

Name Portia Allen

Candidate Number _____

Senior Portfolio- CAS Learning Outcome List

Learning outcome	Activity(ies) that met outcome	Date(s)
Identified own strengths and develop areas for growth	Link leader Winterguard Latin dance	Aug 2018 - May 2019 Aug 2015 - April 19 2015 - present
Demonstrated that challenges have been undertaken, developing new skills in the process.	Winterguard TAB Link leader Latin Dance	Aug 2015 - April '19 Aug 2014 - present Aug 2018 - May 2019 2015 - present
Demonstrated how to initiate and plan a CAS experience. <i>Includes evidence of work on a project from beginning to end, lasting a minimum of a month.</i>	TAB Link leader Latin dance Winterguard	2014 - present Aug 2018 - May 2019 2015 - present Aug 2015 - April 2019
Showed commitment and perseverance in CAS experience.	Winterguard Latin dance Link leader TAB	Aug 2015 - April 2019 2015 - present Aug 2018 - May 2019
Demonstrated the skills and recognized the benefits of working collaboratively.	Link Winterguard TAB Key Club Kiwa Club NHS	Aug 2018 - May 2019 Aug 2015 - April 2019 2015 - present 2016 - present " " 2014 - present
Demonstrated engagement with issues of global significance.	Key Club Kiwa Club Link NHS TAB	Aug 2016 - May 2019 " " April 2016 - May 2019 2014 - present
Recognized and considered the ethics of choices and actions.	Link TAB Key Club Kiwa Club NHS	Aug 2018 - May 2019 " "

I am incredibly grateful to have had the experiences provided by my CAS activities over the past four years. Although the first two were not official, they prepared me well for the activities I continued to pursue and the new ones I added to my life during my junior and senior years. CAS has given me the space to practice leadership skills, community service, and creativity, in addition to moving my body and not stagnating in front of my homework every night; I look forward to continuing my CAS activities under a different name as I continue my education.

One of my longest-running CAS activities has been participating in the colorguard and winterguard here at Lakewood; I have spun since my freshman year. The Bengal Regiment has become a second family here for me, everyone supporting and encouraging everyone else, even across sectional lines, and the veteran marchers were always kind to the newer people, helping them through mistakes and inspiring them to do better next time. Marching band is an activity where everyone is counted upon to do their part and everyone must be together, and this made me realize that I was just as important as the section leaders; if I was out of time, it was really obvious because I was waving a large colorful flag, and so I realized that my choices to put in 100% or be in step had an impact on others. This attitude of joint effort was also apparent when we had a bad run, or it was obvious we weren't putting in all our efforts – being reprimanded as a band by a coach or the band director felt very personal, and you could tell the entire band felt the same. However, they were inspiring and enthusiastic and we all knew we could've done better, so the criticism was an incentive to improve our performance or marching or playing. Furthermore, during both the marching band and the winterguard seasons, I have taken it upon myself to be more of a leader in the guard. Since my second season, I have spun weapon, something that is the next step up from flag and dance. Because of my experience and demonstrated dedication to guard, some of the newer guard members came to me for advice and help with learning new flag work or the dance part or whatever it happened to be. I felt valued as a member of the guard, and was able to develop my leadership skills in that way over both seasons. This culminated in my being chosen as the colorguard captain for the two seasons during my senior year. This was important to me because it demonstrated that the effort I'd put in over the past several seasons was worth it, that I was a good choice as a leader and had the skills to excel; it was also an incredible learning opportunity for me, and I grew so much as a leader, performer, and person. It was much more coordination and responsibility, because people trusted me to know what was going on and I had to be on top of my game all the time. Being captain allowed me to put in much more time and dedication to an activity that I love, and pushed me to being the best I could be all the time. As a CAS activity, this was a lot of physical activity as it is dance-based, but also creativity because as performers we are allowed to make our show ours, make it unique but still related to the overall theme of the show. Because this is one of my favorite extracurricular activities, this was my initial idea for a One Month Project: an "Intro to Colorguard" camp that was planned by myself and a few others during the December of my junior year. We planned on teaching basic skills and putting together a fundraiser/performance event at the end of the spin camps, but ran out of time as the real winterguard season began earlier than anticipated. We learned a lot about leadership and organization, and communicating/compromising with the people in charge to achieve our goals. If I/we were to do this again, we would budget more time for practice and more advertising, to grow the guard and improve as much as possible.

