

A student checklist for CAS Experiences - 3 strands:

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		

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)		

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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