

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 (what is the bigger purpose/mission statement/or goal)	
List the dates and duration of your experience.	
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)

