



# Modesto High School IB



## CAS Activity Self-Evaluation Form

to be completed and kept in CAS folder for every CAS activity  
Proposals **REQUIRED** for some activities. See guidelines!

Name \_\_\_\_\_ Graduation year \_\_\_\_\_ Proposal submitted? \_\_\_\_\_

*\*\*students should keep a copy of this document for their own records and provide the original to their CAS advisor 30 days after completion of an activity.*

Name of Organization & Activity \_\_\_\_\_ This activity is:  
(List hours for each category that applies. Total hours must equal supervisor's listed hours below.) C \_\_\_\_\_ A \_\_\_\_\_ S \_\_\_\_\_

**Classify your activity:** {Keep in mind that most activities will only achieve 2-3 outcomes.}

Learning Outcome	Achieved?	Evidence? (i.e. photos, weblogs, videos, reflective journals, logs and photocopies of logs from agency) <i>*attach to back of form</i>
1. Increased awareness of your areas for growth		
2. Undertook new challenges		
3. Planned and initiated activities		
4. Worked collaboratively with others		
5. Demonstrated perseverance and commitment		
6. Engaged with issues of global importance		
7. Considered the ethical implications of actions		
8. Developed new skills		

- Summarize what you did and how you interacted with others.
  
- Briefly reflect on and then describe how the activity performed fulfilled the achieved outcomes.

➤ Rate your performance 1=Poor 4=Excellent

	1	2	3	4
I was punctual.				
I was reliable.				
I assumed responsibilities.				
I listened to and encouraged others.				
I had fun.				

**Attach your evidence to the back of this form.** (This form **must** be given to your CAS advisor no later than one quarter after completion of the activity or once a quarter for long-term activities.)

☆☆PLEASE COMPLETE BELOW IN INK

**For Supervisor** (must be over 18 and have direct knowledge that the candidate completed the activity.)

The candidate spent about \_\_\_\_\_ hours on this activity/project. Approximate date of completion \_\_\_\_\_

This activity/project was: (circle one)

**Satisfactorily completed**

**Not satisfactorily completed**

Activity/project supervisor's name (print) \_\_\_\_\_

Activity/project supervisor's signature \_\_\_\_\_

Date \_\_\_\_\_ Contact phone number \_\_\_\_\_ and/or email \_\_\_\_\_

Supervisor comments (optional but appreciated!):