

CAS/Service Learning Reflection Form

NAME _____

Experience _____

Date _____

1. What happened? (Briefly describe events, but also include things you were thinking, how it made you feel, etc.)

2. Check off the learning outcomes you intend to write about in relation to what happened.

Identify own strengths and develop areas for growth

Demonstrate that challenges have been undertaken, developing new skills in the process

Show commitment to and perseverance in IB experiences

Demonstrate how to initiate and plan a Service Project experience

Demonstrate engagement with issues of global significance

Demonstrate the skills and recognize the benefits of working collaboratively

Recognize and consider the ethics of choices and actions

3. Write a brief note below each of the checked Learning Outcomes above as to how you achieved it and the lessons learned from having met each. Focus on self-growth, awareness of others, and future applications.