

Reflection Details

Reflection Format Options

Be creative and find new ways to reflect of your learning and development. You can write reflections in full sentences, but you are not limited to only this format. Audio recording, group sharing, video diary, photo essay, created abstract art are just some ideas. Remember, all of your Reflections are completed through the lens of the completion of your goal and chosen Learning Outcome.

Visual reflection

Photography, Painting, Animation, Sculpting/ceramics/mosaic, Prints, Textiles, Cartoon...

Examples

- Political cartoon commenting on the work
- Cartoon depiction of the event, with speech bubbles and thought bubbles of participants.
- Take one photo a week throughout the CAS experience to capture feelings, thoughts, experiences, learning. Curate and display a gallery of chosen photos.
- Write phrases, glue photos, attach articles all over an object (basketball, volleyball, advertisement poster, prop) from a CAS Experience. This object then is repurposed as a road map of the experience and represent reflections.
- Draw the personal growth process through CAS so the viewer can understand how the experiences developed a self-identity.
- Create a graph of your learning and accomplishments.

Kinesthetic reflection

Dance, Theatre, Mime, Role play...

Examples

- Magic show reflecting on the CAS experience. Challenges and surprises represented by objects appearing out of hats, from behind ears and magically out of thin air. Similarly, items disappeared within an instant, representing challenges successfully met along the CAS journey.
- Create and perform still images representing your emotions, response, and growth throughout the work.

Auditory reflection

Video, Song writing, Lyrics, Rap, Jingle, Melodies...

Examples

- Write and perform songs about the the CAS Project or CAS Experience.
- Write a poem of the experience including emotional growth, challenges, and new awareness.
- Audio or video recording of a reflection rather than written.
- Create an iMovie of photos throughout the Project with a voiceover of you talking about the moment captured in the photo (challenges, significance, what you learned, what you would do differently).

Written reflection

Poetry, Mindmaps, Recipes, Texting...

Examples

- Create a mindmap reflecting, evaluating, and analyzing your CAS experience.
- Write interview questions and answers for yourself about your CAS experience.
- Have a conversation over a texting app about your CAS work expressing your growth, challenges, and next steps.
- Write a cooking recipe about how to complete your CAS Project.

Reflection Templates

Four F's Reflection

Facts

- Explain what actually happened.
- Narrative descriptive of events as they happened. What? Where? When? How? Who?
- Focus on specific events, circumstances or situations that are important and relevant to the learning outcome rather than reflecting on every aspect of your experience.

Feeling:

Emotions are a key to learning so try to articulate them accurately and pinpoint what caused them.

- How did the experience make you feel before the experience?
- How did the experience make you feel during the experience?
- How did the experience make afterwards?

Finding

- Explain your thoughts about what happened. Why do you think this happened?
- Think critically and analyse the events, your choices, actions and emotions. See if you can figure out any important realisations, discoveries, learning or new ideas.

Future

- Explain what you are going to do with any new learning you have gained.
- What gave you new perspectives?
- What new questions came up that you had not considered before?
- Is there anything you'd like to do or find out about as a result of this experience?

TOK "Ways of Knowing" Analysis

Language: Which types of language were used and were relevant to this experience, why?

Sense Perception: What did you see, hear, smell and feel (touch) during the experience?

Emotion: How did the experience make you feel before, during and afterwards?

Reason: What logical conclusions can be drawn from your experience?

Imagination: What did you anticipate your experience would be like before it happened?

Faith: Does your faith give you a perspective on this experience? If so what is it?

Intuition: Does your logical analysis of the experience differ from your "gut feeling"?

Memory: Which previous experiences of yours were relevant to this one and why?

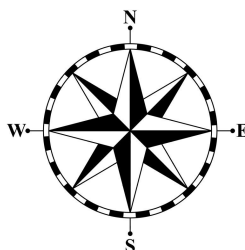
Compass Points

Need to know

What additional information would help you evaluate things?

Worrisome

What do you find worrisome?
What is the downside?
What are you concerned about?



Excited about

What are you excited about?
What are you looking forward to?
What do you like?

Stance/Suggestions

What suggestions do you have to move forward in the project? What is your current stance, viewpoint, or opinion?

Approaches to Learning (ATLs)

Questions to consider

- What ATLs did you **use** in the experience? How and why did you use these?
- What ATLs did you **not** use in the experience? Why did you not use them?
- What ATLs would you utilize more in the future or if you were to do this experience again?