Another of my favorite activities and one in which I've also shown leadership has been being a part of the Teen Advisory Board at the Golden Public Library. This is my sixth year on the board, and I am the oldest and most experienced member, and as such I oversee many of the details and communication between our library coordinator and the other board members. Being the looked to person for planning details for events has been a bit daunting, because I have not had the opportunity to be in that position before and I don't want to make mistakes that affect a lot of people. However, it has been a lot of fun developing events at the library and promoting reading

and literacy. These events included putting on several murder mysteries, launching a highly successful book drive for the Library Foundation, and hosting competition-style cookie and cupcake decorating. However, that is nowhere near possible without the help of other people, and the benefits of working collaboratively on these events are sky-high. It has been interesting putting my trust in other people that I don't know well to complete their parts on time and with high-quality – as I am a perfectionist, sometimes it's difficult for me to delegate tasks or let people help because I'm worried that it might not be as good. However, this has provided me with an opportunity for self-growth and awareness that it is, in fact, okay to let other people help and that different styles of doing things does not mean that they are bad or wrong. In addition, because a majority of the other members are younger, it has been a fascinating experience. Being able to see and discuss things with kids who are much younger than I am, who have different perspectives, has increased my appreciation for and ability to facilitate discussions between various people. Being part of TAB has been one of my favorite CAS activities for all the years I've participated, and was the launching point for my One Month Project.

Participating in NHS, Key Club, and Kiva Club has been extremely eye-opening for me. This year I have been able to realize the direct impact that I can have on our community and the lives of other people. While volunteering through NHS, I was able to help the Lakewood High School community – the custodians, the administration, and assorted other groups who needed assistance. Key Club widened that scope to the Lakewood community in Jefferson County; I volunteered a lot with the Food Bank of the Rockies and the Jeffco Action Center, and I really enjoyed having the opportunity to serve my community. Key Club has also opened my eyes to the problems that affect our greater Lakewood community; things like homelessness and food poverty are problems that I don't have a specific connection to in my life, and I have been impacted and made more aware of these things through my work with Key Club. Kiva Club has shown me the impact I can have on the community, but in a global fashion. Making micro-loans to entrepreneurs in developing nations is something that I've done with my family for years, but being able to collaborate with peers to positively impact my global community has been a special experience, especially during my senior year as Co-President of the club. Furthermore, my studies in IB Economics has shown me the importance of micro-finance in developing countries, as a tool for development and long-term economic growth, so being able to be part of that development has a special place in my heart.

Being a Link Leader has been another of my favorite CAS experiences this year. As a freshman, I was helped immensely to acclimate to high school and the change between my non-traditional K-8 education to the normalcy of public high school. I wanted to make the same positive impact on the freshmen, and I think I succeeded. Working with my partner and then our other partner group, we did activities and answered questions and connected with our freshman TigerTime, becoming upperclassmen that the freshmen knew and felt included by during the year. I also planned and executed Cocoa and Cram, a finals study session for freshmen-only, with hot cocoa and specific teacher help. Zoe Rein and I talked to administration and the teachers to persuade them to stay after school and assist the freshmen, and organized the Link Leaders who were helping. We encountered some organizational and administrative obstacles, but together we persevered and problem-solved to overcome those barriers and successfully execute a freshman-specific study session. We did this for the past two years and have had over one hundred attendees both years; I hope that next year's Link Leaders continue this tradition and improve upon it to make it the best it can be for each year's freshmen. I also had the opportunity to attend the Colorado Link Conference this past year; meeting Link Leaders from other schools across the state was an incredible experience for me. I helped organize it, because it was held at Lakewood High School this past year, and I loved listening to our keynote speaker. He was an inspiration in leadership, helped me improve my leadership for the freshmen in many ways, and the conference is something I will never forget. In addition, I was an assistant to the Link Coordinators for this past year; this included planning activities and lessons, some administrative work, and giving feedback on the different lessons and events to improve organization and planning for the next few years. I felt like this was an important experience because over the two years I participated, plus the year I was a freshman, I got to

