

# A student checklist for CAS

<b>Creativity</b>	<b>Activity</b>	<b>Service</b>
Exploring and extending ideas leading to an original or interpretive product or performance	Physical exertion contributing to a healthy lifestyle	Collaborative and reciprocal community engagement in response to an authentic need

<b>My CAS programme</b>	<b>Y/N?</b>	<b>Notes</b>	<b>Date</b>
Evidence of planning of a CAS programme			
Regular commitment over at least 18 months to CAS			
Understanding and ability to use the CAS stages when planning CAS experiences			
Balance between creativity, activity and service			
At least one planned project undertaken over at least one month			
Evidence of achieving all seven learning outcomes			
<ul style="list-style-type: none"> <li>Evidence of identification of strengths and areas for personal growth (LO1)</li> </ul>			
<ul style="list-style-type: none"> <li>Evidence of undertaking new challenges and developing new skills in the process (LO2)</li> </ul>			
<ul style="list-style-type: none"> <li>Evidence of initiating and planning a CAS experience (LO3)</li> </ul>			
<ul style="list-style-type: none"> <li>Evidence of commitment and perseverance in CAS experiences (LO4)</li> </ul>			
<ul style="list-style-type: none"> <li>Evidence of demonstrating the skills and recognizing the benefits of working collaboratively (LO5)</li> </ul>			
<ul style="list-style-type: none"> <li>Evidence of engagement with issues of global significance (LO6)</li> </ul>			
<ul style="list-style-type: none"> <li>Evidence of recognising and considering the ethics of choices and actions (LO7)</li> </ul>			
Reflections completed on significant CAS experiences			
Supervisor reports supplied where necessary			
CAS interview 1 completed			
CAS Interview 2 completed			
CAS Interview 3 completed			
<b>CAS portfolio completed</b>			