

CAS Reflection. Student Name: _____

Activity: _____ Date: _____

Reflective journal:

- Identify** what you did, issues, personal strengths & challenges
- Evaluate** what you did—was it valuable and in what way? What would you do differently next time.
- Synthesize** what you did with what you know or plan to do. How will you use/apply what you learned.

Learning outcome—identify which of the following outcomes were applicable in this activity and in what way. Additionally, identify nature of evidence to document the outcome. (Can be through journaling or other means of evidence.)

Increased awareness of my own strengths and areas for growth	
I undertook these new challenges	
I planned and initiated activities	
I worked collaboratively with others	
I demonstrated perseverance and commitment in this activity	
I engaged with issues of global importance (can think global but act local)	
I considered the ethical implications of my actions	
Developed these new skills	