experience all aspects of the Link program, from learning the lessons, to teaching the lessons, to organizing the lessons. Being able to see all sides of the program helped me develop an incredible appreciation for leadership and how influential even the most casual of interactions can be. I sincerely hope that I will take this passion for leadership and teaching to college and beyond, and use the skills I learned from Link in my daily life.

Another activity that I participate in that lets me move my body and express myself is through Latin dance. I have been doing salsa and bachata lessons and social dancing since my freshman year, and it has really allowed me to come out of my shell as a person and become more social. Because I love it so much and it lets me express my personality through styling and performance, it has become an integral part of who I am. During my four years of high school, I have brought multiple different friends to dance, and many of them continue to do Latin dance with me today because they saw my passion for it, decided to try it after my suggestions, and subsequently fell in love with it as well. It was really challenging for me at first to go out social dancing, because I am incredibly introverted and don't like talking to new people. However, after dancing for so long, it has become much easier for me to talk to people and be comfortable interacting with strangers, especially after making friends with the regular dancers who support me with my dance and improvement, and introduce me to more people. Because I have such a passion for dance, I have been able to share that with others by teaching classes to both my friends and then in partnership with other dancers at the social dance venues I frequent. This has opened my eyes to my passion for teaching in addition to my passion for dance, and this is something I hope to pursue in the future. Furthermore, some of my friends organized World Week at our school, a festival designed to highlight the diversity of our students; I was asked to teach a bachata class and do a performance during my junior and senior years because of my experience and dedication to the dance style.

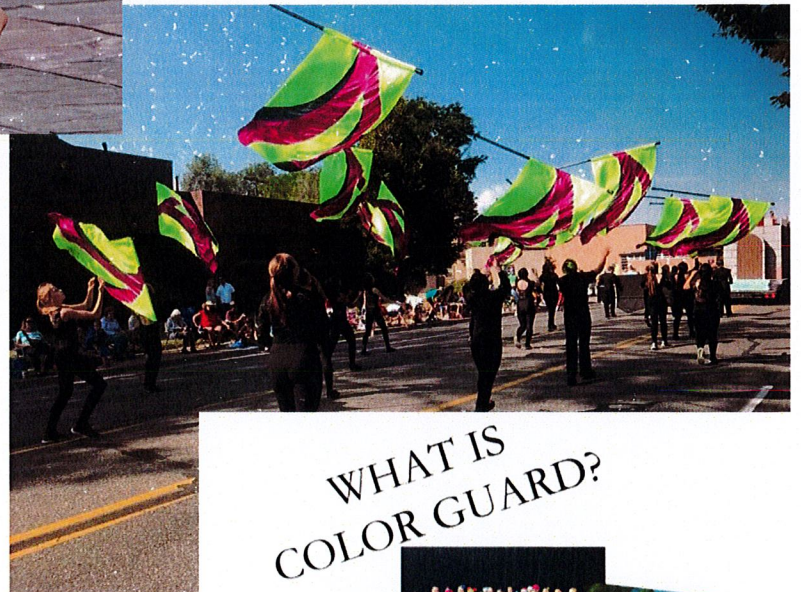
One Month Project

My One Month Project came from my experience at the Golden Public Library. In the past, we had organized and executed things like book drives or food drives for the various communities in Golden; this inspired me to organize one myself. I asked my Teen Advisory Board mentor for some ideas and contact people at the library to ask about organizing a drive of some sort. She acted as a middle man between me and my idea and the administration at the library, and helped me put my idea into practice. The easiest way for me to execute my idea ended up being a partnership between the library and Golden Gives, an organization that helps the homeless population in Golden, CO. All these ideas and plans were floating around during January/February 2018, because in order for it to be Golden Public Library sanctioned, it needed to be on the calendar and have advertising about six months beforehand. After the initial ideas and the planning early in 2018, I submitted the necessary paperwork to the public library administration and now had to simply wait for my TAB mentor to process it and let me know what else I needed to do for the project. After it was put on the calendar in about March 2018, I just had to wait over the summer and prepare for the actual event come October 2018.

