

CAS Reflections Guidelines

What does IB want for a reflection?

Consider the following things:

- * How you felt
- * What you perceived
- * What you thought about the activity
- * What the activity meant to you
- * What the value of the activity was
- * What you learned from the activity and how this learning might apply more widely

Also provide evidence for how you met the Learning Outcomes you noted. See the brief example below. One could reasonably draw the conclusion that the following LO's were met: Increased awareness of strengths and areas and growth, Undertake new challenges, Engaged with issues of global importance, Worked collaboratively with others, and Considered the ethical implications of their actions.

"I have a new appreciation for goats. Going into this project, I thought the idea of sending a family a goat was silly. I mean, come on, it's a goat. Is it really that big of a deal? I'd never sponsored an animal before, so the whole concept was foreign and new to me. However, I'm a team player so I eagerly began selling my box of chocolate to help raise the \$120.00 needed to send this barnyard animal to a family in need. The money came quickly. Within two weeks, my classmates and I had raised not only the \$120.00 needed for one goat, but we'd raised enough for 3! I began to think about how three families would now be able to support themselves by simply having what some people consider a pet. Wow! When I thought about it that way, \$120.00 doesn't seem like much money at all. For me, that's a pair of shoes. For a family across the globe, it's the difference between going hungry and having a full belly. I don't know that I'll ever see shopping the same way again. Do I really need to spend \$50.00 for a pair of jeans when I could get another pair for less and then donate the left over money to someone who cannot feed their family? Is it ethical for me to waste so much on a pair of jeans just because everyone else has them? Maybe having the latest trend isn't as important as I thought. Who knew a simple goat would make me rethink my spending habits? I feel as if I have grown as a person after completing this project. I have so much and give so little. I need work toward being more globally minded and generous because I am truly rich compared to many people around the world."

Undertake new challenges

Worked collaboratively

Engaged with issues of global importance

Considered ethical implications

Increased awareness of strengths and areas for growth