



PMHS IB CAS Activity Log and Reflection

**Complete one (1) log form for each major activity accomplished (i.e. Blood Drive, MS Bike-A-Thon, LIMBS, etc.)*



Candidate name: _____ Year of graduation: _____

Activity: _____

Date of Activity: _____ Location of Activity: _____ Amount of Hours Completed: _____

Contact Name: _____ Contact Phone #: _____ Contact Email: _____

Nature/ location of evidence: (video, audio, web, journal, photo, scrapbook, etc.)

Please indicate which component of CAS this activity addresses and how. (Not all areas will be achieved for each activity)

Creativity	Activity	Service

Please indicate which learning outcome(s) you achieved during this activity.

Increased awareness of your strengths and areas for growth	Undertaken new challenges	Planned and initiated activities	Worked collaboratively with others	Shown perseverance and commitment in activity	Engaged with issues of global importance	Considered the ethical implications of your actions	Developed new skills

Next, please briefly reflect upon how the outcome was achieved and whether you achieved any personal goals through this activity. Be sure to specifically address the **Creativity, Activity, or Service** component in your reflection. (Not all areas will be achieved for each activity. **Please use the guide and questions on the back of this page to guide your reflection**).

Reflection

If the activity is a brief, stand-alone activity, you need to complete a reflection after the activity is over. If the activity is on-going, you need to do reflection periodically throughout the activity AND at the end of the activity. The questions below are examples of good reflective questions. Your reflection should be detailed and reflect significant thought. You may write your reflections in a short, essay-type format. While you consider your reflection, think about these questions and/or questions that you develop on your own. It is **not** a requirement that you answer all of the questions below. **The requirement for reflection is that you show significant, reflective thought and that you answer the first two (2) questions.**

Each reflection needs to specifically and ultimately answer these question related to the Creativity, Activity, or Service you participated in! It must specifically address the Creativity, Activity, or Service component.

1. What did I learn from the activity and how might this learning apply more widely (for example, a change of perspective).
2. Which of the 8 learning outcomes did this activity help me to accomplish and how did it help to me reach this learning goal?

*The questions below should be used as a guide in helping you reflect on your activity. You do **not** need to answer all!*

What did I plan to do?

What did I do?

What were my goals?

Was I successful in meeting my goals?

What were the outcomes, for me, the team I was working with, and others?

How did I feel during the activity? What did I perceive? What did I think about the activity?

What worked really well?

What needed further development or an alternative? What would you do differently?

SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis

What challenges/roadblocks/issues did you encounter? What did you do to overcome those challenges/issues/roadblocks?

Do you have any concerns about the CAS experience?

What was the value of the activity?

Why was the activity worthwhile?

What did the activity mean to me? What impact did the CAS experience have on me?

Who is someone who would specifically benefit from this activity?

What impact did the CAS experience allow you to make for others?

Would I do the activity again? Why?

Should others do this activity? Why?