Skipping forward to October 2018, now I had to put in more work. I made posters advertising what we had decided would be a sock drive, and talked to both clubs I was in (Key Club and NHS) about giving points for people bringing in socks. This helped me get more donations and increase the success of my one month project. After advertising at my school and at the library, we had almost a hundred pairs of socks! We counted and donated them to the Golden Gives organization, who then distributed them to the homeless population in and around Golden. We received lots of positive feedback about this project, and I feel ecstatic that I could make such an impact on others in my community.



colorguard / winterguard



WHAT IS
COLOR GUARD?



COME TRY IT OUT FOR THE
MONTH OF NOVEMBER WITH NO
PRESSURE AND NO COMMITMENT!

Join us in the band room for an informational
meeting Wednesday November 1st @ 3:30!

Brittany Dolezal  Inbox - iCloud February 23, 2018 at 10:04 AM BD
March 4th Meeting Details
To: ?, bgaston03@gmail.com, Brady, Camdan, Cassandra Valverde, Jackson & 9 more

 New contact info found in this email: Brittany Dolezal brittany.dolezal@jeffcolibrary.org add...

Hello TAB,

This is your first reminder about the upcoming TAB Meeting NEXT Sunday (March 4th... WHAT MARCH ALREADY?!?!). We have a few new members to introduce to the group as well. We have a lot to plan for the Murder Mystery and also The Weird York Times. If you cannot make this meeting please let me know.

See you all sooooooon!

BRITTANY DOLEZAL
Teen Librarian | Golden Public Library
303.403.6471



Brittany Dolezal May 1, 2018 at 10:29 AM BD
Volunteer Opportunity - Monday the 7th Details
To: ?, Angela Wheaton, Barbara, bgaston03@gmail.com, Brady, Camdan, Camdan & 16 more

 1 event found in this email: May 7, 2018 from 3:30 PM - 5:30 PM add...

Hey TAB!

Is anyone interested in a volunteer opportunity? We need someone to help out with a kids and family event on Monday the 7th from 3:30 - 5:30. It is a workshop on bike safety! We would need someone to help set up and do a few other general help out type tasks. If you are interested, let me asap!

You all rock!

- Brittany

McClung Suzanne Inbox - iCloud AP
Kiva
To: Bertie Hoal, Natasha Barton, Hannah Chu, Portia Allen

Hi all,

Just sending this email now so that I have everyone's email addresses for August.

Look forward to a great Kiva 2018-19 year!

Suzanne McClung
Chemistry Teacher
Science Instructional Leader

 Lakewood NHS Inbox - iCloud April 3, 2018 at 8:57 AM LN
Induction Ceremony Details
To: Addison Sweeney, Aidan Gould, Alexis Lombardi, Amanda Ballard, Andrew Komitor & 151 more

Hi everyone,

I hope everyone's Spring break went well. For SENIORS, this **Thursday, April 5th at 6pm** is the induction ceremony, so if you have earned your honor cord please come to pick this up (you can leave once you have received it). You can check if you have gotten your honor chord by looking at the spreadsheet, those who have lettered will be marked in green.

Also both Juniors and Seniors we need **4 volunteers** to be at the induction ceremony as escorts. You would be leading the inductees into the ceremony, handing out programs, and handing out the flowers/helping kids down from the stage. If this is something you would want to do please sign up on the attached sheet and **get there by 5:30**. Thank you so much for your help!

