



**International Baccalaureate**  
**Form CAS/AEF**  
**CAS: activity/project self evaluation form**

**SUBMIT TO: ACTIVITY/PROJECT LEADER**

SCHOOL NUMBER: 003282

SCHOOL NAME: \_\_\_\_\_

The following questions should be addressed at the end of each activity/project. These are guiding questions. Candidates can either answer on this form or write a reflective, continuous text incorporating responses to these questions. Type the information or write legibly using black ink.

**CANDIDATE SELF-EVALUATION**

CANDIDATE NAME: \_\_\_\_\_

CANDIDATE SESSION NUMBER: 00

NAME OF ACTIVITY/PROJECT: \_\_\_\_\_ NO. OF HOURS: \_\_\_\_\_

Hours: \_\_\_\_\_ Creativity \_\_\_\_\_ Action \_\_\_\_\_ Service \_\_\_\_\_

1. Summarize what you did in this activity/project and how you interacted with others.
2. Explain what you hoped to accomplish through this activity/project.
3. How successful were you in achieving your goals? What difficulties did you encounter and how did you overcome them?
4. What did you learn about yourself and others through this activity/project? What abilities, attitudes and values have you developed?

5. Did anyone help you to think about your learning during this activity/project? If so, who helped and how did they help?

6. How did this activity/project benefit others? Who benefited?

7. What might you do differently next time to improve the experience?

8. How can you apply what you have learned in other life situations?

Candidate's signature: \_\_\_\_\_ Date: \_\_\_\_\_

**To be completed by the activity/project leader:**

Punctuality and attendance: \_\_\_\_\_

Effort and commitment: \_\_\_\_\_

Further comments: \_\_\_\_\_

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The activity/project was (circle a response):

Satisfactorily completed

Not satisfactorily completed

Activity/project leader's name: \_\_\_\_\_

Activity/project leader's signature: \_\_\_\_\_

**THIS FORM MUST BE SUBMITTED TO THE CAS COORDINATOR BEFORE YOU WILL BE GIVEN CREDIT FOR THIS ACTIVITY.**