

To get you off to a great start on your CAS (Creativity, Activity, Service) journey your junior year, we are asking that you record **10 hours** of CAS that you will complete during the summer. You will be trained to input these EXPERIENCES into the ManageBac® program during one of the first Resource periods when we come back to school in August. Please use the template below as a guide to help you choose EXPERIENCES that best match with a learning outcome. You will be allowed a **maximum of two EXPERIENCES** for the summer **not totaling more than 10 hours**.

What did you do?

| | |
|--------------------------------------------------------------------------|--|
| Your Name | |
| Name of experience | |
| Type of experience | |
| Description of the experience (bigger purpose/mission statement/or goal) | |
| Specific date(s) and durations of experience(s). | |
| Supervisor's name | |
| Supervisor's phone number | |
| Supervisor's e-mail address | |

What did you learn?

| Learning Outcome | Description of learning outcome |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. Identify personal strengths and develop areas for growth | What did you become aware of during your experience? Were you good at something and found a strength that you have? Or did you learn you need to improve on something? Explain. |
| 2. Undertaken new challenges and develop new skills in the process | Was this a new challenge or skill for you? If so, explain. Or is this something you already do, but you moved to a higher level or set a new goal? If so, explain. |
| 3. Demonstrate how to initiate and plan a CAS experience | What planning did you have to put into this activity before you were able to participate in it? Explain this planning. |
| 4. Shown commitment and perseverance in CAS experiences | Was this something you attended regularly? (e.g. once each week all summer long) If so, be sure to keep a log of dates and times. |
| 5. Recognize the benefits of working collaboratively with others | How did you work with others? Who did what? What was your contribution? What was the overall purpose? What did you learn during this process? |
| 6. Engage with issues of global significance | Was this an international project (Amani), or a global issue (environment) that you worked on locally? If so, explain how your contribution benefits the world. |
| 7. Recognize and consider the ethics of choices and actions | Show awareness of the potential and varied consequences of choices and actions of an ethical dilemma you experienced during a CAS experience. (think/feel/decide) |

