

Fill in the following for planning a CAS project or a service experience. This should also be used for other long term experiences. It does not need to be used for EVERY experience but it is excellent evidence for your CAS portfolio. When you have completed the form download it as a PDF and upload it under reflections and evidence for the relevant experience. Please note that this is a view only document - you need to make a copy so that you can edit it.

CAS Experience Pre-Season Training with Jr. Football Teams

1. Investigation:

What do you want to do?

What is the purpose of this experience?

What need in the community are you going to address (service only).

We are supplying the demand for football practices during the week / after school.

Please see your CAS coordinator for approval before moving on to step 2.

2. Preparation:

What roles and responsibilities will you or others take?

What plan of action do you have? Make a timeline

What resources do you need? Do you need to put in a request to the CAS coordinator?

What skills do you need to acquire in order to engage in this experience?

3. Action:

4. Reflection: (this can occur at any point of the experience - you do not need to wait until the end)

Describe what happened.

What feelings did you experience?

What problems did you encounter? As a team we have faced different problems. The main problem was finding a time schedule which the students (coaches and players) could meet.

What did you learn from this experience?

How did this experience reflect your personal ideas and values?

In what way did this experience challenge you to think differently about yourself or others?

How did you feel about the challenges?

What would you do differently if you did this again?

What is the connection between this experience and the learning outcomes you chose?

5. Demonstration

How did you demonstrate what and how you have learned and accomplished?

Did you share your CAS experience through your CAS portfolio or with others in an informal or formal manner?

Upload evidence of the demonstration under 'reflections and evidence' on MB - it can be film, pictures, audio recordings, etc.