

**CISCAS Individual Reflection Sheet**

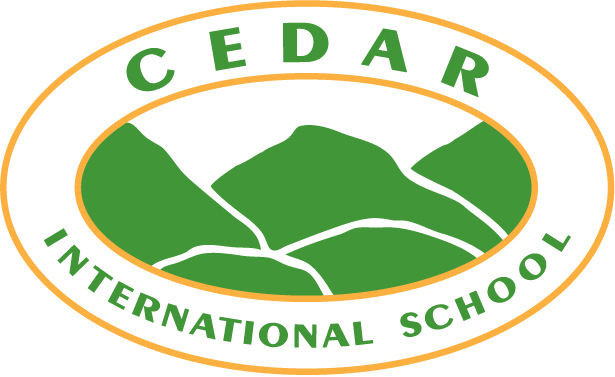
**2011 / 2012**

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| **PERSONAL DETAILS** 🕒 1 min | |
| **Your name** | **Your class** |
|  |  |
| **ACTIVITY/PROJECT DETAILS:** 🕒 6 mins | |
| **a) Credit value for this project** |  |  |
| **b) Provide a short description of your activity/project:**  **20 words** | | |
| **c) Briefly describe one thing you learned about your chosen area of interaction through**  **completing this activity/project.**  **20 words** | | |

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| **MY SKILLS DEVELOPMENT: Rate your skills according to the levels below (✓)** 🕒 5 mins | | | | | |
|  | | **1**  ***I’m still developing in this area*** | **2**  ***I’m starting to improve*** | **3**  ***I’m feeling far more confident*** | **4**  ***I am fully confident!*** |
| **I was punctual for the activity.** (*Learner Profile Trait: Principled)* | |  |  |  |  |
| **When asked to help, I did so with a good attitude**  (*Learner Profile Trait: Principled)* | |  |  |  |  |
| **I helped others where I could during the activity**  (*Learner Profile Trait: Caring)* | |  |  |  |  |
| **When others’ voiced opinions, I listened.** (*Learner Profile Trait: Open-minded)* | |  |  |  |  |
| **When I felt challenged, I did not give up.** (*Learner Profile Trait: Risk Taker)* | |  |  |  |  |
| **I can see the links between this activity and my learning** (*Learner Profile Trait: Knowledgeable)* | |  |  |  |  |
| **Look at your ratings above. Which learner profile trait would you like to develop in your next activity?** | | | | | |
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| **FINAL REFLECTION** 🕒 20 mins |
| *Now that you’ve completed your activity, it’s time to spend a little while reflecting.*  *Learner Profile Traits: Reflective and Principled*  *Answer each of the questions below honestly.* | | |
| ➊ *“Every time we serve others, we change.”* How  have **you changed** as a result of this activity/project?  **Consider:**  ⬩ *Did you perhaps learn something new?*  ⬩ *Did the activity change something in your attitude?*  **30 words** | |  |
| **➋** How did this activity **link up** to what you have learnt  at school?  **Consider:**  ⬩ *To specific content you have learned?*  ⬩ *Did you use specific skills you’ve learned?*  **30 words** | |  |
| **➌** Do you think **other students** should get involved in  the activity or project you completed? Explain.  **20 words** | |  |
| **➍** List **two goals** you have for your next activity/project | | 🟊  🟊 |

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| **TO BE COMPLETED BY YOUR SUPERVISOR:** | |
| **Supervisor’s Name:** |  |
| **Supervisor’s Contact Number:** |  |
| **Supervisor’s Signature:** |  |
| **Did the student participate to your satisfaction during the activity? (Yes/No)** |  |
| **Additional comments (\*If applicable)** |  |

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**Should you wish to comment on a student’s performance,**

**please contact Michelle Jones (CISCAS Coordinator)**

**on 494-5262 or via e-mail: michelle.jones@cedarschoolbvi.com**