

## **Form F: CAS Student Reflection of Activity/Project**

Name of candidate:

Name of CAS adviser:

Name of activity/project:

1. Summarise how your activity/project went.

2.Explain what you accomplished in this activity/project.

3.Did you encounter any difficulties in carrying out your activity/project? If so outline how you overcame these problems.

4.What did you learn about yourself through this activity/project?

5.What abilities, attitudes and values do you think you achieved by doing this activity/project.

6. Did this activity/project benefit others?

7. Did this activity/project help you in other life situations? Explain.

8. In reflection, how did this activity/project affect you emotionally?

9. What was your perception of this activity before you undertook it, what was the source of that perception and how much would you say your involvement altered that?

CAS Coordinator signature

Date:

Comments: