

**Centennial**  
**International Baccalaureate Middle Years Program**  
**Community and Service**  
**Student Reflection**  
**2018-2019**

Reflect on what you gained as an individual by completing this service and how the community has gained something from your actions. Be honest and sincere about your reflection. Remember, this must be completed for ALL SERVICE in order for your service hours to be counted. Be sure to include a description of which job(s) you performed.

**Print legibly in black or dark blue ink.**

**All items are due to your science teacher on the assigned Date.**

**Event Name & Location:** \_\_\_\_\_

**Event Description:** \_\_\_\_\_

**Date(s):** \_\_\_\_\_

**Task(s) you performed:**

\_\_\_\_\_

\_\_\_\_\_

Reflection is a dynamic means for self-knowing, learning and decision-making. Students retell their memorable moments, identifying what was important or influential, what went well or was difficult, obstacles and successes. Questions to consider: Why did I make this particular choice? How did this experience reflect my personal ideas and values? • In what ways am I being challenged to think differently about myself and others? Students articulate emotional responses to their experiences. Questions to consider: How did I feel about the challenges? What happened that prompted particular feelings? What choices might have resulted in different feelings and outcomes? Why did you choose this activity and how did others benefit from your service? How did you benefit from this activity internally? **Describe how you implemented and practiced 3 IB learner characteristics.** (Give some thought to this before you answer. It should take most of the space provided or more.)

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**Student Name (Print.)** \_\_\_\_\_

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**Parent Signature** \_\_\_\_\_

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***IB Learner Profile Characteristics: balanced, principled, reflective, inquirers, caring, courageous, knowledgeable, communicators, thinkers, open-minded***