

Name_____

	Aug	Sept	Oct	Checkpoint	Nov	Dec	Checkpoint
Experience				/3			/2
Strand							
Evidence				/3			/2
Relection				/1			/1

	Jan	Feb	Mar	Checkpoint	Apr	May	June
Experience				/3			
Strand							
Evidence				/3			
Relection				/1			

	July	Checkpoint	Aug	Sept	Oct	Checkpoint	CAS PROJECT
Experience		/4				/3	/1
Strand							
Evidence		/4				/3	
Relection		/1				/1	

	Nov	Dec	Checkpoint	Jan	Feb	March	April
Experience			/2				
Strand							
Evidence			/2				
Relection			/1				

CHECKPOINTS correspond with the end of the nine weeks. At every checkpoint, you should have an experience documented in ManageBac with evidence (short written entry or a picture *preferred*) for each of the months shown. ONE REFLECTION SHOULD BE COMPLETED PER NINE WEEKS.

What is a reflection?

A reflection is a piece of writing consisting of approximately TWO PARAGRAPHS in which you look back on a CAS experience and evaluate it through the lens of one of the seven Learning Outcomes.

What should a reflection look like?

While there are no specific guidelines for what a CAS reflection has to look like, a simple format for a reflection would be the following:

2-3 Sentences explaining what the experiences was

2-3 Sentences explaining the impact of the experience on yourself

4-6 Sentences explaining why your experience relates to the selected learning outcome.

Do reflections have to be written?

No actually. You could record your reflection in written, audio, or video form. Whatever works best for you.

Student Example Commitment and Perseverance Reflection

“Marching practices took place on a daily basis up until the season was cancelled due to the risk of Covid 19. There were multiple points during almost every practice that everyone wanted to give up; we were running full sets of music and marching in 95-degree weather with few water breaks. However, my commitment to persevering through some of these difficulties in turn made me a better performer. By pushing through block and marching, I strengthened my technique and playing abilities, which would not have improved if I had decided to constantly sit out during practice to avoid putting in the work necessary to put on a great show. Though our season was cut short this year, I feel as though any improvement that I experienced in this year’s marching season will most likely carry onto next season, where I can use my improvement this year to improve and grow to be even better during next marching season. Overall, I learned through this experience that I needed a progressive and persevering attitude when practicing and marching in order to be the best performer that I can be.”