

# CAS Reflection

<b>Student Name:</b>	
<b>Name of Experience:</b>	
<b>Date of Experience:</b>	

## Summary

Summarize your experience, answering who, what, when, where and why.

<b>Who:</b>	
<b>What:</b>	
<b>Where:</b>	
<b>When:</b>	
<b>Why:</b>	

Is this what you planned? If not - explain differences.

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## Goals

What steps did you take to complete this experience.

	<b>Goal</b>	<b>Check</b>
1.		
2.		
3.		

Were they the same as the goals you set out for yourself, explain?

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## Learning Outcomes

Provide an explanation of how the experience led to at least three Learning Outcomes. Provide specific examples.

Learning Outcomes	Explanation/Example
Identify own strengths and develop areas for growth	
Demonstrate that challenges have been undertaken, developing new skills in the process	
Demonstrate how to initiate and plan a CAS activity	
Show commitment to and perseverance in CAS experience	
Demonstrate the skills and recognize the benefits of working collaboratively	
Demonstrate engagement with issues of global significance	
Recognize and consider the ethics of choices and actions	