



CAS FORMS

CAS Log

The CAS log must be filled out for each different activity undertaken. For example, if you are going to do work at the Zoo, you would use the same CAS log form each time you go to the Zoo. If you then decide to volunteer at the hospital, you would need to use a new CAS log form to record the hours you spend at the hospital.

** Students who are on sports team and plan to use practice or game hours for active hours must turn in a new CAS form log monthly.

** Note that there is a portion that must be completed by your activity supervisor. This must be filled out completely before it is turned in to the CAS Coordinator.

CAS Activity/Project Self-evaluation Form

This form is to be filled out and turned in upon the completion of an activity. It only needs to be filled out one time for each separate activity that you do. For example, if you complete 100 hours at the Zoo, you need to fill out the Activity/Project self-evaluation form after completing the 100 hours, not after each individual time you volunteer at the zoo.

CAS Final Summary (seniors only)

One set of these forms will be completed and turned in before winter break of your senior year. Be sure to address the CAS activities undertaken in your final summary essay.

CAS Deadline

All 150 CAS hours must be completed and all CAS forms must be turned in prior to the winter break of your senior year.

CAS forms can be found on the Paxon school website www.duvalschools.org/psas under the guidance link

CAS: activity/project self-evaluation form

Candidate Name: _____ Year of Graduation _____

Name of Activity: _____

Date Activity Began: _____ Date Activity Ended: _____

Total # of Hours _____ How many of these hours were creativity _____ action _____ service _____?

What did you do during this activity? _____

Place a check (✓) next to the outcome that you achieved during this activity and use the next column to explain how this learning outcome was achieved. (Not all learning outcome will be achieved for each activity)

Learning Outcome	Achieved	Explain how the learning outcome was achieved through this activity.
Increased awareness of Strengths and Areas for Growth		
Undertaken New Challenges		
Planned and Initiated New Activities		
Worked Collaboratively with Others		
Shown Perseverance and Commitment in their Activities		
Engaged with Issues of Global Importance		
Considered the Ethical Implications of their Actions		
Developed New Skills		

Candidate's Signature: _____
 Parent's Signature: _____

Date: _____
 Date: _____



International[®]
Baccalaureate

CAS/AEF

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 Project Leader's Name

Activity Project Leader's Signature

Date

