

To get you off to a great start on your CAS (Creativity, Activity, Service) journey, we are asking you to record **10 hours** of CAS this summer. Upon returning to school in August, you will be taught how to input these **EXPERIENCES** into the ManageBac® program. Please use the template below as a guide to help you choose an **EXPERIENCE** that best matches 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?**

<b>Your Name</b>	
<b>Name of experience</b>	
<b>Type of experience (C, A, S)</b>	
<b>Description <i>and</i> goal</b> (mission statement if service)	
<b>Specific date(s) and durations of experience(s). For example:</b> July 4 (4 hours) July 8 (6 hours)	
<b>Supervisor's name</b>	
<b>Supervisor's phone number</b>	
<b>Supervisor's e-mail address</b>	

**What did you learn?**

<b>Learning Outcome</b>	<b>Description of learning outcome</b>
1. Identify personal strengths <b>and</b> develop areas for growth	What personal strengths were you able to identify <b>and</b> what did you find you could improve on during the experience? Explain.
2. Undertake new challenges <b>and</b> develop new skills in the process	What was challenging for you during this experience <b>and</b> 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 and how you felt about your final decision. (think/feel/decide)

