

Use the following outcomes as you consider CAS activities

CAS Outcomes

As a result of their CAS experiences as a whole, including their reflections, there should be evidence that students have:

- 1) Increased awareness of their own strengths and areas for growth
- 2) Undertaken new challenges
- 3) Planned and initiated activities (may be collaborative)
- 4) Worked collaboratively with others
- 5) Shown perseverance and commitment
- 6) Engaged with issues of global importance (may be involved in international projects or global issues that can be acted upon locally, such as environment or caring for elderly)
- 7) Considered ethical implication of actions
- 8) Developed new skills

All eight outcomes must be present for a student to complete the CAS requirement. Some may be demonstrated many times, and others only rarely. Completion requires that there is some evidence for every outcome.

CAS activities should be approximately 150 hours in total, with a reasonable balance between creativity, action, and service. More than one activity may be listed in each category, but each activity needs to be pursued for a reasonable amount of time. Student goal setting and reflection is a key for each activity.