One past-paper attempt

One question or part is enough. Try it, compare with a reliable mark scheme or feedback, and choose one gap to work on. Reuse this sheet for another attempt; skip any field you do not need.

Topic / official paper and question reference / date

How I tried it: notes, hints, timing or help used

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1. What the feedback shows: one gap or uncertainty

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2. My next task: what I will learn, correct or practise

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3. My later attempt: fresh question reference / when I will try it

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What happened when I tried again without the same help?

If still unclear: one question I will ask, and who I can ask

Invented teaching example, not an official marking scheme

Force = mass x acceleration. For 3 kg and 2 m/s squared, the answer is 6 N. If I wrote only 6, my next task is to include the requested unit. Later: 4 kg x 3 m/s squared = 12 N. A wrong operation needs a different task: revisit the relationship first.

A part-question is enough. Pause or ask for feedback if needed. Cover the total score for now if it distracts from understanding one answer; do not turn uncertain self-marking into a predicted grade.

Educational planning aid, not clinical advice. Learning research supports practice and feedback; it does not validate this exact sheet or promise a grade or less anxiety.

Open University: reviewing what you know Cambridge: practice for exams