



CAS Reflection Form—for use by juniors and seniors

Please complete in blue or black ink!

Note: Forms are due at the end of each nine weeks. You must turn in this form and your supervisor evaluation form to receive credit for hours completed.

Name _____ Grade _____

Date of this reflection _____ Date(s) of CAS Activity _____

Title of Activity _____

Number of hours spent on this activity: _____

1. Briefly describe the CAS activity. What did you hope to accomplish?

2. What was the outcome of the activity? Did you accomplish your goals?

3. What would you do differently if you did this activity again?

4. Which of the following learning outcomes have you addressed with this activity?
(Choose all that apply.)
 - ☐ Increasing your awareness of your own strengths and areas for growth
 - ☐ Undertaking new challenges
 - ☐ Planning and initiating activities
 - ☐ Working collaboratively with others
 - ☐ Showing perseverance and commitment in your activities
 - ☐ Engaging with issues of global importance
 - ☐ Considering the ethical implications of your actions
 - ☐ Developing new skills

How does the activity address these learning outcomes?