Best,

The Officers

 **Class of 2018-2019 NHS Members**

 **2018 Induction Ceremony Sign Up**

TAB

Kiva Club

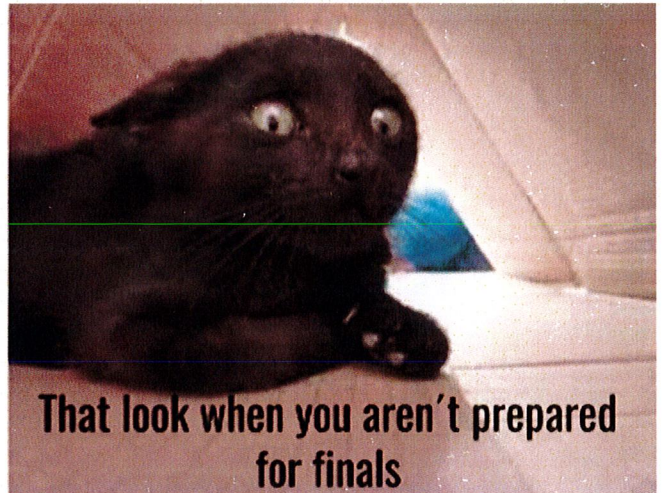
NHS



Key Club



FRESHMEN!!!!



That look when you aren't prepared
for finals

Don't be a memel! Come to

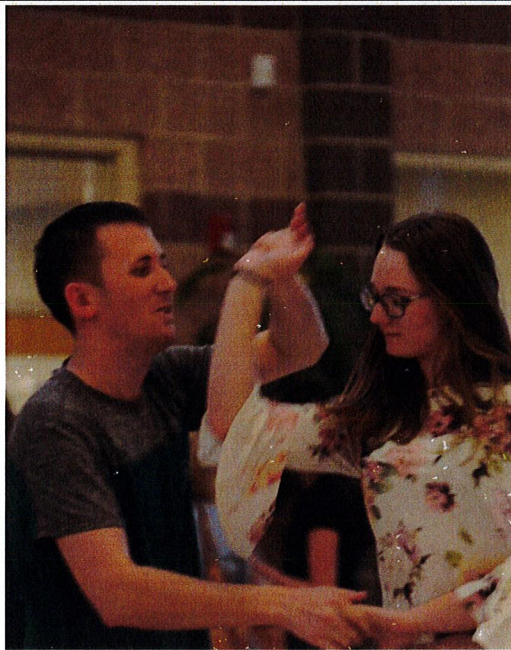
COCOA AND CRAM

When: Thursday, December 14 from 3:30-5:00



Link Leaders
program





Latin dance

Brittany Dolezal

October 10, 2018 at 12:24 PM

BD

RE: Sock Drive!

To: Portia Allen

I would say everything you are doing is great. You can refer people to our donation bin but it will only be up until the 26th (as you know). Or they can come to the program and bring socks with them on the 27th from noon - 1:30.

Make sure they are donating only NEW socks. I linked a few of the advertisements the library has run, I hope this helps. We do not really have storage here so you will have to hold onto the socks until the December program. The date of that program is December 19th from 3-5pm. That program we will have a lot of different crafts up to do, so the bag making to put socks in will only be a part of it. Let me know how else I can help! Thanks Portia!

<https://jeffcolibrary.bibliocommons.com/events/search/q=socktober/event/5b3be6b245bd7b4100f29d83>

<https://jeffcolibrary.org/news/its-socktober-at-golden-library/>

[See More](#) from Portia Allen

Found in Sent - iCloud Mailbox



Portia Allen

October 10, 2018 at 12:06 PM

PA

Re: Sock Drive!

To: Brittany Dolezal

I can definitely start next week, I'm planning on making posters and an email news blurb and an announcement about it this weekend. I'm open to ideas, but I don't think two weeks would be enough because I think we're also doing a food drive for Jeffco right about now. We could maybe go halfway into November? Let me know what you think please because I've never done this before!

Thanks! - Portia

[See More](#) from Brittany Dolezal

TAB | one month project