

How to improve your CAS Reflections

1. Pre-Reflection:

- a. What goals do I hope to accomplish?
- b. Which learner objectives do you hope to meet?

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:

- i. What was so challenging?
- ii. Why was it challenging?
- iii. Have you done anything similar before?
- 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. Why is it important for you to undertake new challenges?

c. Planned and initiated activities:

- i. How did you organize yourself?
- ii. How is starting something yourself different than participation in something established?

d. How did any current skills you already have help you in the planning of this activity?

- i. Did you discover any skills you hadn't known or learned yet that you had to use for the planning and initiating of this activity?
- ii. If you could go back, how would you change the planning/initiating phase?
- iii. Do you think planning or initiating anything in the future will be easier now?
- iv. How will your planning and initiating give you an advantage in your future plans?

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?
- iv. Why is it important to be able to work collaboratively with others?

f. Considered the ethical implications of your actions:

- i. Did you have to account for receipts or money? If so, how did you/could you show your integrity?
- ii. Describe any special considerations you had to make when involving those you worked with?
- iii. If others are dependent on you, how do you ensure you will not cause undue harm or stress?
- iv. Did you have to tell someone something they didn't want to hear?
- v. What rules or guidelines have you had to be mindful of during this activity/project? Why?
- vi. Was it ever impossible to avoid disappointing others? How did you minimize this?
- vii. Did you become aware of any unintended harmful consequences of your choices?

g. Engaged with issues of global importance:

- i. How is this activity relate outside your sphere of influence?
- ii. Would other cultures or age groups tackle this activity differently?
- iii. How were you able to "think globally, act locally"?

h. Show perseverance and commitment to my activities:

- i. What was the most difficult or challenging part of the activity/project?
- ii. If you didn't stick to your deadlines, what got in the way?
- iii. Did you realize your original goal was a bit lofty? Why?
- iv. What unexpected roadblocks did you hit?
- v. How did you deal with feelings or fear of failure?

Remember quality vs. quantity. The length does not matter, BUT you can't delve into thoughtful self-reflection if you only write a few sentences. Reflection is analysis. Summary, although helpful for context, is not, so stick to these questions, and you'll do great!