**CAS Project Form**

**As you progress through the stages of the CAS project you will fill out this form. This form should be in your CAS portfolio. When the CAS project is completed, fill out the google form for the project on CHMSIB.com**

| Name |  |
| --- | --- |
| Other group members (if applicable) |  |
| Title of project |  |
| Focus of project |  |
| For each CAS stage, describe either what has been done or what you plan to do  The CAS stages are detailed on the next page | |
| Investigation |  |
| Preparation |  |
| Action |  |
| Reflection |  |
| Demonstration |  |
| Name of organization the project is organized with or for, if applicable |  |
| Contact person at organization, contact phone and email, if applicable |  |
| Teacher or other external supervisor, if applicable |  |
| Anticipated dates of CAS project |  |

The CAS stages offer a helpful and supportive framework and continuum of process for CAS students.

The five CAS stages are as follows:

1. Investigation- Students identify their interests, skills and talents to be used in considering opportunities for CAS experiences, as well as areas for person growth and development. Students investigate what they want to do and determine the purpose for their CAS experience. In the case of service, students identify a need they want to address.

2. Preparation- Students clarify roles and responsibilities, develop a plan of actions to be taken, identify specified resources and timelines, and acquire any skills as needed to engage in the CAS experience.

3. Action- Students implement their idea of plan. This often requires decision-making and problem-solving. Students may work individually, with partners, or in groups.

4. Reflection- Students describe what happened, express feelings, generate ideas, and raise questions. Reflection can occur at ant time during CAS to further understanding, to assist with revising plans, to learn from the experience, and to make explicit connections between their growth, accomplishments, and the learning outcomes for personal awareness. Reflection may lead to new action.

5. Demonstration- Students make explicit what and how they learned and what they have accomplished, for examples, by sharing their CAS experience through their CAS portfolio or with others in an informal or formal manner. Through demonstration and communication, students solidify their understanding and evoke response from others.

