



IB CAS Reflection Form



Candidate name: _____ Year of Graduation _____

Name of Activity: _____

Date the activity began: _____ Date the activity ended: _____

Total # of hours: _____. How many of these hours were creativity _____, action _____, service _____?
(An activity may cover one or more categories, but you cannot count hours more than once.)

What did you do during this activity? _____

Directions: Please place a check (✓) by each of the learning outcomes you achieved during this activity and use the box to the right of the check to explain how this learning outcome was achieved. (Not all learning outcomes will be achieved for each activity.)

Learning outcome	Achieved	Explain how the learning outcome was achieved through this activity.
Increased their awareness of their own strengths and areas for growth		
Undertaken new challenges		
Planned and initiated activities		
Worked collaboratively with others		
Shown perseverance and commitment in their activities		
Engaged with issues of global importance		
Considered the ethical implications of their actions		
Developed new skills		

Candidate's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____

