

## Questions to Help Write Quality CAS Reflections

### 1. Pre-Reflection:

- a. What goals do I hope to accomplish?
- b. Which learner objectives do you hope to meet?
- c. What makes me excited/nervous/curious about starting a specific project/experience?

### 2. Post-Reflection:

- a. Did you meet the goals you set out?
- b. Why or why not?
- c. What learner objectives did you meet?
- d. Why or why not?
- e. If you could do this activity again, what would you do differently?

### 3. Specifically....

#### **a. Increased awareness of strengths/weaknesses**

- i. Did this activity humble you?
- ii. Boost your self confidence?
- iii. Why weren't you aware of this strength/weakness before?
- iv. How do you feel now that you're aware of it?
- v. Why is it important for us to know our strengths? Our weaknesses?

#### **b. Undertaken new challenges to develop new skills:**

- i. What was so challenging, and why?
- ii. What new skill have you now learned?
- iii. How could this skill be useful to you in the future?
- iv. How did you overcome this challenge?
- v. If you didn't overcome it, why not and what will you do differently next time?
- vi. How do you feel about having undertaken this challenge?
- vii. What made this activity difficult to commit to? How did that make you feel?

#### **c. Planned and initiated activities:**

- i. How did you organize yourself?
- ii. How is starting something yourself different than participation in something established?
- iii. What background information did you need to collect and consider at the onset?

#### **d. Show commitment to and perseverance in CAS experiences:**

- i. How did you address an issue of procrastination in your CAS programme? What was the effect and what did you learn?
- ii. Explain a roadblock that you had to overcome.
- iii. Explain how you handled the role of outside forces that negatively impacted your CAS portfolio.
- iv. How is learning in CAS different than learning in the classroom?

#### **e. Worked collaboratively:**

- i. Is working with others generally easy or hard for you? Why?

ii. So, based on your answer to the above question, was this particular activity easy or hard for you to work with others?

iii. Did you have to work with anyone difficult? How did you handle it?

**f. Engaged with issues of global importance:**

i. What were the issues?

ii. Why are they important globally? How? Where? How did you know?

iii. How does knowing about global issues contribute to your personal growth?

iv. How does it make you feel now that you are aware of this global issue?

v. How does your work in this CAS activity make you feel about that global issue?

**g. Consider ethical implications:**

i. Do you understand what ethics are?

ii. How do you know if something is ethical? How did you learn that?

iii. What ethical issues were involved in this activity? Explain.

iv. Did the ethical issues affect you directly or indirectly?

v. How did the issue make you feel? What was your opinion on this issue before this activity? Has it changed or stayed the same after this activity?

vi. What could you do to increase the awareness of others about this issue?

vii. Why is an ethical education important?

**CAS Project Questions:**

1. What did you learn about your choice to collaborate with other students, if applicable?

2. Would you have selected the same individuals (students, supervisors, etc.) to complete your project?

3. For fundraisers, how did you verify the authenticity of the organization to which you are donating?

4. How did you confirm a community need for your CAS project?

5. Explain what resources/materials you think you'll need to complete your CAS project.

6. Which of the four types of service action does your project require (direct, indirect, advocacy, research) to be successful?

7. What life lesson could your project provide in a possible college application essay?

**4. How did this activity build and part of the learner profile in me? What learner profile characteristics did I develop in this activity?**

Remember....

Although it's not about length, writing a few sentences is likely not going to be enough. It's more about quality than quantity, BUT, if you can't give me quality work in a small quantity, then your quantity can make up for your quality!

The reflection is just as important as actually doing the activity and maybe even more so. If the activity served no purpose, then why on earth would you waste your time?

CAS is supposed to be meaningful to you and about personal growth. The evidence of this growth is the reflection. That's HOW you make it meaningful. Pick your activities accordingly!

Reflections should be more like journal entries; more about emotions and thoughts than a description of the activity.