

Name _____

Candidate Number 991980

Senior Portfolio- CAS Learning Outcome List

Learning outcome	Activity(ies) that met outcome	Date(s)
Identified own strengths and develop areas for growth	<ul style="list-style-type: none"> Lakewood High School Varsity Volleyball Lakewood Student Senate Club Volleyball 	5/2017 - 11/2018 8/2017 - 5/2019 5/2014 - 5/2018
Demonstrated that challenges have been undertaken, developing new skills in the process.	<ul style="list-style-type: none"> Lakewood High School Varsity Volleyball Lakewood Student Senate Club Volleyball Gift A Birthday Club 	5/2017-11/2018 8/2017 - 5/2019 11/2014 - 5/2018 8/2017 - 5/2018
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>	<ul style="list-style-type: none"> One Month Project: Freshmen Volleyball Camp 	11/2017 - 8/2018
Showed commitment and perseverance in CAS experience.	<ul style="list-style-type: none"> Lakewood High School Varsity Volleyball Lakewood Student Senate 	5/2017 - 11/2018 8/2017 - 5/2019
Demonstrated the skills and recognized the benefits of working collaboratively.	<ul style="list-style-type: none"> Lakewood High School Varsity Volleyball Lakewood Student Senate Gift A Birthday Club 	5/2017 - 11/2018 8/2017 - 5/2019 8/2017 - 5/2018
Demonstrated engagement with issues of global significance.	<ul style="list-style-type: none"> Lakewood Student Senate Lakewood High School Varsity Volley 	8/2017 - 5/2019 5/2017 - 11/2018
Recognized and considered the ethics of choices and actions.	<ul style="list-style-type: none"> Lakewood Student Senate Lakewood High School Varsity Volleyball 	8/2017 - 5/2019 5/2017 - 11/2018

Final Reflection

I am involved in several activities and extracurriculars that apply for CAS, specifically Student Senate, Lakewood Varsity volleyball, Gift a Birthday club, and my Jeffco Performance club volleyball team. In some of these activities, I have shared experiences, such as being a teammate on both my high school and club volleyball teams, but even these similarities were unique in their own way.

For the past two years, my CAS experiences were very meaningful because I met many new people and built many new friendships and relationships. My experience on my club volleyball team was particularly special to me because I was the captain of my team, so I had responsibilities to my teammates as well as my coaches. I have played club volleyball since 8th grade, but now I can reflect on how I have matured as a volleyball player, teammate, and leader because of my position as captain. Lakewood Student Senate was another unique experience that I really enjoyed, and will continue to. Senate was important to me because, as a senator, I assume a leadership position while representing the students of Lakewood. I had to work with other senators to organize school functions, like prom, with a relatively low level of teacher supervision and input.

My other CAS experiences, high school volleyball and Gift a Birthday club, were meaningful to me because I had a new role. In volleyball, I played on the Varsity team, and so was in a position where other girls looked to me as a role model, especially the freshman and sophomores. I took this role seriously and tried my best to be an individual that others can look to for help and support. In Gift a Birthday club, we went to Eiber Elementary once a month to have a birthday party for the after-school program. The kids trusted us to bring food, organize games, and play with them, which I was more than happy to do so.

In these years, CAS has changed my perspective in that I can reflect on how I have matured and developed as an individual, as well as being the person that I want to be. My CAS experiences have shown me that people look up to me, so I need to be able to set a standard of positivity and kindness that other people want to emanate. I realized that people trust me to be kind and supportive. I am glad that I can see how I have become a person that I want to be. In my CAS activities, I have learned several skills. It has often been said that "communication is key", and throughout my IB experience, I have learned to communicate with my peers, teammates, coaches, teachers, and the kids I

work with at Gift a Birthday club. Communication has helped me develop leadership skills, enabling me to effectively contribute to my activities.

The skills I learned from CAS were valuable for me and my club volleyball team because I was captain. As a team, we completed our goals and achieved a high ranking within Colorado. Although there were some rough times, I am proud that we were able to collaborate and work together towards a common goal. CAS was valuable to the kids in the after-school program at Eiber Elementary because they were able to enjoy a couple hours of play, regardless of what might be going on at home. CAS was valuable to me because I realized how my actions affected others and the responsibilities I have as a club member, a teammate, and a student senator.

