

## Learning Outcomes

When recording your CAS activities please write reflections on how those activities may have met these learning outcomes. Not every activity will result in meeting all learning outcomes but many will meet most. Use the questions next to each one to help you write reflections.

### Increased your awareness of your own strengths and areas for growth

Did I discover something I am good at? Was I uncomfortable with any part of the activity? Would I do it again? What would I do differently?

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### Undertook new challenges

Is this something new that I have never done before? Why was I inspired to take on this new challenge?

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### Planned and initiated activities

Did I initiate this activity myself or with others? Did I collaborate with someone to start something new to my community even if it existed elsewhere in the world? Did I pick an idea suggested by someone else but thought it all through and executed it on my own or with others?

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### Worked collaboratively with others

What was the best part of working with other people in this activity? What was the hardest part of working with others?

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**Shown perseverance and commitment in their activities**

Did I commit to this activity and perform it regularly? Did I live up to all my responsibilities assigned?

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**Engaged with issues of global importance**

If a thousand people did this same activity would it have a positive effect on a large group of people? Is this activity serving a problem that exists globally and not just in my own community?

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**Considered the ethical implications of their actions**

If a thousand people did this same activity would it have a positive effect on a large group of people? Do I feel I made a difference for the better with this activity? What group is most positively affected by this activity?

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**Developed new skills**

What did I learn that I didn't know before? Have I used physical or intellectual skills in a new way or for the first time?

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**Struggling to write a reflection?**

Reflections don't always have to be in the form of a written journal entry. You can sketch a drawing, paste in a photograph, ask someone else to write about you, record a discussion, make a collage, write a poem or song, create a blog, etc. If your reflection comes in any form other than a journal entry, make sure you still record its existence in your journal so that you, your advocate and the CAS coordinator can refer to it. For example, "For this activity, I wrote a blog post, which can be found at... (blog address)."