

Reflect as you complete each CAS project, activity & task...

The CAS component of the IB Diploma is specifically intended to be **experiential learning**. Critical thinking is an essential element of this component and the learner should evaluate their experiences. The skill of critical reflection is also a key element of the Theory of Knowledge. As an example, students may develop their reflection skills by using the Ways of Knowing when looking at an experience or may look at some aspects of the areas of knowledge as a means of framing their set of values. As such, going into and coming out of each CAS undertaking, an IB candidate will consider:

- What did you plan to do? And, why?
- Briefly, summarize the activity. Who else was involved in your project?
- Did the activity proceed as anticipated? If not, what was different? Better? Worse?
- How do you feel about the project, activity, or task?
- Do you agree with the supervisor's feedback?
- What did you learn? How did this project, activity, or task make you feel?
- If you could start over, what would you do differently? How could you improve?
- Who benefitted? In what way?

Nature of the reflection:

For each undertaking (C, A, or S; "project", "activity", or "task"), you are expected to demonstrate a variety of reflection formats:

- be sure to type out (word process) your reflections
- PowerPoint presentation
- Write a poem or story
- Make a published quality flyer
- have someone interview you (record or word process out the interview)
- Digital photo essay/scrapbook
- DVD montage w/voiceover
- Web Blog
- On-going journal



The
FINAL
Reflection

For the final overall reflection consider:

Making your own documentary

Writing your own eulogy

Writing your autobiography

Write your own play

Design a webpage-with your evidence embedded...



Established in 1887