

## A Framework for Successful Reflection

Here are six guiding questions/points that will lead you to a successful CAS reflection.

1. Explain what you hoped to accomplish through this activity/project.

Remember to make reference to learning outcomes. This is to help you think back to the beginning of the activity. You need goals to reflect on, here is where you can remind yourself (and me) of those goals.

2. Summarize what you did in this activity/project.

This is the easy question. It can be short or long. Simply state what you did for the duration of the activity.

3. How successful were you in achieving your goals? What difficulties did you encounter and how did you overcome them?

This is starting to require a lot of thinking! Did you meet your goals? Why or why not? What challenges did you face? How did you solve problems?

4. What did you learn about yourself through this activity/project? What new skills, attitudes and values have you developed?

This is the big one. We really want to see your growth here. How have you changed? How does this connect to the rest of your life? How did/do you feel? What is different now, compared to prior to this activity?

5. How can you apply what you have learned to other situations?

Here is where you can connect your CAS activities to your life in general. You learned something about yourself (see #4) now tell me how that applies to you in general, rather than specifically in this activity.

6. What might you do differently next time to improve?

No one is perfect, and we don't expect you to be either! How could you approach this activity differently? Are there different actions you could have taken? These differences could be tiny or huge! After answering questions 1 – 5, you will likely see changes you would like to make.

Note that if you struggle to answer one of the questions because there isn't really an answer (i.e., you didn't learn anything about yourself or what you learned can't be applied elsewhere), it's probably **not** CAS. Remember, CAS must be purposeful, challenging, thoughtful, and reflective.

As I assess reflections for "sufficiency" I ask myself these questions:

1. Do I get a sense of *what happened* during the activity?
2. Is there a clear sense of what the student was thinking, learning, feeling, processing during the activity?
3. Is there a clear sense of what the student has learned about himself/herself as a result of this activity?
4. Has the student articulated how this CAS activity fits into a larger sense of his/her own educational or life journey?
5. Has the student *specifically* and *meaningfully* addressed the learning outcomes s/he listed?