I developed in each of the CAS learning outcomes through my activities and experiences. In volleyball, we had team meetings where we discussed our strengths as individuals and a team, and how we can work together to meet our goals. In Senate, after every event we have a discussion of what we each thought went well and what we could improve on. These activities demonstrate that challenges were undertaken as we played difficult teams in volleyball or organized Roar week in Senate, a week where we fundraise for a specific charity through activities at the school.

In Gift a Birthday club and Senate, we had to plan our events and parties, communicating with schools and administrators. I demonstrated how to plan a CAS experience as I began planning my one month project in November of 2017. My teammate, Kristin Rugh, and I organized a volleyball camp at Lakewood for the incoming freshman. We started communicating with the head volleyball coach about our ideas, and held the camp before tryouts in August 2018. In each of my activities, I have worked collaboratively with my peers and teammates as we worked together to reach a common goal, whether it was winning the game or planning a dance.

In Senate, I demonstrated engagement with issues of global significance in Roar week and other spirit weeks. In Roar week, we raised money for a local animal shelter. Another week, we raised money for a charity, known as Solid Ground For Africa. This nonprofit works to empower women to sustainably provide for themselves. Lakewood volleyball also demonstrated this engagement through a cancer-awareness game where we acknowledged those in our own families and community affected by breast cancer.

Finally, I recognized and considered the ethics of choices and actions through reflective discussions of our games and events. Each of my CAS activities were important in their own way as I develop as a student, friend, and leader at Lakewood High School and in my community.



Lakewood Senate <lakewoodsenate@gmail.com>

Re: Contact from ATD Website

1 message

Office T <office@therapydogs.com>
To: lakewoodsenate@gmail.com

Wed, Jan 30, 2019 at 10:55 AM

Hi ATD teams,

Please contact Hannah if you can help with this event.

Thx,
Amy Brockel
Office Manager
Alliance of Therapy Dogs
877-843-7364
www.therapydogs.com
<https://smile.amazon.com/ch/83-0294479>

On Tue, Jan 29, 2019 at 12:03 PM Hannah Zweig <lakewoodsenate@gmail.com> wrote:

From: Hannah Zweig

Email: lakewoodsenate@gmail.com

Telephone: 3039057066

Zipcode: 80215

Visitation Date Requested: February 7th, 2019

Hello, my name is Hannah Zweig and I am a senior senator at Lakewood High School. We are interested in having some therapy dogs visit our school on February 7th to promote emotional and mental well-being. I look forward to hearing from you. Sorry for the short notice. Thank you!

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This e-mail was sent from a contact form on ATD Website



Gift A Birthday Club



Gift A Birthday Club



Lakewood Volleyball



Lakewood Senate

One Month Project Reflection

For my one-month project, I organized a Freshman Volleyball Camp with my teammate, Kristin Rugh. It was a free, three-day camp to help the freshman girls get ready for volleyball tryouts. We went over different drills each day that the girls would do during tryouts, as well as improve their skills individually and as teammates. Kristin and I recruited three other girls from the program (not freshmen) to help us run the camp. More than 30 girls attended. Each day, Kristin and I organized the girls into groups based on skill level, which enabled us to create drills curated to their ability and strengthened their weaker areas. At the beginning of each day, we did an “ice-breaker,” a fun game to help the girls get to know one another. Overall, Kristin and I received some good feedback from the girls, who said it helped them improve their skills, work on teamwork, and prepare for tryouts the following week.

The Freshman Volleyball Camp has been run for the past three years by upperclassmen volleyball players and IB students. Following in their footsteps, Kristin and I proposed the idea for a free freshman camp to our coach, Rachel Foley, in February of 2018. One of my artifacts are the email correspondence between us and Rachel, discussing potential dates and criteria needed for the camp. Coach Rachel was very helpful in securing the dates and time we wanted in the gym, as well as being the adult supervisor for the camp. She also gave us several forms that we needed to handout to the girls prior to the camp, such as medical and parental waivers.

Overall, I really enjoyed this camp. I loved working with the younger girls to improve their skills, as well as making new friends. I think the freshman camp has an important role in welcoming new players into the Lakewood High School volleyball program. It allows players to adapt to a new environment. I understand that being a freshman can be very stressful and that many of the girls have anxiety when faced with new situations, like a new school and volleyball program. Because of this, I think the camp is very important in forming a welcoming environment where the freshmen can get to know one another and improve their skill, all while preparing for tryouts.



