

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?

- How do I feel about my CAS experience?