

**Your CAS Experiences Planning
Document - Part 1**

Name: _____

Your plan will likely adapt over time as you reflect on your experiences and your interests. This plan, therefore is not set in stone, but is an excellent place to start. Which CAS **experiences** will you get involved in? (You can place an experience in more than one box).

	Experience Description	Date (month/year)	Approximate duration (in weeks/months)
An experience that increases aware of your own strengths and areas for growth.			
An experience that will be a new challenge for you, where you develop new skills.			
An experience that you plan and initiate.			
An experience where you work collaboratively with others.			
An experience of duration that shows your commitment and perseverance.			
An experience that involves you with international projects (either locally, nationally, or internationally).			
An experience that allows you to consider the ethical implications of your actions.			
A long-term group project that combines two of creativity, activity or service.			

***This form will be due October in the first semester of your Junior Year.
A pdf version of this form may be found on the West High website, in the IBDP section.***

Your CAS Experiences Planning Document – Part 2

List all your planned CAS experiences mentioned in Part 1 in the appropriate columns (there should be at least two in each category). You can include more experiences.

DATE	CREATIVITY	ACTIVITY	SERVICE
11 th Grade – Fall Semester			
11 th Grade – Spring Semester			
Summer between 11 th & 12 th Grades			
12 th Grade – Fall Semester			
12 th Grade – Spring Semester			

All reflections will be due immediately following spring break of your Senior Year.

Student's signature: _____ Date: _____

CAS Coordinator's signature: _____ Date: _____