

WPHS Pre-CAS ACTIVITY Reflection Sheet



The activity I carried out for this **ACTIVITY** is:

_____ **Total hours for this event.**

(must turn in the "WP Pre-CAS Hours Log" Download from the WPHS Website)

My Evidence met the following Learning Objective (elaborate on how): _____

How did you benefit from this activity physically?

1. _____
2. _____
3. _____

How has carrying out this activity helped you improve the following?

1. **Technique:** _____

2. **Self-discipline:** _____

3. **Willingness to accept advice and criticism:**

4. **Ability to cope with drawbacks:**

What would you do differently if you did this activity again?

Identify your own strengths and areas where you need to improve

Explain the commitment it took to complete your Pre-CAS experience
