

Ignore this side unless you are logging IB CAS Hours

Why are you doing/did you do this activity? What do you/did you hope to get out of it? _____

What did you do during this activity? _____

Directions: It is vital that you honestly reflect on how your particular activity achieved the learning outcomes described below.

Learning outcome	Explain how the learning outcome was achieved through this activity.
Increased your awareness of your own strengths and areas for growth	
Undertaken new challenges	
Planned and initiated activities	
Worked collaboratively with others	
Shown perseverance and commitment in your activities	
Engaged with issues of global importance	
Considered the ethical implications of your actions	
Developed new skills	
Lastly—make this meaningful, but do not overthink it—what did you <i>learn</i> about yourself or the world from this activity?	

Candidate's Signature: _____

Date: _____