**CAS Reflection Form**

Name  Year 

Date of this reflection  Date(s) of CAS Experience 

Title of CAS Experience/Project 

Number of days spent on this activity: 

1. Briefly describe the CAS experience. What did you hope to accomplish?

* The CAS activity was to perform a science experiment with a focus on one or several of the main scientific school of thoughts (biology, physics and/or chemistry). We were hoping to show people especially our juniors how fun science can be with the help of exciting presentations and a brief but informative lecture or explanation.

2. What was the outcome of the experience? Did you accomplish your goals?

* Yes, in my opinion, our goals were satisfactorily met and the audience seemed to have been adequately pleased with our presentation. For my partner and I’s presentation, we made Elephant Toothpaste by mixing yeast dissolved in warm water, dishwashing soap, hydrogen peroxide and also a bit of food colouring for added effect. Although ours didn’t shoot as high as the ones you may see in YouTube videos, it was still a pretty good presentation, if I may say so myself.

3. What would you do differently if you did this experience again?

* For one thing, I would use a higher concentration of hydrogen peroxide to make the presentation even cooler. Overall, I think that if I were to repeat the experience I would just love if it gains more appeal. Forgive my informality, but I want it to be cooler and something awe-inspiring. The best way may even be to opt out of making another Elephant Toothpaste and aiming for something higher.

4. Describe how this experience represents Creativity, activity, and/or Service.

* The experiment represents activity. It’s an experiment, a science activity. We had to create something and make all the necessary preparations that goes along with it. Really, need I say more?5. Which of the following learning outcomes have you addressed with this CAS experience ? (Choose all that apply)

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| --- | --- | --- |
|  | LO 1 | Identify your own strengths and develop areas for personal growth. |
|  | LO 2 | Demonstrate that you have undertaken challenges and developed new skills in the process. |
|  | LO 3 | Demonstrate how to initiate and plan a CAS experience. |
|  | LO 4 | Show commitment to and perseverance in your CAS experiences. |
|  | LO 5 | Demonstrate the skills and recognize the benefits of working collaboratively. |
|  | LO 6 | Demonstrate engagement with issues of global significance. |
|  | LO 7 | Recognize and consider the ethics of choices and actions. |

How does the CAS experience address these learning outcomes?

* I’ve chosen LO1 because I already recognized that I could pull the presentation off. But the challenge for me was to still be able to pull it off even though things didn’t go as well as expected and only satisfactorily. I tend to get very downhearted when things don’t go as how I picture them in my mind, and I believe that this learning outcome is something that I should still keep on working on.
* I’ve chosen LO3 because the experiment was something my partner and I had to plan ourselves. We needed to know how everything’s going to play out and plan accordingly.
* I’ve chosen LO5 because as I’ve aforementioned multiple times, we had to work in partners. By sharing the work equally, we were able to work more efficiently and save time as well.

**To be completed by the CAS Experience Supervisor (an adult who is not related to the student):**

Comments on student’s performance:



CAS experience Leader’s signature: Date 

Leader’s name:

Agency/organization: 

Contact phone number: 

CAS Coordinators Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_