

GLENFOREST SECONDARY SCHOOL
International Baccalaureate

CAS: activity/project description, approval and self evaluation form

CAS Mentor: _____

Graduating Year: _____

SCHOOL CODE: 2203

SCHOOL NAME: Glenforest S.S.

The following questions should be addressed as you begin, during and at the end of each activity/project. These are guiding questions. Candidates can either answer on this form or write a reflective, continuous text incorporating responses to these questions. Type the information or write legibly using black ink. Candidates must fully explain their activity/project, who is involved, where it takes place, # of hours in each CAS area, etc. **Use this form to conference with CAS mentor to get approval before proceeding with activity/project.** Supervisor information and contact # required for approval. Document all hours on the log sheet.

CANDIDATE PROPOSAL

CANDIDATE NAME: _____

CANDIDATE #: _____

NAME OF ACTIVITY/PROJECT _____

APPROX # OF HOURS _____

TYPE OF HOURS: _____

1. Summarize what you plan to do in this activity/project.

2. Identify in Column A which of the 8 learning outcomes you hope to accomplish through this activity/project. When the activity is complete use Column B to mark those that were accomplished.

A

B

___	increased awareness of strengths and areas for growth	___
___	undertaking new challenges	___
___	planned and initiated activities	___
___	worked collaboratively with others	___
___	demonstrated perseverance and commitment	___
___	engaged with issues of global importance	___
___	considered the ethical implications of their actions	___
___	developed new skills	___

Candidate's Signature: _____

Date: _____

Activity supervisor's name: _____

Contact # _____

Activity supervisor's signature: _____

Mentor's Signature & date: _____

Please submit this form to the CAS mentor for approval before beginning the activity/project.

3. How successful were you in achieving your goals? What difficulties did you encounter and how did you overcome them?

4. What did you learn about your areas of strength through this activity/project? What abilities, attitudes and values (ethical implications) have you developed?

5. What areas for growth have you (or someone else) identified?

6. What was the value of this activity to you and to others?

7. How can you apply what you have learned to future activities and/or life situations?

NB If you need more space to answer any of these questions, use a separate sheet.

