

CAS Journal Entry
Class of _____

Student Name - _____

Name of Activity- _____

Date of Activity- _____

Area- Creativity Action Service

This Activity meets outcomes- 1 2 3 4 5 6 7 8

Reflection-

CAS

For CAS you are required to:

- Plan activities, carry them out and reflect on what you have learned
- Undertake at least 1 interim review and 1 final review
- Take part in a range of activities, including at least 1 project that encompasses two aspects of CAS, some of which you have initiated yourself
- Keep records of your activities and achievements, including a list of the principal activities undertaken (A CAS JOURNAL MUST BE KEPT, along with evidence)
- Show evidence of achievement of the 8 CAS learning outcomes

CAS LEARNING OUTCOMES

As a result of your CAS experience as a whole, including your reflections, there should be evidence that you have:

1. Increased your awareness of your own strengths and areas for growth
2. Undertaken new challenges
3. Planned and initiated activities
4. Worked collaboratively with others
5. Shown perseverance and commitment in your activities
6. Engaged with issues of global importance
7. Considered the ethical implications of your actions
8. Developed new skills

All eight outcomes must be present for a student to complete the CAS requirement. Some may be demonstrated many times, in a variety of activities, but completion requires that there is some evidence for every outcome.