REFLECTION EXPECTATIONS

The ultimate purpose of reflecting in CAS is not to “complete a reflection” but to “become reflective”.

Whatever form your reflection takes, it should address these areas:

* Describe the experience itself
* Discuss what you learned about yourself and about others
* Discuss what abilities and values you developed
* Discuss how the experience affected you emotionally or changed your perspective

Some reflection formats (like photographs) might need brief written explanations in order to justify the elements above.







