

CAS Experience Reflection Form

Student Name: _____ Date Submitted: _____

Experience Title: _____

Creativity Activity Service Hours: _____ Dates of Experience: _____

When reflecting on CAS experience, please keep the following questions and suggestions in mind:

Questions to guide your reflection:

- What types of experiences did you choose and why did you choose them?
- What did you learn about the people with whom you worked?
- How have your experiences broadened your understanding of other ethnic or cultural viewpoints? A culture may include institutions, clubs, communities, etc.
- To what extent did contact with people having differing viewpoints and experiences broaden your own views?
- What did you learn about yourself through your participation in CAS experience?
- How did your reflection prior to and during the CAS experience guide you as you completed the CAS experience

Indicate the format and location of your reflection for this CAS experience. If the reflection is typed and attached, please indicate that below.

Identify the CAS Learning Objective(s) that were addressed in the CAS activity (check all that apply)

- Strengths & develop areas for growth Commitment & perseverance Ethical implications
- Challenges & skill development Worked collaboratively
- Initiated CAS experience Engagement with global issues

Supervisor Name (please print): _____

Supervisor Signature: _____

By signing this form, the sponsor above agrees with the above description and the number of hours indicated.

Supervisor Contact Information: E-mail: _____ Phone: _____

Sponsoring Organization (if any): _____