



Name: House:

Completion Criteria in the CAS Learning Summary

Looking at records of the few members of the Upper 6th who have started to complete this section of your records, I think that I need to remind you of what you were told in respect of this when you were given the new books last January:

- The 8 Completion Criteria have to be completed across the whole of your CAS.
- Some you will do in every activity, some you may only do in one, but that is OK.
- **I have to check that each Completion Criteria is covered to be able to sign that your CAS is complete.**
- The evidence for fulfilling each criteria **must** be shown in what you have written in your activity records. The sections that ask 'What is the evidence for this?' are to identify where in your record such evidence can be found.
- The following is a reminder of what is required for each:

How have I increased my awareness of my own strengths and limitations?

When you write about what you have learnt about yourself, you will soon be aware for what you are good at and what you find difficult.

What new challenges have I undertaken?

All CAS activities should be a challenge for you because even if you have done something before, you should be able to show how you have improved your skills at it, however, some activities should be completely new for you.

What projects have I planned and initiated?

Many activities will be organized by others, but for at least one, you must be the leader, organizing it, making it happen, and involving others in doing so.

In what ways have I collaborated with others?

You have to show that you can work as part of a team, whether in sport or some activity such as a play or band, etc. Just solo activities are not sufficient.

What Activities required significant perseverance and commitment?

Some activities you may only do for 5-6 hours. Some you need to do for 30+ hours to show that you can do something and stick to it.

In what ways have I engaged with activities of global importance?

This requires that at least one activity gets you involved in something that takes you beyond the familiarity of your home and school culture, though some things that happen at school can be included. It requires you to engage with cultures other than your own or to engage in activities focused on issues with a global perspective, eg: learning about other cultures through the Literary Society, especially their international evenings; learning a new language; getting involved in organizations focused on international development, environmental issues, etc.

In what ways have I considered the ethical implications of my actions?

You must show in at least one relevant activity that you have thought about what is right and wrong, what is good and bad about what you are/have been doing.

In what ways have I developed new skills?

If you are taking on new challenges, then you will be developing new skills. What are they?