

Summaries

Each summary must fully explain the CAS activity and make specific connections to every learning outcome you identify will be a part of this activity.

Follow this simple format:

Paragraph 1: With whom, where, what, when (duration, how many times a week or month, for how long, etc.) why this activity is **meaningful** to you. Other questions to answer: how did you choose this activity? If it involves a skill (playing music, dancing) how long have you been involved and why did you start? If involving service -- how did you learn about this service opportunity? why did you choose this activity? In short, EVERYTHING to completely describe this activity and why it fits our CAS Tamagawa motto: make it meaningful.

Paragraph 2 (and all subsequent paragraphs) --

Start the paragraph with a learning outcome heading. Then, specifically explain how this activity fits the learning outcome, your goals/ hopes in targeting this learning outcome, and what you anticipate will be the challenges and rewards, SPECIFICALLY to this activity.

Continue this format until you have addressed every learning outcome that you include for the activity.

A Model Summary

Goal: I will be making posters/videos and put on Youtube for "dialog in the dark" and other events that "Children Environment Association" hold on. For videos, I will be making it for Japanese version and English version so that more people can watch my video and understand. This CAS project is related with "Children Environment Association" like my another CAS project called "sending postcards to children in Fukushima who got affected by disaster 3.11" However, this time, this project is not related with any disaster.

Increased awareness of your strengths and areas for growth:

I always liked designing things. Not just posters, but I also made commercial video during English class in grade 9. And that was quite successful. So, in this CAS activity, I will be using my skill to make posters and videos to let many people know about the activity called "dialog in the dark" and also other events that "Children Environment Association" hold on. This is a good chance for me to grow my skill as well because I think this is my first time to create posters or videos about something related with society for society.

Undertaking new challenges:

It is challenging for me because this activity is something that I planned from the beginning, and I have to contact all the staffs from the association to process my project.

Planned and initiated activities:

Actually, this CAS project will be processed simultaneously with another CAS activity called “sending postcards to children in Fukushima who got affected by disaster 3.11” because when I have meeting with staffs from there, I would have to talk about both things. But, they are different project. As I wrote above, I would be making posters and videos, and I would have to have a meeting with staffs and get permission.

Working collaborately with others:

This project cannot be done just by myself because the process before I actually make posters and videos is much longer and important. I could even say that I am more focusing on communicating with members of society to succeed my own project. I would have to contact them with nobody’s help to set a date for meeting and I would also have to keep contacting them while processing this project.

Show perseverance and commitment:

I'm going to show perseverance and commitment throughout the left school time by having presentations at the IB assembly occasionally. I would present the posters I make and suggest students to try the activity called “dialog in the dark” because I think this is really suitable for IB students. Also, I would present videos as well.

Engaged with issues of global importance:

The association I am planning to help is related with global issue and is managed in a social act as well, so there is some regulation. Therefore, I cannot process this project just by myself in a way that I want to. I have to contact with Mrs. Kiyoe Shimura and talk with her how I will be processing this activity.

Consider ethical implications:

I believe that the project I'm planning to do is very ethical to the environment and people both because I am trying to spread information about events that are definitely good for people and environments both. By this project, people would be more aware of those kind of activities or events and learn how to communicate with people more. And that would help the society or the world.

Develop new skills:

I strongly believe that this project will be a big chance to develop my new skills for example, contacting with a group or person who is outside of school without any body’s help. Also, I planned

this project by myself, so I think I could develop planning a new thing at the first part of this project. Moreover, I will be able to develop my communication skill, designing skill, and making appointments.

Reflections:

Because the reflection asks you to reflect and consider your learning or the process as you go through the activity, a diary-style form is appropriate. Diary-style form means start each entry with a date, and don't worry about formal, academic language. You do need to think about your learning outcomes, however, and be sure to address them in your entries.

Ask yourself questions to help yourself truly consider the activity from all sides: Are you learning what you expected to learn? How? How are things different? What life lesson could you take away from your experiences? What are the negatives and positives of what you are doing? How do you know your efforts are rewarding? What feelings do you experience during your activity?

Again, as with your summary, you must specifically address the learning outcomes, but in the case of on-going activities, you may only focus on one outcome per reflection -- or two may come up at the same time. Regardless, carefully consider your learning outcomes and how you are progressing, but make it real and meaningful. If you are not truly collaborating, reflect on why NOT. Your reflection is a chance to do just that --- reflect on what and why are you are doing this activity.

Use the questions at the bottom of the MANAGEBAC page when you enter in a new Reflection.

Evidence -- evidence is pretty straightforward. Prove your involvement with media, supporting documents, presentations or other ways to visually justify your words.

A Model Reflections and Evidence

On-going Activity:

Starting in July of 2013, the student continued this activity until December 2014, when she wrote her concluding entry to finish the activity. The student posted a total of 12 times for this on-going activity, posting photos and updates and consistently referring to her Learning Outcomes. Here is her final post, labeled Conclusion.

CONCLUSION

Increased awareness of your strengths and areas for growth: I was able to use my strength which is communicational skill while having a meeting with the advertisement staff and a representative of

DID. Also, I like creating advertisements, so I was able to use my strength and grow my strength at the same time.

Undertaking new challenges: Through this activity, I faced many new challenges. First of all, it was my first time to have a formal meeting with advertisement staffs and also a representative of a group. I experienced many professional things. Also, it was my first time to create an activity and cooperate with a NPO group.

Planned and initiated activities: When I first started this activity, I had to have a clear plan, so sent a proposal to the group. This activity needed a careful planning.

Working collaboratively with others: Through this activity, I worked collaboratively with the advertisement staffs of Dialog in the Dark and also the representative of the group.

Show perseverance and commitment: I could show perseverance and commitment by continuing this activity for a long time and continuously making poster advertisements.

Engaged with issues of global importance: I was able to spread the activity of Dialog in the Dark and spread the importance of thinking from diverse perspectives such as from a visually impaired people's perspective.

Consider ethical implications: I considered ethical implications by spreading the importance of DID activity. I believe that the activity DID holds helps people to think a thing from many different perspectives and realize that there is not only one way to think about a thing.

Develop new skills: I was able to develop my skills of thinking creatively through having a meeting with an advertisement staff. Also, I learnt how to make a formal proposal paper.

A one-time activity

For this activity, the student posted twice over a span of one week. The first post included photos and a general description of what happened on the day of this event, with some reference to her learning outcomes. The second post acted as her conclusion, copied here:

CONCLUSION

Through Second Harvest, I was able to know the reality of poverty issue in Japan which is a developed country. Japan still having a poverty issue means that there are much more poverty issues going on in less developed countries, which made me get shocked. Even though I attended this activity only once, I was able to help other staffs and also use my strength, communication skills. Moreover, I learnt how to cook a large amount of food which was a precious experience because I have never seen or tried it before. I would like to attend Second Harvest again and also spread the information to the others.