EO C507.03 – REFLECT UPON THE CADET EXPERIENCE

1. **Performance**: Reflect Upon the Cadet Experience
2. **Conditions**:
   a. Given:
      (1) Self Study Package,
      (2) Supervision, and
      (3) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Classroom or training area suitable to complete the self study package.
3. **Standard**: The cadet shall reflect upon the cadet experience by completing a self study package.
4. **Teaching Points**: Have the cadet complete the self study package, which includes:
   a. conducting a self-assessment of the cadet experience;
   b. analyzing the relationship between the cadet experience and preparation for adulthood; and
   c. developing an action plan.
5. **Time**:

a.	Self Study:	90 min
b.	Total:	90 min

6. **Substantiation**: A self study was chosen for this lesson as it allows the cadet to reflect upon how their cadet experience can be used to make a successful transition to adulthood at their own learning pace. This encourages the cadet to become more self-reliant and independent by focusing on their own learning instead of learning directed by the instructor.
7. **References**:
   a. C0-447 Furstenberg, F. F., Kennedy, S., McCloyd, V. C., Rumbaut, R. G., and Settersen, R. A. (2003). *Between adolescence and adulthood: Expectations about the timing of adulthood*. Retrieved October 28, 2009, from http://www.transad.pop.upenn.edu/downloads/between.pdf
   b. C0-448 COMPAS Inc. (2002). *Cadet training focus group study*. Ottawa, ON: Department of National Defence.
   c. C0-449 Arnett, J. J. (2004). *Emerging adulthood: The winding road from the late teens through the twenties* (Chapter 1). Retrieved October 28, 2009, from http://www.jeffreyarnett.com/EmerAdul.chap1.pdf
   d. C0-450 Whitehead, S. (2009). *Emerging adulthood*. Retrieved October 27, 2009, from http://www.Parenthood.com/article-topics/emerging_adulthood.html
   e. C0-451 Grossman, L. (2009). *Grow up? Not so fast*. Retrieved October 28, 2009, from http://www.time.com/time/magazine/article/0,9171,1018089,00.html

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8. **Training Aids**: Nil.

9. **Learning Aids**:

    a. Self study package, and

    b. Pen / pencil.

10. **Test Details**: Nil.

11. **Remarks**: Nil.

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