

CAS activity self-evaluation form

Candidate name and class:

Date:

Type of activity:

Number of hours: (include whether C, A or S)

1. Summarise what you did in this activity and how you interacted with others

2. Explain what you hoped to accomplish through this activity

3. How successful were you in achieving your goals? What difficulties did you encounter and how did you overcome them?

4. What did you learn about yourself and others through this activity/project?
What abilities, attitudes and values have you developed?

5. Did anyone help you to think about your learning during this activity/project?
If so, who helped and how did they help?

6. How did this activity/project benefit others?

7. What might you do differently next time to improve?

8. How can you apply what you have learned in other life situations?

Candidate's signature.....date.....

To be completed by the activity/project leader

Punctuality and attendance:.....

Effort and commitment:.....

Further comments:.....

The activity/project was (circle the desired response)

satisfactorily completed

not satisfactorily completed

Activity leader's name:

Activity leader's signature:

Further comments (if any)