



CASTrips

# Module 4

# Reflection

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# Welcome to Module 4

Reflection is the way we transform our experiences into learning and knowledge.

You will hear about Reflection time and time again while studying the IB, and that is because it is an essential part of the Diploma Program.

Many students struggle with Reflection, but you don't have to. In this Module, we explore exactly what Reflection is, so you can develop a Reflection style suited to you and your personality.

**Let's go!**

## Four Elements of Reflection

Group Reflection can be valuable and a very powerful tool. With your CAS Project team, discuss your experience in relation to your CAS Project Challenge to create a meaningful Reflection.

### Important information:

- This task should be done with a partner or your CAS Project team.



Learn more about Reflection by watching this short video.



# 4.1 What is Reflection?



Learn more about what a Reflection is by watching this short video



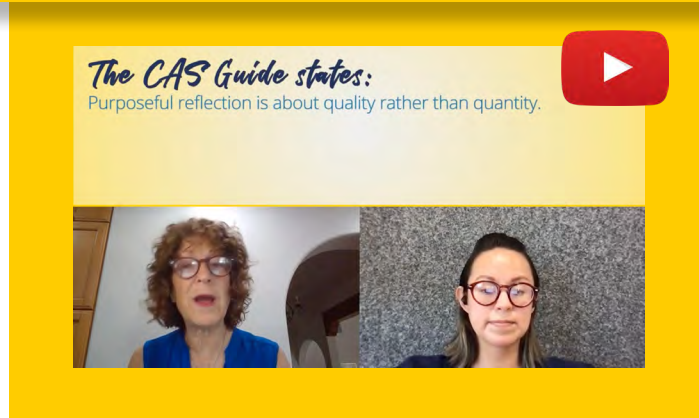
Complete the table with 3 more suggestions for each side

Reflection is NOT...	Reflection is...
Forced Copying what someone else said Only a summary of what happened To be judged by others	Personal Done in many different ways Self-awareness HONEST
⊗	⊙
⊗	⊙
⊗	⊙

## 4.2 Your Time to Reflect



Learn more about when you should reflect by watching this short video.



There are many different ways and situations in which we are naturally reflective.

In which situations do YOU find yourself naturally reflective?



# 4.3 The 4 Elements of Reflection



Learn more about how to reflect by watching this short video.



**What Happened?**



**How I felt?**



**Ideas?**



**Questions?**

With your CAS Project team, **discuss each section** of the table below in relation to **your CAS Project Challenge** experience. **An assigned note taker** should complete each section with **details of your discussion**.



### What Happened?

Memorable moments, identifying what was significant, what went well or was difficult, obstacles and successes



### How I felt?

Emotional response to experiences, increasing self-awareness



### Ideas?

Considering choices and actions, increasing awareness about, what happened, possibilities



### Questions?

Curiosity about people, the process, what is happening, what might happen

## 4.4 Reflecting on Your Experience

You are almost there!

You have come a long way and are so ready to achieve great things with CAS.

Taking this CAS Induction eCourse has been a challenge which has almost certainly demanded engagement with each and every one of the 7 Learning Outcomes.

But what have you taken from it?

In this task you will use everything you have learned to reflect on this CAS Experience you went through and what it meant to you.

### **Important information:**

- This task should be done individually
- Read through the next two pages and follow the steps to create your *After* Reflection.
- Save your work. Your CAS Coordinator will want to see it later!

# 4.5 Methods of Reflection

Choose your preferred method of Reflection from the list below:

- Photo(s)
- Poetry or Verse
- 3 Questions
- Drawing
- List
- Playlist of 3 songs +
- Why?

Reflect on your team’s CAS Project Challenge journey. Think about significant moments you experienced.

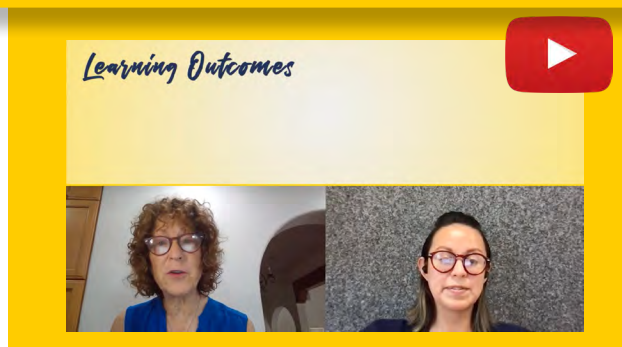
- *What were they?*
- *Why were they significant to you?*

Consider your Before Reflection from Module 1.

- *Did the CAS Induction match your expectations?*
- *What was surprising?*
- *How are you feeling about it now?*



Learn more about the 7 Learning Outcomes by watching this short video.





## 4.6 Reflection and the 7LOs

**PRO TIP:** When reflecting, try turning the 7LOs into Reflection Questions to make the connections between your experiences and the Learning Outcomes really **clear**.

**LO1:** How did this experience assist you in identifying strengths and developing areas for growth?

**LO2:** What challenges did you have in this experience? Which skills did you develop?

**LO3:** What did you learn about initiating and planning a CAS experience that you can use again?

**LO4:** How did you show commitment and perseverance?

**LO5:** In what ways did you gain skills or see benefits to working collaboratively?

**LO6:** Which issues of global significance are you engaged with through making decisions and taking action?

**LO7:** How are you recognizing and considering the ethics of your choices and actions in this experience?



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