

Reflection Starters for CAS

WHAT?

- What CAS activity did you perform?
- Who was involved?
- Where did it take place?

SO WHAT?

- What did it mean to you?
- How did you feeling during the activity and after?
- What did you learn?
- How did it affect others?
- What might you do differently?

NOW WHAT?

- What is the big picture?
- How can this be applied to future experiences?
- Can we connect this to a global issue?