CAS Reflection Prompt

IB’s Desired Learning Outcomes for CAS Projects:

- Increase your awareness of your own strengths and areas for growth
- Undertake new challenges
- Plan and initiate activities
- Work collaboratively with others
- Show perseverance and commitment in your activities
- Engage in issues of global importance
- Consider the ethical implications of your actions
- Develop new skills

Ask yourself these questions as you consider what to include as you reflect on your CAS activities. **Write one reflection of at least 300 words for each CAS activity.**

- What did I learn?
- Was I successful in completing the activity the way I envisioned it?
- What challenges did I encounter, and how did I deal with them?
- What did I learn about myself?
- What did I learn about other people?
- What abilities, attitudes, and values have I developed?
- Who were my helpers and/or team mates?
- How did this activity benefit other people or institutions?
- What would I change if I were to do this again?
- How can I apply what I have learned to other situations?
- How did I grow creatively?
- Did I gain physical fitness?
- Did I make contacts valuable for future job or academic connections?

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• How do I feel about my CAS experience?