Name: Click here to enter text.

This sheet is to be handed in by Sept. 30, 2014

Are you ready to tackle CAS?

“A goal without a plan is just a wish!”

*- Antoine de Saint-Exupery*

Please give some serious thought to what your CAS activities are going to look like. Planning is a critical step in being successful in any endeavor but for CAS, it is paramount. PROCRASTINATION IS NOT YOUR FRIEND! So, take some time to think about where you want your CAS efforts to be spent. **This preliminary planning sheet is to be included in your final reporting package as it will be an excellent tool to use for reflection purposes down the road.**



CAS – It really is all about you!

Please answer the following questions to provide your CAS advisors with a bit of insight as to who you are so we can better guide you down your CAS path.

1. What was one of your greatest accomplishments? What did you learn from it?

Click here to enter text.

2. What are you really good at? *(Everyone is good at something. Ask a friend to help you with this if you need to. Sometimes they know you better than you know yourself!)*

Click here to enter text.

3. What interests do you have outside of school?

Click here to enter text.

4. Name one activity that you have always wanted to try but never have. What is it about this activity that intrigues you?

Click here to enter text.

5. Name a person you admire. What qualities does this person have that has earned this admiration?

Click here to enter text.

6. Think about some activities you may already be bantering about in your mind. In the chart below, provide a brief description of these activities, explain what you hope to accomplish by making them happen and check the learning outcomes that you feel will be addressed as you carry them out.

|  |  |  |
| --- | --- | --- |
| Project Proposals/Descriptions | Goal | Learning Outcomes Addressed |
| Click here to enter text. | Click here to enter text. | increased awareness of strengths and areas for growth  undertaken new challenges  planned and initiated activities  worked collaboratively with others  perseverance and commitment shown  engaged with issues of global importance  considered the ethical implications of their actions  developed new skills |
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