

Guiding Questions for CAS: Another way of thinking about your experiences

Understanding and commitment toward an experience

- ✓ Can I clearly describe the experience?
- ✓ What, in my mind, qualifies this experience as creative, activity or service?
- ✓ Was this experience presented to me or did I actively seek it out?
- ✓ Have I thoughtfully considered the experience?
- ✓ Can I specify my involvement in this experience?
- ✓ How do I plan to measure or evaluate this experience?
- ✓ What can I reflect on about myself during this experience?
- ✓ I know the adult who will attest to my participation in this experience. Can I give that person's title, phone number and e-mail address prior to beginning the experience? This requires pre-planning on my part.
- ✓ Will I receive school credit or monetary compensation for the experience?

Challenge

- ✓ Is the experience a new role for me? (What am I doing that's different?)
- ✓ Is it a real task that I am going to undertake?
- ✓ By taking on this experience am I feeling outside of my comfort zone? (If yes, that's good!)
- ✓ If I don't feel outside of my comfort zone, why not? How is this experience a challenge then?
- ✓ Am I taking an active role in the experience or is it passive in nature?
- ✓ Does the experience attempt to combine creativity, activity and service?

Opportunities for service and benefit to others

- ✓ Does it have real consequences for other people and for me?
- ✓ How can this experience benefit other people?
- ✓ Will this experience benefit the school community?
- ✓ Does experience establish links within the Kitsap and international communities?

Acquisition of skills and interests rather than practicing those already acquired

- ✓ Can I clearly state what I hope to learn about myself during this experience?
- ✓ Can I clearly state those skills and proficiencies that I plan to achieve through my participation in this experience?
- ✓ How will I physically and/or intellectually grow as a result of this experience?

Initiation and planning by students

- ✓ Is this experience partly or fully being planned by me or is it entirely planned by adults