

CAS

SELF EVALUATION FORM

NAME _____

EXPERIENCE _____

DATE(S) _____

Name of the supervisor:

No. of hours: Creativity: _____ Activity: _____ Service: _____ Total: _____

BRIEF DESCRIPTION OF THE EXPERIENCE

Was it a worthwhile experience?	No	Little	Yes	A lot
Have you, through this experience, developed as a person?	No	Little	Yes	A lot
To which extent have you met the CAS learning outcomes? Please tick the appropriate box for each of them:				
<input type="radio"/> <i>I increased my awareness of my strengths and areas for growth.</i>	No	Little	Yes	A lot
<input type="radio"/> <i>I have undertaken new challenges.</i>	No	Little	Yes	A lot
<input type="radio"/> <i>I planned and initiated actions.</i>	No	Little	Yes	A lot
<input type="radio"/> <i>I worked collaboratively with others.</i>	No	Little	Yes	A lot
<input type="radio"/> <i>I showed perseverance and commitment.</i>	No	Little	Yes	A lot
<input type="radio"/> <i>I was engaged with issues of global importance.</i>	No	Little	Yes	A lot
<input type="radio"/> <i>I considered the ethical implications of my actions.</i>	No	Little	Yes	A lot

Please describe below, providing relevant examples:

- How you worked collaboratively with others
- When and how you showed perseverance and commitment
- Which new skills you have developed
- What you would do differently if you engaged in a similar project now
- Which new challenges would you now want to consider as a consequence of your participating in this activity

