International Baccalaureate
Form CAS/ Self-Evaluation Reflection Paragraph

Must be submitted within 2 weeks of completion of activity/ project

Directions: Complete a Reflection for every activity you perform for CAS. Depending on the value/impact of the experience, you may write a reflection of any length with a 250 word minimum. You must type the reflection. Be sure to include the information below. Include the following: A brief description of your personal participation in this activity and the extent of your involvement; how aspects of creativity, action, service were counted; how your participation has contributed to your personal development; how, where applicable, your participation has helped others.

Candidate Name: _____ Signature: _____

Name of Activity: _____ Dates of Participation _____

Hours Breakdown: Service _____; Action _____; Creativity _____ .
Local _____; National _____; International _____ .

CAS Coordinator Signature _____

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Attach photos to back or on separate sheet