



CAS Reflection Form—for use by juniors and seniors

Please type or write legibly in blue or black ink!

Name_____ID_____Grade_____

English Teacher _____ Homeroom Teacher _____

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. Who did you work for? 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. Describe how this activity represents Creativity, Action, and/or Service.

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

4. Describe how this activity represents Creativity, Action, and/or Service.

5. 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?

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

Comments on student's performance:

Activity Leader's signature: _____ Date: _____

Activity Leader's name: _____

Agency/organization: _____

Contact phone number: _____