







**CISCAS Individual Reflection Sheet**

**2011 / 2012**

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| **PERSONAL DETAILS** 🕒 1 min |
| **Your name** | **Your class** |
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| **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**