

# CAS Self Evaluation Form

|                                    |  |
|------------------------------------|--|
| <b>Student name</b>                |  |
| <b>Nō. project</b>                 |  |
| <b>Name of project</b>             |  |
| <b>Time frame:</b>                 |  |
| <b>Nō. hours / CAS strand</b>      |  |
| <b>Project leader (Nō. tel.) *</b> |  |

\* The telephone number is necessary for activities outside school.

| Criterion  | LO* | A lot | Yes | Little | No |
|--|-----|-------|-----|--------|----|
| I have increased my <b>awareness</b> of my <b>own strengths</b> and <b>areas of growth</b> . | 1   |       |     |        |    |
| I have undertaken <b>new challenges</b> .  | 2   |       |     |        |    |
| I have planned and <b>initiated new activities</b> .   | 3   |       |     |        |    |
| I have shown <b>perseverance</b> and <b>commitment</b> in this project.                      | 4   |       |     |        |    |
| I have worked <b>collaboratively with others</b> .   | 5   |       |     |        |    |
| I have been engaged with <b>issues of global importance</b> .                                | 6   |       |     |        |    |
| I have considered the <b>ethical implications</b> of this actions.                           | 7   |       |     |        |    |

\* LO: Learning Outcomes.

Students must **reflect on each** of their **individual CAS activities**. For each activity, students should **consider the criterions above**.

The criterions above are linked with the **seven learning outcomes** (see CAS handbook).

The criterion "I have developed new skills", the former eighth learning outcome is added, because it is considered as an important criterion by the CAS coordinator

The reflection can be written (journals, blogs, etc.) or presented digitally or creatively (scrap books, computer presentations, interview etc.). The reflections have to be recorded in the CAS portfolio.