

This form must be completed at the end of each experience in black ink.

CANDIDATE NAME: _____

SUPERVISOR NAME: _____

CAS Experience: _____

LEARNING OUTCOMES ACHIEVED: _____

Reflect on the following questions in the space provided:

*Give a brief outline of the experience mentioning your interaction with others and how others benefitted through this experience .

*Explain What you learned through this experience and mention if anyone helped you think about your learning through this experience .

*What obstacles did you face and how did you overcome them?

*What did you learn about yourself and how can you apply that in other real life situations?

*What advice would you give to your peers to run the same experience?

To be completed by the Supervisor

Punctuality and attendance: _____

Effort and commitment: _____

The experience was satisfactorily completed /not satisfactorily completed Date

Supervisor's Name:

Supervisor's Signature:

Candidate Signature:

Date: