

## 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>	STARTING TIME	ENDING TIME	<u>DURATION</u>	ACTIVITY	
TOTAL HOURS SERV	ED:				
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 nev	w challenges, even in	a familiar activity			
☐ Plan and initiate activities					
	ratively with others (a east two of creativity,		_	n and the	
☐ Show perseve	rance and commitme	nt in your activities			
☐ Engage with issues of global importance					
Consider the ethical implications of your actions					
☐ Develop new	Develop new skills				

## 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. Summarize what you did in this activity and how you interacted with others.
- 2. Explain what you hoped to accomplish through this activity.
- 3. How successful were you in achieving your goals? What difficulties did you encounter and how did you overcome them?
- 4. What did you actually learn about yourself and others through this activity?
- 5. Did anyone help you think about your learning during this activity? If so, who helped and how did they help? (Did you work collaboratively with others?)
- 6. How did this activity benefit others? What connection does the experience have to issues of global importance?
- 7. What would you change if you did this same activity again?
- 8. How can you apply what you have learned in other life situations?
- \*If you have been engaged in this activity for some time and have written several prior essays that address all of the above questions, you may focus primarily on questions #4 and #8 with respect to a specific incident or an "ah ha" moment.

## STUDENT'S SELF-EVALUATION ESSAY

Student's Signature:	<b>Date:</b>

Phone: 813.920.2288 Fax: 813.969.2673

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:			

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