LHS Incoming Freshman Volleyball Camp Registration Form

Name: _____ Grade: _____

Player Cell Phone: _____ Player Email: _____

Preferred Position: _____ Alternate Position: _____

Previous school : _____

How many years have you been playing volleyball? _____

Parent/Guardian Name: _____ Phone: _____

**School Sponsored Camps/Clinics
Insurance Waiver**

I fully understand that the Jefferson County schools do not provide any accident or health insurance coverage for my son/daughter while participating in the _____ camp/clinic at _____. The camp/clinic will take place on _____.

I fully understand that it is my responsibility to provide insurance coverage for my son/daughter.

Emergency Contact Information:

Name: _____ Phone: _____
Parent/Guardian Home Business Cell

Name: _____ Phone: _____
Relative (or Authorized Individual) Home Business Cell

Date: _____ Signed: _____
Parent/Guardian Athlete



Hannah Zweig <2125637@jeffcoschools.us>

Freshman camp

5 messages

Kristin Rugh <2008820@jeffcoschools.us> Fri, Feb 9, 2018 at 9:16 AM
To: Rachel.Keyes@jeffco.k12.co.us
Cc: Hannah Zweig <2125637@jeffcoschools.us>

Hi Coach Rachel,

We are interested in running a volleyball camp for the incoming freshman this summer. We would like to get your permission to run the camp and discuss potential dates. We need to have an adult supervisor in the gym during the camp so we want to make sure the dates work with you as well. Right now we are thinking of August 6-8.

Is there anything else that we should be aware of while planning the camp?

Thank you,
Kristin Rugh
Hannah Zweig

Keyes Rachel <Rachel.Keyes@jeffco.k12.co.us> Mon, Mar 12, 2018 at 3:30 PM
To: Kristin Rugh <2008820@jeffcoschools.us>
Cc: Hannah Zweig <2125637@jeffcoschools.us>

Hello ladies!

I still don't have final confirmation of this until April, but it is likely that our season will be starting a week earlier, and that we will have tryouts the week of August 6th. If this is the case, I want to make sure I reserve the correct alternate dates for your freshman camp. What alternate dates would you like me to reserve the gym for? I just want to confirm with you so I don't reserve the wrong times.

Thanks ladies, and have a great day!

Coach Foley

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*Rachel Foley*  
English 9 & 12  
Head Volleyball Coach  
Lakewood High School  
[Rachel.Keyes@jeffco.k12.co.us](mailto:Rachel.Keyes@jeffco.k12.co.us)  
303-536-5424  
303-982-7128  
[My website](#)

"There is some good in this world, and it's worth fighting for."

— J.R.R. Tolkien

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**From:** Kristin Rugh [2008820@jeffcoschools.us]  
**Sent:** Friday, February 09, 2018 9:16 AM  
**To:** Keyes Rachel  
**Cc:** Hannah Zweig  
**Subject:** Freshman camp

[Quoted text hidden]

**Kristin Rugh** <2008820@jeffcoschools.us>  
To: Keyes Rachel <Rachel.Keyes@jeffco.k12.co.us>  
Cc: Hannah Zweig <2125637@jeffcoschools.us>

Mon, Mar 12, 2018 at 8:40 PM

Hi Coach Rachel,

Thank you for the update on the dates. For our alternative dates would August 1-3 be available?

Thanks,  
Kristin

[Quoted text hidden]

**Keyes Rachel** <Rachel.Keyes@jeffco.k12.co.us>  
To: Kristin Rugh <2008820@jeffcoschools.us>  
Cc: Hannah Zweig <2125637@jeffcoschools.us>

Wed, Mar 14, 2018 at 3:05 PM

Kristin,

The 1st-3rd should be available. What times are you guys looking to run the camp?

Have a great day!  
Coach Foley

~~~~~

Rachel Foley

English 9 & 12

Head Volleyball Coach

Lakewood High School

Rachel.Keyes@jeffco.k12.co.us

303-536-5424

303-982-7128

[My website](#)

"There is some good in this world, and it's worth fighting for."

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From: Kristin Rugh [2008820@jeffcoschools.us]
Sent: Monday, March 12, 2018 8:40 PM
To: Keyes Rachel
Cc: Hannah Zweig



