CAS Reflection Form

Name: ___________________________________________ Class of _________

Date of this reflection: ________________ Date(s) of CAS project: ________________

Title of project: _______________________________________________________________________

Number of hours spent on this project: ____________________________

This project was      _____ Creative      _____ Active      _____ Service-oriented

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

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

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

4. Describe how this project represents Creativity, Action, and/or Service.
   ____________________________________________________________
5. Which of the following learning outcomes have you addressed with this project? (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 project address these learning outcomes?

To be completed by the Project Supervisor (an adult who is not related to the student):

Comments on student’s performance:

Project Leader’s signature: ____________________________  Date: ____________________________

Project Leader’s name: _________________________________________________________________

Agency/organization (if applicable): ____________________________________________________

Contact phone number: ____________________________  E-mail: ____________________________