

CAS Activity/Project Proposal Form

Name _____

Class of 20 _____

You **must** have your CAS activities/projects **pre-approved** by the CAS Coordinator. This will help you determine if the activities are appropriate for your CAS portfolio. Complete the **Guiding Questions**, the **CAS Evaluation Rubric**, and submit this sheet (including required signatures) to the CAS Coordinator.

Name of Proposed Activity/Project _____

Adult Leader/Supervisor (May NOT be a family member) _____

Leader Phone # _____ Email _____

CAS Guiding Questions

1. Is the activity a **new role** for you?
____ Yes, I have never done it before.
____ Sort of, I have some experience. Explain below.
____ No, I have done it often before. Explain below.
2. Is it a **real task** that you are going to undertake? What is the task?
3. What are your **personal goals** for this activity?
4. Why did you choose this activity?
5. Does it have **real consequences for other people and for you**? Explain
6. What do you hope **to learn** from getting involved in the activity?
7. How can this activity **benefit other people**?
8. What can you **reflect** on during the activity?
9. Will the activity help you with any of the **8 Learning Outcomes**? Which one(s)?
10. What difficulties might you encounter?

