



CARROLLWOOD DAY SCHOOL
CAS Project Reflection Form
Diploma Programme Candidates



Name: _____

ACTIVITY LOG				
Students may use this space to track their hours. If an additional full-page log is needed or the activity supervisor provides a time sheet, simply write, “see attached” in box below. (Note: 15 minutes = .25 30 minutes = .50 45 minutes = .75)				
<u>DATE</u>	<u>STARTING TIME</u>	<u>ENDING TIME</u>	<u>DURATION</u>	<u>ACTIVITY</u>
<u>TOTAL HOURS SERVED:</u>				

STUDENT’S SELF-EVALUATION

At the completion of the activity, reflect on your CAS project using the following guiding questions. Address the questions individually or in essay form. You may word process your reflective essay and attach it to this form.

1. *What learning outcomes did you demonstrate with this activity? Check all that apply. Then, in essay format, describe how each was demonstrated.*

- Increase awareness of your own strengths and areas for growth
- Undertake new challenges, even in a familiar activity
- Plan and initiate activities
- Work collaboratively with others (at least one project, involving collaboration and the integration of at least two of creativity, action and service, is required.)
- Show perseverance and commitment in your activities
- Engage with issues of global importance
- Consider the ethical implications of your actions
- Develop new skills

CAS Project Evaluation *(to be filled out by activity/project supervisor)*

Please comment on the student's performance with the following criteria:

Punctuality and attendance: _____

Effort and commitment: _____

Further comments: _____

The activity/project was: Satisfactorily completed Not satisfactorily completed

Project

Agency/Organization: _____ **Phone:** _____

Supervisor Name: _____

Supervisor Signature: _____ **Date:** _____

CAS Coordinator's FINAL VERIFICATION

Note: The coordinator's signature verifies that all of the required evidence is attached (letters, logs, evidence of creative product, etc.), that all portions of the CAS form (especially CAS category, total hours, "self-evaluation" essay) are complete and legible, and that the form was submitted within 30 days of the completion of the activity)

CAS Coordinator's Signature: _____ ***Date:*** _____

CARROLLWOOD DAY SCHOOL

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