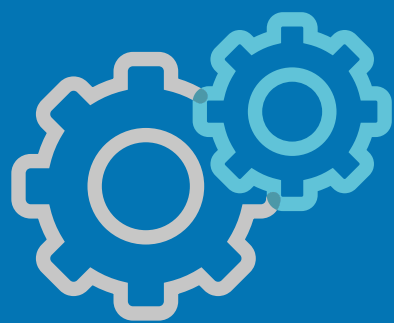


# Understanding Reflections

Reflections are the way we turn experience into learning and knowledge.



Process & understand



Turn experience into learning



Personal growth

There are so many ways to reflect and guess what? They can be easy too! Ask yourself:



- How did I feel before, during and after this CAS activity?
- What skills did the activity teach me?
- How did my activity help other people?
- Which global issues of importance did I encounter?
- If I had the chance to do it again, what would I do differently?
- How has the activity changed me or my perceptions of the world around me?
- Who surprised, disappointed or inspired me and how?

For more information, please consult your CAS Coordinator or read real reflections examples at [castrips.org/reflection-center/](http://castrips.org/reflection-center/)