**CAS Reflections**

**September 11th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**October 11th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you checked.

|  |
| --- |
|  |

**November 11th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you checked.

|  |
| --- |
|  |

**December 11th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you checked.

|  |
| --- |
|  |

**January 11th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**February 11th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**March 11th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**April 11th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**September 12th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**October 12th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**November 12th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**December 12th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**January 12th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**February 12th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**March 12th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |

**April 12th Grade**

Give a description of your CAS experience in the box below.

|  |
| --- |
|  |

Highlight the learner outcome(s) that apply to your CAS experience.

|  |
| --- |
| Learner outcome 1: Identify own strengths and develop areas for growth  Learner outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process  Learner outcome 3: Demonstrate how to initiate and plan a CAS experience  Learner outcome 4: Show commitment to and perseverance in CAS experiences  Learner outcome 5: Demonstrate the skills and recognize the benefits of working collaboratively  Learner outcome 6: Demonstrate engagement with issues of significance  Learner outcome 7: Recognize and consider the ethics of choices and actions |

Write a paragraph detailing how you met the indicated learner outcome. Be sure to give specific examples from you CAS experience. See <https://www.chmsib.com/dp-cas.html> for descriptors of each learner outcome. NOTE: you must write a paragraph for each learner outcome you highlighted.

|  |
| --- |
|  |