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| **CAS Project** | **Reporting** |
| **Project Week 1** | What specific skills/talents will I be using in my Project?  I would consider myself to be pretty well organized, and so should be able to communicate with the relevant people to set up dates and times that they can come in. |
|  | How exactly do I plan to improve those skills/talents during my Project?  Although I think that I am organized, I fell the project will challenge my organizational skills as I have to balance work load with CAS requirements. Naturally, because of that challenge, my skills will be imporved. |
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|  | How do I expect to be challenged during the weeks ahead?  See above. |
|  | Are there specific skills I predict I may need to develop?  I think I’ll have to develop my communication skills, as I will have to be talking to a lot of people to organize the project. |
| **Project Week 3** | How have my skills and talents been challenged since Week 1?  Like I predicted, my organizational skills have been challenged as I’ve been required to meet deadlines in other subjects as well as help set-up the project. |
|  | What problems/challenges have I faced since Week 1?   The main issues we’ve had is finding a date that suits both us and the people who’ll be coming in to talk to us. |
|  | Were those problems expected by me?  It was definitely something that we envisaged happening, but if we were lucky, it wouldn’t have. |
|  | How do I rate my people skills since Week 1?  Improving from week 1. |
|  | How do I rate my organisational skills since Week 1?  Similar to my people skills, I think it’s improved from the first week 1. |
|  | Am I aware of any personal growth and development since Week 1?  Apart from the two areas mentioned above, I don’t think I necessarily have. |
| **Project Week 5** | How have my skills and talents been challenged in Weeks 3 and 4?  Although not necessarily a skill, I feel my knowledge of mental health issues has grown drastically over the past few weeks. This is a service based CAS project on mental health awareness, and I feel that through organizing it, my own awareness of the issue has grown. |
|  | What problems/challenges did I face in Weeks 3 and 4?  The problem we faced with the Tomorrow Man Architects was trying to find a way to schedule their workshops. The workshops operate best with groups of no more than 30 and finding a way to put that in the timetable with the least disruptions was probably the toughest part. |
|  | Were those problems expected by me?  Not initially, as when we first got in contact with the company, we had no idea what the workshops would entail. However, we quickly realized this would be something that we had to consider. |
|  | How do I rate my people skills in Weeks 3 and 4?  I feel they have definitely improved, but not as much as the first two weeks. |
|  | How do I rate my organisational skills in Weeks 3 and 4?  Same as above. |
|  | Am I aware of any personal growth and development in Weeks 3 and 4?  See the first question in project week 5. |
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**CAS Reflection**

I feel its worthwhile to reflect on the project beyond just the questions given above. Although my people skills and organization has drastically improved following the project, I feel there’s more important things to reflect on beyond that. The project had a service-based core, and was focused on mental health awareness, in particular for young men. A more meaningful reflection will look at how successful we were at actually developing that, rather than just how it developed my own skills/talents.

I think the talks from Sam Webb that the boys received were important at raising awareness. He told some touching stories as well as some shocking statistics that helped to highlight just how big a problem suicide is among men.

The Tomorrow Architects Workshop had a slightly different, more personal impact on the boys. It was a shame that we could only do it for year 10 students only (due to time reasons), but the impact it had on the boys seems to be profound. I think it’s most effectively illustrated by the quotes from the boys themselves as well as their heads of houses and mentors. I put this in the blog post about the workshop as well, but I think the email is worthwhile having here as well:

Heads of Houses/Mentors:

*“My boys loved it. They said it should 100% be there for every year 10 student, and they actually said they would like to do something like that every year.*

*Their favorite thing was learning more about what the other boys were going through and having opportunities to share and listen without time limits, of distraction. They said even longer sessions would be great because they could feel that they were only just starting to scratch the surface.”*

*“My boys raved about it and thought it was brilliant, especially the ‘step over the line exercise’. They said it was so valuable in understanding they were not alone in their issues.”*

*“I spoke to my boys today who said it was fantastic. Some responses they wrote down included:*

*‘Eye opening’*

*‘Really inspiring’*

*‘Confronting’*

*Another Mentor wrote on behalf of their group:*

* *Should be done 100% again next year, would be disappointed if it didn’t happen next year*
* *Everyone took it absolutely seriously*
* *No teachers were there, so you could be honest*
* *They feel it brought them closer to their Mentor peers - it was perfect having both mentor groups together — having only one would make it harder because of fewer people to answer*
* *Boys feel like it completely changed the dynamics of our whole year group — they noticed how silent and serious the boys were when they left their sessions*

Some quotes from boys:

*One student wrote, ‘Great and allowed us to further connect with those in our House group. It was a worthwhile experience as it helped us bond with our peers. Challenging, inspiring and courageous’.”*

*“The workshop was definitely worth it. It was a comfortable environment where people could talk. This meant that sides of people were shown that were never seen before. It really showed me that you always have to be careful as people may be hurting but not showing it. This also means that you have to double check if someone is alright”*

*“It challenged me to confront and accept issues that are occurring. It helps in building relationships with the boys in your House. Builds a brotherhood between the boys. The talker was really chill and relatable and made it easy to be honest. Was really good that there were no teachers there.”*

*“It was definitely worthwhile, it allowed us to see that no one is on their own, and that we all go through bad times. Being honest about certain aspects of my life allowed me to feel free and I’m sure that others felt this way as well.”*

*“It changed my opinions on what a man should be like.”*

*“I felt that the “Tomorrow Man” workshop was one of the best workshops I have ever attended. The honesty put forward by the boys was unparalleled. Some of the activities supplied were challenging and required a major amount of honesty from us, but we left learning so much about our peers. Just knowing the monumental problems some people have to go through was an eye opener.”*

*“It’s ok to be not ok”*

*“It was rather emotional and a little uncomfortable”*

*“I was shocked at some of the boys’ stories and how they hid it behind their smile.”*