

CAS PROJECT (Long Term) – Addressing the Five CAS Stages:

What are they and how do you document them?

1. Investigation: (Answer this in the appropriate box in the “CAS Questions” tab in ManageBac)

Guiding questions:

- How did you find out about this activity and decide to pursue it?
- Who is supervising you?
- Is it safe?
- If this is for service hours, what is the social issue?
- What goals do you have for completing this activity?

2. Preparation: (Answer this in the appropriate box in the “CAS Questions” tab in ManageBac)

Guiding questions:

- Do I need to do anything before starting? Fill out an application? Complete an interview?
- Do I need any special equipment, supplies, or materials?
- How will this fit in to my schedule?
- How will I get there?

3. Action: The experience itself. No explanation or additional work/documentation is needed.

4. Reflection: Everything else you’re doing in ManageBac, including the CAS questions and the “Reflections and Evidence” tab. Complete those pieces and no additional documentation is needed.

5. Demonstration: Sharing their CAS experience with others in an informal or formal manner.

“Others” are **NOT:**

- Mrs. P via ManageBac
- YOURSELF. (*I mean...Seriously?*)
- Other peers or leaders you did the activity with (Teammates, coaches, other participants, etc...)

The goal is to make your participation in this CAS activity PUBLIC with an aim of evoking a response from others. Here are some examples. Choose any ONE.

- Post a picture on your social media account and screenshot the post. And upload the screenshot in the “Reflections and Evidence” tab in ManageBac.

DON'T Just share this:



I want this:



(Twitter, Facebook, and Tumblr work too.)

- Share your CAS experience by giving an informal presentation in JA with underclassmen, and write about the experience. Write about this experience as a journal entry in the “Reflections and Evidence” Tab in ManageBac.
- Share your CAS experience on a personal website or blog and link the post entry in the “Reflections and Evidence” Tab in ManageBac.
- There are tons of others, but these are easy ones to get started with!