**Instructions for CAS Check in Form (Fall & Spring)**

1. Log into your Managebac account
2. On the “CAS Check In” form (mrskleinberger.weebly.com/cas) list the number of CAS Experiences you have
3. On the form, check off for each experience if you have: 1. a reflection and 2. evidence (can be a photo, website, link, document, etc.).
4. Take a screenshot of the Learning Outcomes progress bar on the lower right hand side of the page and include on the form. EX:



1. CAS Project: On the form, explain your project idea (if you have already completed your project, leave this part blank):
	1. What is your project? Be specific.
	2. Is your project being done individually or as a group?
	3. Which strand(s) does your project satisfy?
	4. How does/will it satisfy the CAS Stages:
		1. Investigation (identifying interests, skills and talents, and areas for personal growth and development)
		2. Preparation (determining roles, responsibilities, necessary resources, and an action plan)
		3. Action (implementation of the idea or plan to meet the CAS project)
		4. Reflection (describing what happened, expressing feelings, formulating ideas, and making connections)
		5. Demonstration (make it clearly known what was learned and accomplished)
	5. How will your project span one month or more?

CAS Check In Form

Name:

**CAS Experiences – you may add rows to the table if necessary**

|  |  |  |
| --- | --- | --- |
| Experience “Title” | Reflection | Evidence |
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|  |  |  |
|  |  |  |
|  |  |  |

**List how many experiences are:**

Creativity \_\_\_\_\_\_\_\_\_

Activity \_\_\_\_\_\_\_\_\_

Service \_\_\_\_\_\_\_\_\_

**Screen Shot of Learning outcomes** {insert here}

**CAS Project Questions**:

a.

b.

c.

d. (respond in one paragraph)

e.