so that it can cement into your long term memory for better recall.”

“**Consider consistently studying throughout the semester**, not just on the days leading up to a test. It’s easier to get ahead and understand things than to get behind and think you’ll learn things later when you’re reviewing for a test.”

“**Remember it was the first test and it isn’t too late to bring up your grade**, if you change your study habits and really commit yourself to the course you will succeed.”