Communication	Communication skills: Exchanging thoughts, messages and information effectively through interaction
Social	Collaboration skills: Working effectively with others
Self Management	Organization skills: Managing time and tasks effectively. Affective skills: Managing state of mind
Research	Information literacy: Finding, interpreting, judging and creating information Media literacy: Interacting with media to use and create ideas and information
Thinking	Critical thinking: Analyzing and evaluating issues and ideas Creativity and innovation: The skills of invention – developing things and ideas that never existed before Transfer Utilising: skills and knowledge in multiple contexts

IB Learner Profile Attributes

Questions to consider

- What attributes did you use in the experience? How and why did you use these?
- What attributes did you develop through this experience?
- What attributes do you still need to develop and better utilize in this experience?

Inquirer: How did I use my curiosity? How did I explore new ideas? How did I learn with others? How did I learn on my own? What challenges and new ideas did I enjoy undertaking?

Thinker: How did I think critically and creatively? How did I analyze ideas? How did I solve complex problems?

Knowledgeable: What did I learn? How did I use my pre-existing knowledge? How did I explore new ideas? How did I connect ideas from different areas, topics, or subjects? How was my knowledge expanded?

Balanced: How did I complete the work with my other responsibilities? How did I balance 2 or 3 CAS strands?

Communicator: How did I work with others? How did I express my ideas, opinions, and/or knowledge? What different forms of communication did I use (speaking, writing, actions, mathematically, artistically, etc)? How did I encourage and support others?

Principled: How did I consider the ethics of my choices? How did I take responsibility for my actions?







Reflective: How did I think about my actions? How was I thoughtful in making choices? How did I analyze my strengths and areas for growth? How did I learn from my mistakes? How could I improve?

Open-minded: How did I listen to others? How did I engage with others when I did not agree? How did I grow from this experience? How did I appreciate cultures and traditions and learn about others' cultures and traditions?

Caring: How did I show empathy and compassion to others? How was I respectful to someone else? How did I support others? How did I make a positive difference in someone's life?

Risk-taker: How did I try new things? How did I push past discomfort or fear? How did I explore new ideas or experiences? How was I open to change?

De Bono's 6 Thinking Hats

HAT		RESPONSE QUESTIONS
	<p>White Hat Approach: Facts & Neutral Objectivity Description: Data & information. Current and needed future information. Think Of: White, blank paper</p>	<p>What do I know? What do I need to find out? How will I gather information I need?</p>
	<p>Red Hat Approach: Feelings & Emotions Description: Passion, intuition, emotion. Feelings without justification or prejudice. Gut reactions. Think Of: Fire and warmth</p>	<p>How do I feel? What emotions do I have about the work?</p>
	<p>Yellow Hat Approach: Benefits & Logical Positive Description: Positive outlook. Optimistic and hopeful. Benefits of a situation. Think Of: Sunshine</p>	<p>What is going well? What solutions have I found?</p>
	<p>Black Hat Approach: Cautious & Logical Negative Description: Cautious. Careful. Critical judgment. Think Of: Stern judgment</p>	<p>What are the problems? What could go wrong? Will it work?</p>
	<p>Green Hat Approach: Creativity Description: Creative thinking. Generating new ideas. Energy and growth. Think Of: Vegetation, nature, growth</p>	<p>What are new ideas? How can I creatively solve problems?</p>
	<p>Blue Hat Approach: Planning & Process Description: Process control. Thinking about thinking. Summaries, conclusions, decisions. Start to finish organization. Think Of: Wide open blue sky</p>	<p>What thinking is needed? What systems am I using? What have I done thus far?</p>

