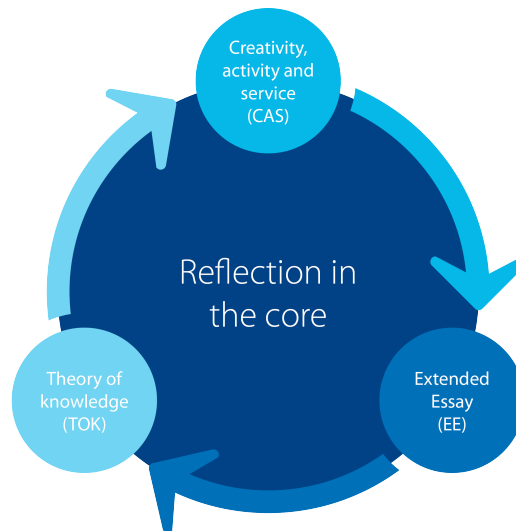


Reflection in the core

Being reflective is one attribute of the IB learner profile: “We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.”

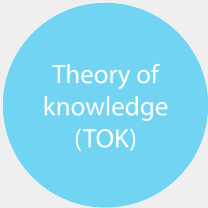


Reflection in CAS:

Creativity,
activity and
service
(CAS)

- Reflection is central to building a deep and rich experience of CAS. Students explore their own actions and reflect on their personal growth.
- The emphasis in CAS is on **affective** reflection, characterized by reflecting on attitudes, feelings, values, principles, motivation, emotions and self-development.
- Students will be encouraged to informally reflect on their CAS experiences throughout the CAS programme, but are required to reflect formally when developing a CAS portfolio.

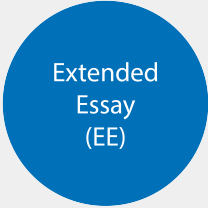
Reflection in TOK:



Theory of knowledge (TOK)

- TOK is about reflecting on the nature of knowledge. Students are encouraged to reflect on how knowledge is constructed as well as the commonalities and differences in their subject areas.
- The emphasis in TOK is on **critical** reflection, characterized by reflecting on metacognition, evaluation, justification, arguments, claims and counterclaims, underlying assumptions and different perspectives.
- Students will be encouraged to informally reflect on their engagement with knowledge throughout the course, but are required to reflect formally as part of the TOK essay and the TOK presentation.

Reflection in the extended essay:



Extended Essay (EE)

- Reflection in the extended essay focuses on the student's progress during the planning, research and writing process. It is intended to help students with the development of their extended essay as well as allowing them the opportunity to consider the effectiveness of their choices, to re-examine their ideas and to decide whether changes are needed.
- The emphasis in the extended essay is on **process** reflection, characterized by reflecting on conceptual understandings, decision-making, engagement with data, the research process, time management, methodology, successes and challenges, and the appropriateness of sources.
- Students will be encouraged to informally reflect throughout the experience of researching and writing the extended essay, but are required to reflect formally during the reflection sessions with their supervisor and when completing the Reflections on planning and progress form.