

CAS Culmination Essays

For students who do not meet the responsibilities of reflecting for a particular activity or project, they will be required to write and turn in an essay for that activity and project demonstrating their achievement of the required eight learning outcomes. Solitary activity (running, knitting, etc.) essays can be two pages in length. All other essays must be at least three-typed pages typed in length, double-spaced, addressing the questions below in paragraph form. All essays are due by March 1st for review on your CAS page under “CAS documents” prior to your final interview in March of your senior year. **Failure to meet the minimum length, requirements, or answer them on time will result in forfeiture of the IB diploma.**

Type a paragraph for each of the following categorical questions:

- 1. Summarize what you did in this activity, and how you interacted with others.* – This question is always important to answer because it will help your advisor get a clear picture of what occurred. Basically, provide narrative details answering the following: who, what, when, where, why. This is not just who you interacted with, but how, and why you need to interact. If no interaction is intended, could you choose to interact in any way in the future (explain why this needs to be a solitary activity)? What is the intent or benefit of working alone?
- 2. Explain what you accomplished through this activity/project.* – Explain what your original goal was and whether or not you achieved it. Which organization did you help? Why help this organization? What were you looking at improving, learning, or developing? How did your work benefit the community/school/organization you worked with? Who helped you and in what ways (feedback, training/mentoring, help in numbers)? Was this an issue of global importance—how do you know?
- 3. What difficulties did you encounter and how did you overcome them?* - If you experienced no difficulties, speculate as to why things went so smoothly. What piece of your preparation contributed the most to the activity’s “smooth sailing”? Was this, perhaps, not a challenging activity to begin with? If so, will this experience inform future choices you make for CAS activities? If difficulties did occur, what were they? Why did they occur? Were they self-inflicted (organization, planning, execution), situational (weather-related, technical difficulties), or arose from working with others (other students, a supervisor, another person)? Explain.
- 4. What did you learn about yourself and what did you learn about others through this activity? What abilities, attitudes, and values have you developed?* - This is an important opportunity to reflect and give insight into any learning that you earned from this activity. If you did not learn anything, what stood in your way? What would you need to do next time to gain more from this experience? What abilities, attitudes and values have you developed about yourself or about others around you through this activity? You must be thoughtful of this while you do the activity so that you can appreciate others or yourself for what you have accomplished.
- 5. What ethical implications arose as a result of this activity?* If a problem arose between individuals, explain how you resolved it. How did you know that provided proper closure to the service that you were providing? If necessary, did you strive to pass on your project/activity to someone else, and if so, how did you achieve this? What issues of confidentiality arose during this process? Did you have to lie or withhold the truth at any time for any reason, and was this justified? Did you unknowingly cause harm at any time to someone associated with your activity/project, and if so, what did you learn, or how did you resolve it? Did you disagree with anyone during this process, and if so, how did you know you were in the right? What would you have done differently the second time around if you had the chance, and why?