

## CAS summer assignment – Junior IB diploma Candidates

1. **Develop a CAS Plan and be prepared to discuss it with the IB Coordinator. Use the self assessment below as a guide.**
2. **Begin CAS activities. Record and reflect on the activities.**
3. **For more details, see CAS Student manual on the AEHS website under IB.**
4. **If you have questions, contact the IB Coordinator.**
  - a. amy\_conner@mcpsmd.org
  - b. 301-962-1014

### Self Assessment of CAS plan

This checklist is to help in the development of the CAS plan.

My CAS plan includes

- \_\_\_\_\_ a variety of activities
- \_\_\_\_\_ real, purposeful activities, with significant outcomes
- \_\_\_\_\_ activities of significant duration
- \_\_\_\_\_ involvement with more than one group
- \_\_\_\_\_ the opportunity for 150 total CAS hours
- \_\_\_\_\_ a balance between Creativity, Action and Service
- \_\_\_\_\_ activities supporting “Sharing our Humanity” while engaged with issues of global importance
- \_\_\_\_\_ no trivial activities
- \_\_\_\_\_ a consideration of ethics
- \_\_\_\_\_ personal challenges and opportunities to extend myself
- \_\_\_\_\_ at least one project which I will initiate myself
- \_\_\_\_\_ at least one project involving teamwork that integrates two or more of CAS
- \_\_\_\_\_ evidence of the potential to achieve the eight CAS learning outcomes
- \_\_\_\_\_ no CAS activities that replicate other parts of my Diploma Programme work
- \_\_\_\_\_ thoughtful consideration, such as planning, reviewing progress, reporting
- \_\_\_\_\_ method(s) for reflecting
- \_\_\_\_\_ method(s) for recording