

June 9, 2016

Good Afternoon:

I hope that the summer treats you well and the first few days of school will allow you to settle in and begin the next chapter of your SA journey. One of those chapters will be the CAS (Creativity, Activity, Service) component of your diploma program. CAS begins August 2016 and will continue through March 2018. During this 18 month period, each of you are required to plan and execute a series of experiences as well as a least one service project to satisfy 7 learning outcomes. This is a chance to develop existing talents/skills as well as finding new experiences that benefit you and the community in which you live.

Prior to beginning your CAS component it is important to look at where you are and what direction you wish to travel. In order to do this, you are required to complete a self-reflective piece, describing your plans for developing a CAS program that will use your attributes to help develop growth in yourself and community. I would also suggest reviewing your CAS handbook for ideas of service.

**Using the ‘CAS Self Evaluation’ Questionnaire, please review and reflect to write a 1-3 page reflection on where you would like your CAS journey to take you. It is NOT necessary to answer all the questions; they are to be used to prompt your thought process. This reflective piece will be due September 15<sup>th</sup>, typed, double spaced, and placed in a page protector. This reflective piece should be submitted to Ms. Mews. Your Advisor will contact you to arrange a meeting for the review of this piece, your portfolio binder and your plans for CAS.**

I welcome any questions or concerns. I hope that you will take this time to think about this importance area of your diploma program.

Ms. Mews, CAS Coordinator

## SELF REVIEW

Prior to beginning your CAS program, it is important that you understand who you are, your strengths and weaknesses. CAS allows you to develop a balanced, healthy and ethical lifestyle for yourself and the community in which you live. By honing in on pre existing talents as well as challenging yourself to undertake new activities, you can make a difference in the community in which you live and learn.

Please use the questions on the following pages (20-23) to help reflect on who you are and to discover new areas in which you would like to explore in your CAS program. These questions are designed to give you some 'jumping off points' in writing a self-review reflection, due September 15, 2016. (This is NOT a question and answer format, but a reflection piece.) This reflection will be reviewed prior to starting your CAS journey with your CAS Advisor (to be assigned).

To be most helpful your reflection should focus on basic CAS areas for growth such as physical activity, artistic pursuits, social situations, personal growth, and service work, as these will give a better idea on where to focus your future CAS activities/experiences..

**Reflections will be:**

- 1-3 pages TYPED, DOUBLE SPACED
- Placed in a page protector.
- Due September 15, 2016 (A advisory meeting will be set to review your reflection, portfolio and goals for CAS with your Advisor).

Please keep all work together (including questionnaire) this work will be housed in your existing Community Service Portfolio.

**NAME:** \_\_\_\_\_ **DATE** \_\_\_\_\_

## **CAS SELF EVALUATION**

**This self evaluation form is to help guide you in planning your CAS journey. Please use these questions to help think about your strengths and weaknesses and how you see your CAS component developing between your Junior and Senior year. These questions are to be used to develop a reflective piece (1-3 pages, typed, double spaced). These questions are only to help think about where you wish to develop existing or new skills and how it these talents help you and the community in which you live.**

### **CREATIVITY:**

- 1) Are you involved in any creative or artistic endeavors (orchestra, band, yearbook, theater, and chorus?
  
  
  
  
  
  
  
  
  
  
- 2) Do you use your creativity in helping to plan events/activities?  
Explain your answers for each organization or activity.
  
  
  
  
  
  
  
  
  
  
- 3) How are you involved—as a participant or do you have a leadership role?  
What gifts or talents do you contribute? Explain your answers for each  
Organization/activity.
  
  
  
  
  
  
  
  
  
  
- 4) How committed are you to the activity? Is it a substantial, significant  
commitment?
  
  
  
  
  
  
  
  
  
  
- 5) Do you take an active role in participation? Explain your answers for each  
organization or activity.

- 6) What goals have you or will you set for yourself in terms of your performances or creative endeavors in each of these activities? Are these goals realistic and achievable?
- 7) For each of the goals, what challenges do you think you might face? What new skills or new skill levels will you develop?
- 8) Will these goals “stretch” you?
- 9) How will achieving the goals for any of the above referenced activities result in your growth?

**ACTIVITY:**

- 9) List any clubs, organizations, sports, or other teams in which you are currently involved:
- 10) How are you involved—as a participant, as an officer, do you have a leadership role?
- 11) What gifts or talents do you contribute? Explain your answers for each organization or activity.
- 12) How committed are you to the activity? Is it a substantial (of duration) commitment?
- 13) What club, organization, sports or other teams would you like to become involved in?

14) What goals have you or will you set for yourself in terms of your performance and endeavors in any of your existing and/or new endeavors?

15) Are these goals realistic and achievable?

16) For each of these goals, what challenges do you think you might face?

17) What new skills or new skill levels will you develop?

18) How will achieving the goals for any of the above referenced activities result in your growth?

### **SERVICE**

19) List community/national/global issues that concern you the most.

20) How have you currently involved yourself in these issues?

21) What issues would you like to learn more about?

22) Consider all your current responsibilities. How much time can you realistically commit to service on these issues?

23)What skill(s) would you like to develop or learn in your service endeavor?

24)How do you anticipate “stretching” yourself in your service endeavor?

25)What challenges do you think you might encounter?

**GENERAL REFLECTIVE QUESTIONS:**

26)Do you want to work directly with people? If yes, would you prefer to work with children, adults, or the elderly?

27)What is your greatest accomplishment so far? How has this affected your life?  
What did you learn from it?

28)What are you really good at?

29) Name one skill you have always wanted to develop in your life but that you haven't yet.

30) Name one activity that you would like to try but that you haven't yet. Why would you like to try this?

31) Name a person you admire right now. What qualities does this person have that you don't?

32) Describe the kind of person you think you will be after graduation.