

CAS Requirements for Class of 2010 IB Students: **DUE December 11, 2008**

1. Create records of the CAS activities **you have already completed** using the format that follows. *Be mindful of the CAS Learning Outcomes.*
 - Name of CAS Activity
 - Date(s) and approximate number of hours for CAS Activity
 - Identification of the elements of **Creativity**, **Action**, and/or **Service**
 - A paragraph description of the activity: What did you do? Where did you do it? Who did you work with? Did you have specific expectations? What were they?
 - Your reflections on the activity: Was the activity what you expected? What were the *outcomes* for you, any you were working with, and any others? What was the value of the activity? If your documentation is other than in writing, describe what it is and turn in with activity record.

2. For each CAS activity **you are planning to complete by March 6, 2009**, create records using the format that follows. *Again, be mindful of the CAS Learning Outcomes.*
 - Identifying Name of CAS Activity
 - Identification of the elements of **Creativity**, **Action**, and/or **Service**
 - A Plan of Action for the activity: What are your goals? What will you do? How will you do it? When will you do it? Who else will be involved? How much time do you anticipate it taking? What form(s) of reflection will you use?

3. Generate 1-3 ideas for a **long-term activity** that combines at least 2 of the elements (**Creativity**, **Action**, and/or **Service**).

