

CAS Reflection Form

***To be completed for each CAS experience used to provide evidence of fulfilling the seven learning outcomes.***

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| **Name of CAS student:** Click here to enter text.  Name of CAS Experience: Click here to enter text.  Name of the CAS element addressed (Creativity, Activity or Service?): Click here to enter text. |

Part 1: Description of Experience

**Summarize the experience by answering who, what, when, where and why.** *(Provide an overview of exactly what this experience entailed and what tasks you performed or roles you played. State how much time spent and which if the CAS elements you believe it addresses.)*

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| Click here to enter text. |

Part 2: Learning Outcomes

1. **Enter a Yes or No next to each one of the Learning Outcomes achieved through this activity.**
2. **Provide an explanation and describe evidence that has been collected for each outcome claimed.**

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| Learning Outcome | Achieved (Yes or No) | Explanation/Evidence |
| 1. **Identify own strengths and develop areas for growth.** | Click here to enter text. | Click here to enter text. |
| 1. **Demonstrate that challenges have been undertaken, developing new skills in the process** | Click here to enter text. | Click here to enter text. |
| 1. **Demonstrate how to initiate and plan a CAS experience** | Click here to enter text. | Click here to enter text. |
| 1. **Show commitment to and perseverance in CAS experiences** | Click here to enter text. | Click here to enter text. |
| 1. **Demonstrate the skills and recognize the benefits of working collaboratively** | Click here to enter text. | Click here to enter text. |
| 1. **Demonstrate engagement with issues of global significance** | Click here to enter text. | Click here to enter text. |
| 1. **Recognize and consider the ethics of choices and actions** | Click here to enter text. | Click here to enter text. |

Part 3: Reflection

**Create an insightful, meaningful and unique reflection regarding this experience. (Refer to the Reflective Writing page on the CAS website for guidance if needed.) If your reflection is in the form of a blog, video or some other form please include a link that allows access to it.**

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| Click here to enter text. |