Reflection Sentence Frames

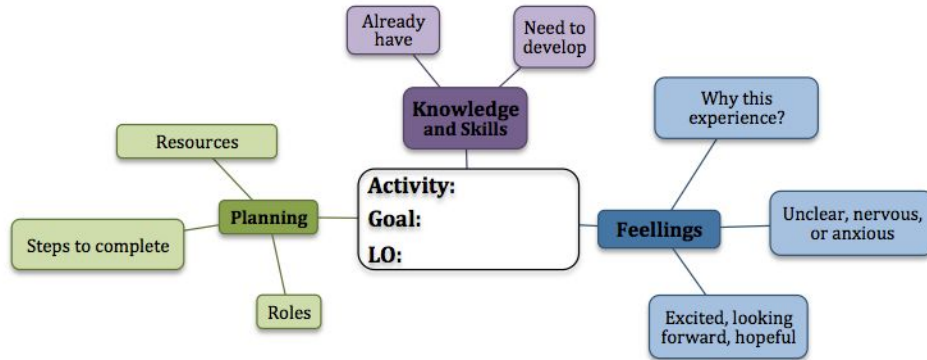
Starting Reflection	Middle Reflection	Ending Reflection
<p>I am determined to...</p> <p>I want to know more about...</p> <p>I hope to learn how to...</p> <p>My Learning Outcome is... because...</p> <p>My Goal is to... I will achieve this by...</p>	<p>One thing that is frustrating me about this experience...</p> <p>One thing I enjoyed so far about this experience...</p> <p>I was really surprised when... because...</p> <p>For the remaining time, I want to improve... I will do this by...</p> <p>A challenge for me so far has been... I will work on this by...</p> <p>I have worked towards my Learning Outcome by...</p> <p>I have worked towards my goal by...</p> <p>To improve my work, I need to...</p>	<p>Through this experience I learned...</p> <p>I'm most proud of...</p> <p>I could improve my work in this experience by...</p> <p>This experience helped me understand that...</p> <p>I learned that it is better to... because...</p> <p>In this experience I figured out that... Now I understand...</p> <p>I learned that I...</p> <p>I learned that others...</p> <p>My attitude has changed by... This is because...</p> <p>My values have developed by... This is because...</p> <p>If could make one major change to this experience it would be... because...</p> <p>In the future, I will apply what I learned by...</p> <p>I achieved my Learning Outcome through...</p> <p>I achieve my goal by...</p>

Reflection Mind Maps

Reflect on how you reached your goal and chosen Learning Outcome. Include specific examples.

Long Term Experience Mind Maps

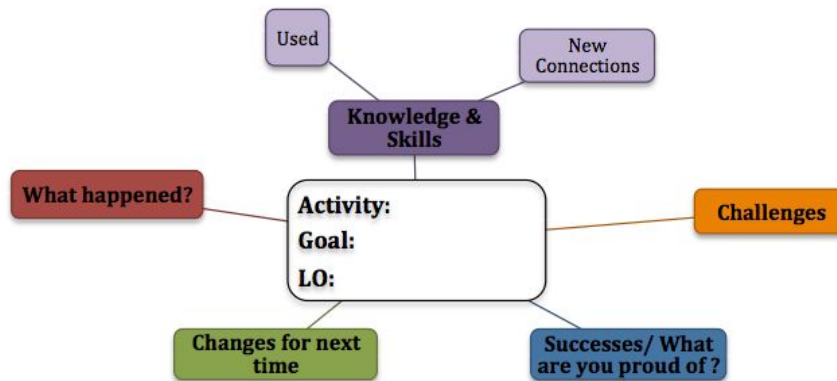
Beginning (Investigation & Planning) Mind Map Reflection



Middle (Action & Reflection) Mind Map Reflection



End (Reflection & Demonstration) Mind Map Reflection



Short Term Experience Mind Map



CAS Stages

Stage 1: Investigation

- What are my different ideas for the experience?
- Why do I want to do this experience? What are my interests, passions, skills, talents that support this experience?
- What is the purpose of this experience?
- If Service, what is the authentic need I want to address?
- How might this experience support my personal growth and development?
- What Learning Outcomes will this support and why?

Stage 2: Preparation

- What are the different roles?
- What are the different responsibilities?
- What do I need to do? What is my action plan/to-do list?
- What are my resources?
- What is my timeline?
- What do I have to learn and research before I start?
- How am I working towards achieving my Learning Outcome?

Stage 3: Action

- What did I do?
- What problems did I solve?
- What happened?
- How did I feel during the experience?
- How did I engage with the Learning Outcome?

Stage 4: Reflection

- What did I learn?
- What skills did I use? What new skills did I develop?
- How did I achieve my Learning Outcome?
- What surprised me?
- Now how do I feel after the experience?
- What could I do better next time?

Stage 5: Demonstration

- How did I share what I did during this experience with others?
- How did I share what I learned from this experience with others?
- How am I encouraging others to engage in this experience?