

To get you off to a great start on your CAS (Creativity, Activity, Service) journey, we are asking for you to 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 up 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 (C, A, S)	
Description of the experience (bigger purpose/mission statement/or goal)	
Specific date(s) and durations of experience(s). For example: July 4 (4 hours) July 8 (6 hours)	
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 personal strengths were you able to identify and what did you find you could improve on during the experience? Explain.
2. Undertake new challenges and develop new skills in the process	What was challenging for you during this experience and what are the new skills you were able to develop? 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 the decisions.
4. Show 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 benefit of your collaboration?
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	Did you have to make a choice where the right answer was unclear? If so, describe the options you considered and the consequences of each as you arrived at your decision. (think/feel/decide)

