

CAS Outcomes

1	Identify own strengths and develop areas for growth	<p>You could reflect on:</p> <ul style="list-style-type: none"> • awareness of your own strengths and weaknesses • your openness to improvement and growth opportunities • your ability to propose activities according to your own interests and talents • your willingness to participate in different activities • how you are able to undertake a thoughtful self-evaluation • how you see yourself as an individual with various abilities and skills, some more developed than others.
2	Demonstrate that challenges have been undertaken, developing new skills in the process	<p>You could reflect on:</p> <ul style="list-style-type: none"> • how you participated in an experience that demanded an appropriate personal challenge; this could be with new or familiar experiences • how you were willing to become involved in unfamiliar environments and situations • new skills and abilities you acquired • whether you increased expertise in an established area • how you showed newly acquired or developed skills or increased expertise in an established area.
3	Demonstrate how to initiate and plan a CAS experience	<p>You could reflect on:</p> <ul style="list-style-type: none"> • articulating the CAS stages including investigation, preparation, action, reflection (ongoing) and demonstration, moving from conceiving an idea to carrying out a plan for a CAS experience or series of CAS experiences • how you demonstrated knowledge and awareness by building on a previous CAS experience • how you showed initiative by launching a new idea or process • suggestions you had for creative ideas, proposals or solutions • how you integrated reflective thoughts in your planning or when you took initiative • your awareness of roles and responsibilities when you designed an individual or collective CAS experience • how you showed a responsible attitude to CAS project planning • how you are able to develop a coherent action plan, taking into account the aim or purpose, activities and resources.
4	Show commitment to and perseverance in CAS experiences	<p>You could reflect on:</p> <ul style="list-style-type: none"> • how you demonstrated regular involvement and active engagement with your CAS experiences or CAS project • when you were able to foresee potential challenges to the initial plan and how you considered valid alternatives and contingencies • how you demonstrated adaptability to uncertainties and changes • your involvement in long-term CAS experiences and the CAS project.
5	Demonstrate the skills and recognize the benefits of working collaboratively	<p>You could reflect on:</p> <ul style="list-style-type: none"> • how you shared skills and knowledge • when you listened respectfully to proposals from peers • how you are willing to take on different roles within a team • the way you showed respect for different points of view and ideas • when you made valuable contributions to group discussions and decisions • when you demonstrated responsibility when participating in the group • how you readily assisted other group members • how you are able to identify, demonstrate and discuss critically the benefits and challenges of collaboration gained through CAS experiences.
6	Demonstrate engagement with issues of global significance	<p>You could reflect on:</p> <ul style="list-style-type: none"> • how you recognize the global implications of local issues • when you were able to identify global issues in the local or national community • how you showed awareness of issues of global importance and took concrete and appropriate actions in response to them either locally, nationally or internationally • how you got involved in other CAS projects addressing global issues in a local, national or international context • how you developed awareness and responsibility towards a shared humanity.
7	Recognize and consider the ethics of choices and actions	<p>You could reflect on:</p> <ul style="list-style-type: none"> • when you recognized ethical issues in your experiences • how you are able to explain the social influences on one's ethical identity • when you took into account cultural context when making a plan or ethical decision • how you can identify what is needed to know in order to make an ethical decision • your articulation of ethical principles and approaches to ethical decisions • how you show accountability for choices and actions • how you are aware of the consequences of choices and actions regarding yourself, others involved and the community • how you integrate the process of reflection when facing an ethical decision • how you show awareness of the potential and varied consequences of choices and actions in planning and carrying out CAS experiences.