



# **CAS Reflection Prompts Template**

*Encourage deeper connections between experiences and personal growth through guided questions*

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## **◆ Before / Planning Stage (Investigation & Preparation)**

*Reflect before you begin, as you plan your CAS experience:*

- *Why did I choose this experience? What values or beliefs influence my choice?*
  - *What assumptions do I already have about this activity, community, or challenge?*
  - *How do I expect this experience to change me?*
  - *In what ways might different perspectives (cultural, ethical, personal) shape the way I approach this?*
  - *What TOK concepts (e.g., ethics, perspectives, bias) might connect to this experience?*
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### ◆ ***During the Experience (Action)***

*Reflect while you are actively engaged:*

- *What knowledge or skills am I developing that I didn't expect?*
  - *What challenges am I facing, and how am I adjusting my approach?*
  - *How do collaboration and communication with others affect the outcome?*
  - *Am I noticing tensions between what I thought I knew and what I am learning now?*
  - *How might different "ways of knowing" (emotion, reason, sense perception, imagination) influence my decisions here?*
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### ◆ ***After the Experience (Reflection & Demonstration)***

*Reflect once the activity is completed:*

- *What surprised me most about this experience? Why?*
- *How has this experience changed the way I see myself, others, or the world?*
- *Did I face any ethical dilemmas? How did I navigate them, and what does that reveal about my values?*

- *What TOK question could I ask to deepen my understanding of this experience (e.g., “How do we know what is the right action?”)?*
  - *How does this experience connect to global issues, and how might my actions contribute to broader change?*
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### ◆ **Long-Term / Portfolio-Level Reflection**

*Reflect across your CAS journey:*

- *Looking back, how have my CAS experiences shaped my personal identity and learner profile?*
  - *Which CAS strand (Creativity, Activity, Service) pushed me out of my comfort zone the most, and why?*
  - *In what ways have I developed new perspectives about knowledge, culture, or community through CAS?*
  - *How have my CAS experiences helped me see the **interconnectedness** between personal growth, ethical responsibility, and global citizenship?*
  - *What will I carry forward from CAS into my life beyond the IB Diploma?*
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✨ **Student Note:** Reflection is not about reporting “what happened” — it’s about **making meaning**. Be honest, thoughtful, and critical. Ask yourself **TOK-style questions**: How do I know this? Whose perspective am I considering? What knowledge or values shaped my decision?