



CAS Reflection (Sample)

Student Name:	BTHS Student
Name of Activity:	Cross Country
Total # of hours (categorize hours by C, A and/or S strand):	30 Action
Have you submitted your Supervisor Evaluation or alternative evidence? (answer yes/no)	Yes

Part I: Activity Description

Summarize your activity/project, answering who, what, when, where and why. (a) What roles/tasks did you perform? (b) How does the activity reflect Creativity, Action, or Service? (c) How did you interact with others? (d) If your activity involved no interaction, explain why it needed to be a solitary activity.

I was a 5k runner on my high school's cross country team from sophomore to senior year (3 years). I have accumulated well over 30 hours through practices and meets. The sport requires daily commitment. Running is one of the most strenuous physical activities that involves both cardio and strength. For self-improvement and personal health goals, I have consistently run 3 miles a day, at least five days a week, for ten weeks over a period of three years, totaling 450 miles run in MHS XC alone (doesn't count track or middle school running). Although cross-country is an individual sport, it involves team effort and a strategy known as pack running in order to beat the other team.

Part II: Progress Towards Learning Outcomes

Place an "X" next to the Learning Outcomes that you achieved through this activity. Provide an explanation and evidence for each outcome achieved.

Learning Outcome	Achieved	Explanation/Evidence
Increase awareness of strengths and areas for growth	X	I became aware of my physical limitations by getting injured this past fall. I also became aware of my speed improvement capabilities by breaking my own personal best times.
Undertake a new challenge	X	Challenge: run a cross-country meet ten minutes after badly rolling an ankle.

Plan and initiate activities	X	I willfully participated and committed to cross-country throughout middle school AND high school.
Work collaboratively with others	X	Despite being an individual sport, this still requires pack running and motivation of others.
Show perseverance and commitment	X	Again, I participated for six years. That's commitment.
Engage with issues of global importance		
Consider ethical implications of actions		
Develop new skills	X	At one point in my peak, I was able to do 400 good crunches in one sitting without getting tired.

Part III: Self-Reflection

Using the guidelines provided in the Reflection section of the CAS Handbook, develop a cohesive, meaningful and unique reflection. If you are reflecting on this activity using a non-written/alternative format, provide a link or instructions on how to access your reflection.

My personal involvement in this activity was to contribute to the team as a runner. The main task besides effort was consistent participation. I was expected to be prompt and on time to practice every day. This helped me with punctuality issues I've always struggled with: oftentimes I leave the house when I'm already supposed to be somewhere. However, cross-country made me realize that there is no excuse for lateness and everything I do should be on time. Besides gaining the skill of promptness, I also gained a great deal of physical strength, stamina, speed, and endurance and was able to gain muscle and run faster times with each passing season. Running is both frustrating and joyful, but the most apparent feeling I get from running is one of power. I feel in control of my legs and my abilities whenever I finish a race with a personal best time and have successfully pushed myself and prevented myself from walking any part of the course.

My perspective of running has changed since beginning to run. Specifically this season, I gained insight by realizing that running is more mental than physical. Why run if it's not significant to you? This is not an appropriate activity to fulfill an extra-curricular requirement with. It is extremely painstaking, and if your heart's not in it, it will be a miserable experience. This is why I believed I loved running so much. I was completely dedicated to self-improvement. I didn't do it because my friends were doing it, or because I wanted to fill up my resume. I did it because I enjoyed the burn in my legs. I know I want to continue running in college, perhaps not as competitively (varsity), but for enjoyment and personal improvement (such as intramural cross-country). I believe I was very successful in personal improvement through this activity and gained a lot more self-confidence by staying in shape.

One particular setback that stands out to me is “the bowl” at Holmdel Park. Even when I was extremely determined and pushed myself as hard as possible to run up this 200-meter steep incline, sometimes my legs and my lungs weren’t up for it and I involuntarily would start walking. Whenever this happened, I would console myself by saying that I must do the best I can do and that sometimes there will be bad days.

During this activity, I noticed the grass and passing roots: one must be extremely aware of one’s surroundings when running on an uneven course. This is what makes cross-country so much more difficult than track. In track, you can “zone out” and let your feet do all the work. Before you know it, your sprint is done. With cross-country, you must be aware of your surroundings. All. Three. Miles. I’ve learned this lesson the hard way by witnessing other people sprained knees and experiencing a twisted ankle firsthand.

Before meets, I used to feel nervous. That is another way I have changed since completion of this activity: confidence. I used to worry about not doing well. But then one day I realized that no matter my performance, as long as I did my best that day, that was all the team could ask of me. At subsequent meets my heart wouldn’t pound and I wouldn’t be dizzy anymore. Gaining confidence likely improved my performance further!

After meets, I know I’ve done things right if I feel absolutely exhausted. I need to feel mentally and physically drained or I’m unsatisfied with my performance. The last 200 meters need to be an all-out sprint of all the energy I’ve got left. Once I cross that finish line, cue heavy breathing, reddening face, tired legs. Despite my exhaustion, I always stick around to cheer on the rest of my teammates, friends or not.

This activity impacted me in that I gained physical abilities I could never dream of having. I learned a lot about the difference between passion and getting it over with. I believe I can apply what I’ve learned in cross-country to other life situations because whatever I do, I want it to be as enjoyable as possible and put my best effort into it in order to get the best results possible. If I were to run cross-country for another year, I wouldn’t change anything about my effort. I ran my absolute best and I’m satisfied with it. The only thing I might change is that I shouldn’t have run ten minutes after spraining an ankle. That probably threw off my recovery time a bit. Still worth it! But now my ankle is all ouch. Still. It was an amazing experience and I’m proud to call myself a cross-country runner and a repeated conqueror of Holmdel Park.