A student checklist for CAS Experiences - 3 strands:

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| **Creativity** | **Activity** | | **Service** |
| Exploring and extending ideas leading to an original or interpretive product or performance | Physical exertion contributing to a healthy lifestyle | | Collaborative and reciprocal community engagement in response to an authentic need |
| **My CAS programme** | | **Y/N?** | **Date of CAS entry / notes** |
| Evidence of planning of a CAS programme | |  |  |
| Regular commitment over at least 18 months to CAS | |  |  |

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| Understanding and ability to use the CAS stages when planning CAS experiences |  |  |
| Balance between creativity, activity and service |  |  |
| At least one planned project undertaken over at least one month |  |  |
| **Evidence of achieving all seven learning outcomes** | | |
| Evidence of identification of strengths and areas for personal growth (LO1) |  |  |
| Evidence of undertaking new challenges and developing new skills in the process (LO2) |  |  |
| Evidence of initiating and planning a CAS experience (LO3) |  |  |
| Evidence of commitment and perseverance in CAS experiences (LO4) |  |  |

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| Evidence of demonstrating the skills and recognizing the benefits of working collaboratively (LO5) |  |  |
| Evidence of engagement with issues of global significance (LO6) |  |  |
| Evidence of recognizing and considering the ethics of choices and actions (LO7) |  |  |
| Reflections completed on significant CAS experiences |  |  |
| Supervisor reports supplied where necessary |  |  |
| TWO CAS Projects completed |  |  |
| ONE Service learning experience completed |  |  |
| CAS interview 1 completed |  |  |
| CAS interview 2 completed |  |  |
| CAS interview 3 completed |  |  |
| **CAS Experiences (3 strands) completed** |  |  |

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