**LHS 9th Grade Honors CAS Hours**

**(Creativity, Activity, Service)**

First of all, ***please do not stress over this at all***. All we want to see here at Lakewood High School is that you are making the most of your high school experience by being involved with extra-curricular activities both at school and at home.

Your CAS Reflection should be between 2-3 pages. It is entirely up to you if you want it double-spaced.

The goal is that you have made an attempt at meeting all **SEVEN (7)** of the learning outcomes. The seven learning outcomes are attached on this handout. Please reflect on your experience(s) in reaching each of these outcomes. Even if you have not reached all seven, it might be a good idea to discuss *HOW* you intend on meeting these in the future.

**For information on a sample reflection entry, please refer to the sample reflection on the right.**

Keep in mind that you need to have at least **FIVE (5)** artifacts. Please take pictures of these artifacts and imbed them into your reflection document.

CAS Hours Reflection is due: **Tuesday, May 2, 2017** in English 9 Honors.