

CAS: PROJECT SELF-EVALUATION FORM Candidate Name: _____

Name of Project: _____ Date the project began: _____ Date the project ended: _____

Please identify which of the ten Learner Profile attributes was related to this project (you may write more than one): _____

Total # of hours/weeks (minimum of one month required): _____

How did you address each strand of CAS?

Creativity _____

Activity _____

Service _____

Write a clear and complete critical reflection on your entire CAS Project, by answering the following nine questions. Please attach as many pages as necessary.

- Summarize what you did during this project and how you interacted with others.
- Explain what you hoped to accomplish through this project.
- How successful were you in achieving your goals? What difficulty did you encounter & how did you overcome it?
- What did you learn about yourself and others through this project?
- What abilities, attitudes, and values have you developed?
- Did anyone help you to think about your learning during this project? If so, who helped and how did they help?
- How did this project benefit others?
- What might you do differently next time to improve?
- How can you apply what you have learned in other life situations?
- How have you documented this project (Photo? Program? CD? Webpage? Journal? etc.)

Please place a check by each of the learning outcomes you achieved during this project

Learning Outcome	Achieved	Explain how the learning outcome was achieved through this project
Increased your awareness of your own strengths and areas for growth		
Undertook new challenges		
Planned and initiated activities		
Worked collaboratively with others		
Showed perseverance and commitment		
Engaged with issues of global importance		
Considered the ethical implications of your actions.		
Developed new skills.		

A pdf version of this form may be found on the West High website, in the IBDP section.

