

IB CAS Log Sheet



Candidate name:			Year of Graduation			
	This particulate form is not required by IB, but IB does require that you show evidence of participation of your CAS activities. You can replace this sheet with other forms of documentation to verify your CAS activities. Some examples would be a stamped certificate, formal letter on the organizations letterhead, etc					
Name of Activi	ty:					
Dates	# of Hours	Sumn	nary	Initials of Supervisor		
		to the best of my knowledge that the cand adidate has completed the number hours li		above with honesty. My		
Punctuality and	d attendance:					
Effort and com	mitment:					
Further comme	ents:					
Supervisor's N	ame (print):		Phone Number:			
Title of Supervisor:						
Supervisor's Signature:						



IB CAS Reflection Form



Candidate name:		Year of Graduation		
Name of Activity:				
Date the activity began: _		Date the activity ended:		
Total # of hours: H		How many of these hours were creativity, action, service? ever one or more categories, but you cannot count hours more than once.)		
What did you do during th	nis activity?			
Directions: Please place the check to	e a check (√) explain how	by each of the learning outcomes you achieved during this activity and use the box to the right of this learning outcome was achieved. (Not all learning outcomes will be achieved for each activity		
Learning outcome	Achieved	Explain how the learning outcome was achieved through this activity.		
Increased their awareness of their own strengths and areas for growth				
Undertaken new challenges				
Planned and initiated activities				
Worked collaboratively with others				
Shown perseverance and commitment in their activities				
Engaged with issues of global importance				
Considered the ethical implications of their actions				
Developed new skills				
Candidate's Signature:	•	Date:		
		Date:		



IB CAS Summary Form



Candidate na	ame:	Year of Graduation		
Directions:	Write a clear and complete critical reflection on your entire CAS experience experience. Use the learning outcomes indicated on page 6 of the CAS H			
		_		
	Signature:			
	nature:			
CAS Coording	nator's Signature	Date:		