

## Class of 2021 CAS Plan

**You must find a CAS adviser before school ends, and complete this packet for the first day of school in the fall.  
This will be your first graded assignment for IB Seminar.**

Name \_\_\_\_\_ E-mail \_\_\_\_\_

CAS Adviser Name \_\_\_\_\_

Signature of CAS Adviser \_\_\_\_\_ Date \_\_\_\_\_

1. List the subjects you like most in school.
2. List activities in which you participate regularly (sports, music, drama, etc.)
3. State your current career interests.
4. List community/national/global problems that concern/interest you the most.
5. What would you like to learn more about?
6. Consider all of your current responsibilities. How much time do you realistically have to commit to CAS activities each week?
7. What skills do you have that you can use in volunteer work?
8. What days/times are most convenient for you, in terms of scheduling CAS experiences?
9. Do you want to work directly with people? If yes, would you prefer to work with children, adults, or the elderly?
10. How long do you plan to carry out your commitment – three months, six months, one year, beyond?

## GETTING STARTED – CHECKLIST

The following checklist should help you get started on your CAS journey. Sign your name in each box when you are sure that you fully understand each requirement.

	Sign your name	Date
<b>I have carefully read through the information contained in the CAS handbook and I fully understand the CAS requirements.</b>		
<b>I know who the CAS coordinator is and where the office is.</b>		
<b>I know that I can always discuss CAS issues and concerns with my CAS coordinator or my CAS adviser.</b>		
<b>I am responsible for keeping my CAS materials organized and documenting my CAS experiences/meetings.</b>		
<b>I am aware of the two-year CAS timetable and I will follow it.</b>		
<b>I must have my own, personal CAS plan for two years.</b>		
<b>I know that I must maintain a balance among Creativity, Activity and Service.</b>		
<b>My parents/guardians are informed about the CAS program and its requirements.</b>		
<b>I will set myself goals for each activity and I will reflect carefully on each activity I undertake.</b>		
<b>I will keep all the written records, photos, websites, etc. that are related to my experiences, and upload all evidence to Managebac at regular intervals.</b>		
<b>I understand that I will need to meet with my CAS adviser at least three times during my two years in the program to discuss my progress.</b>		
<b>I understand how to get help if I need it.</b>		
<b>I clearly understand that in order to successfully complete my IB Diploma requirements, I must complete my CAS program in a satisfactory and timely way. This is my responsibility, not my CAS adviser's.</b>		

**CHECKED BY THE CAS COORDINATOR (LACY):** \_\_\_\_\_

**DATE:** \_\_\_\_\_

# THE PLAN

Your plan will likely shift over time as you reflect on your activities and your interests and preferences change. This plan, therefore, is not set in stone, but it is a good place to begin.

Which activities will be get involved in? (You can place an activity in more than one box).

	Activity description	Date (month/year)	Approx. duration (in hours)
A group activity where you will collaborate with others			
An activity that combines two different types of experiences: creativity, activity, or service			
An activity that will be a challenge for you			
An activity through which you will learn a new skill			
Involvement with an issue of global importance (either locally, nationally, or internationally)			
An activity that will continue through your two years in the program			
An activity/project that you will initiate and carry out with help from others.			

Which activities will be based at school?

Which activities are further away from school but still in the local area (Tualatin, Tigard, etc.)?

List all of your planned activities from the previous pages in the appropriate columns. There must be at least two in each category. There is no maximum number of activities in any category, and it is expected that students may have one area in which they excel and focus their efforts.

CREATIVITY	ACTIVITY	SERVICE

**Reflect on your plan.** Do you have any questions, comments, concerns? Where do you see problems arising? What will you need to make your activities happen?

\_\_\_\_\_  
Student's signature

Date: \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian's signature

Date: \_\_\_\_\_

\_\_\_\_\_  
CAS Coordinator's signature (LACY)

Date: \_\_\_\_\_