Abyan Majid — Overall CAS Reflection

My 2-year experience with CAS — In short, my 2-year experience with CAS was filled with laziness, some degree of hatred, but also some degree of gratitude.

I knew I would not like CAS since the day it was introduced to me. As a concept, at least. I have always thought that it was careless of IB to add CAS to the list of requirements, for it defeats its purpose which is to be a *"relief"* from academics.

However, I am also grateful to some extent. Because most of my CAS activities are closely related to my main line of interest: Computer Science. So, though I dislike CAS as a concept, I did enjoy doing most of the activities. Perhaps, CAS even helped me regain my interest in artificial intelligence through my algorithm-related experiences.

My Aims and Goals — The following table lists my CAS aims and goals, whether or not I have achieved them, and comment on how or why.

Aims/Goals	**Achieved?**	**Comment**
I'd like to improve my creative & lateral thinking abilities / improve my ability to generate original & 'out of the box' ideas	Yes	It was achieved not so much through my activities, but in deciding my activities. I struggled to decide what to do to complete the learning outcome on ethics. Instead of doing the common acts like cleaning up public areas, I came up with the idea to use the knowledge I learned from my other activity—wherein I enrol on an online course about artificial intelligence—to create algorithms for detecting breast cancer and diabetes.
I'd like to improve my digital artistic skills (videography, editing)	Yes	I created tutorials on HTML and CSS, both of which are heavily edited with effects aimed to ease the delivery of content. I like to think that I have done well in this regard.
I'd like to try and maintain different exercise routines and see if any of them adheres to my liking so that I can continue to implement them in the future	No	I only swam and did not try other sports.
I'd like to share my knowledge (of any kind) with others especially programming and web development skills.	Yes	I created two tutorials, one on HTML and the other on CSS.

I'd like to contribute to an ongoing global issue.	Yes	I created (1) an 98% accurate logistic regression algorithm for diagnosing breast cancer, (2) a 79% accurate logistic regression for diagnosing diabetes, and (3) a password manager application to help people manage their passwords in this era of cybercrime.

How I achieved the learning outcomes:

- Strength & Growth — This learning outcome is achieved mostly through activities wherein I apply my best and also learn in the process, such as (1) learning video-editing techniques and content-delivery while making HTML and CSS tutorials, (2) learning mathematics and underlying logics while taking an online machine learning course, (3) identifying and refreshing myself of machine learning concepts while developing breast cancer and diabetes diagnosis algorithms.
- Challenge & Skills — This learning outcome is achieved through most of my experiences, especially (1) ones that require me to think deeply such as making algorithms, apps, and HTML and CSS tutorials, (2) ones that significantly helped improve myself such as enrolling on a machine learning online course and swimming on each weekend for months, and (3) organizing wellness day events, which were challenging because I am not a social person.
- Initiative & Planning — On the creative presentation wellness day, I prepared the majority of the presentation slides prior to the event. On the chess tournament wellness day, I helped organize the flow of the tournament by observing matches and allocating winners. Lastly, I prepared a script, recorded a voice-over, and edited my HTML and CSS tutorials.
- Commitment & Perseverance — This learning outcome is achieved through most of my experiences, especially (1) ones that demand me to create fully-fledged products such as coding tutorials, algorithms, and password manager apps, and (2) ones that last for a long duration such as enrolling on an online machine learning course, and swimming on the weekends for months.
- Collaborative Skills — There were two wellness days in which I worked together with my fellow batchmates to organize a chess tournament activity and also a creative presentation course on campus. Lastly, I held a casual chess activity with my friend during CAS periods.
- Global Engagement — I have 3 activities wherein I develop tools that each aim to help a particular cause (i.e. diagnosis of breast cancer and diabetes via algorithms, and developing a password manager to help protect passwords). All of these are published as open-source on GitHub, which means anybody from around the globe can contribute to my tools.

- Ethics of Choices & Actions —In one activity, I created a 98% accurate logistic regression algorithm for diagnosing breast cancer. In another activity, I created a 79% accurate logistic regression algorithm for diagnosing diabetes. There's also an activity wherein I created a password manager that allows people to save their passwords and generate strong passwords.

What I learned from CAS that will come a long way — CAS helped me learn to code which I'm grateful for because I will study and work in the field of computer science. But more importantly, CAS taught me how to reflect, which I think is a really powerful tool to have at my disposal. CAS reflections made me realize how effective reflection is for identifying our strengths and weaknesses.

What I would change about my CAS if I could rewind time — I would act with a better attitude towards my activity-related experiences. I filled my 50 hours quota of activity solely through swimming. I think that shows careless disregard for my own health. So, if I could redo my activity-related experiences, I definitely would have tried other kinds of physical exercises.

Overall, though I detest CAS as a concept, I am still glad at the end of the day for having done all of my 10 experiences. They were fun, challenging, and meaningful. Thank you, CAS!