

Cognitive Wrapper Example

Please answer the following questions honestly. Your responses are for self-reflection purposes only and will have no impact on your grade.

Note: Alternatively, you could award points or extra credit points for completing the wrapper, with accompanying rubric emphasizing reflection and future action plans.

Preparation Time

Approximately how many hours did you spend preparing for this exam?

Study Allocation

When preparing for this exam, what percentage of your total study time did you dedicate to each of the following activities? (Please ensure the total equals 100%)

- Reading the textbook:
- Reviewing homework solutions:
- Solving new practice problems:
- Taking practice quizzes/tests:
- Reviewing your notes:
- Reviewing lecture slides:
- Other (please specify):

Error Analysis

Looking over your graded exam, which area represents the most significant source of lost points? (Select the primary reason)

- Conceptual misunderstanding (did not grasp the core idea)
- Strategy error (did not know how to approach the problem)
- Application error (misinterpreted diagrams or notation)
- Calculation error (arrived at the wrong answer despite correct process)
- Execution error (careless mistakes)
- Other:

Future Planning

Now that you have reviewed your exam, identify **one or two specific, actionable change** you will make to your study strategy to prepare for the next exam: