

## CAS EXPERIENCE

Instructions: Complete this form for **EACH** of your CAS experiences, and keep them in your portfolio as a record of each experience.

Student Name: Libby Elliott

Date(s) of the experience: \_\_\_\_\_

## CAS GUIDELINES: A CAS experience must:

- fit within one or more of the CAS strands
- be based on a personal interest, skill, talent or opportunity for growth
- provide opportunities to develop the attributes of the IB learner profile
- not be used or included in the student's Diploma course requirements

**BEFORE YOU START: Guiding Questions – Ask yourself these questions before you begin** (feel free to take notes & keep in your portfolio):

1. Does the event meet the guidelines for a CAS experience? Yes
2. What attributes of the Learner Profile can be emphasized in the proposed experience, what may be left out? Why?

Inquirers Knowledgeable Thinkers <u>Communicators</u>	Principled <u>Open-minded</u> Caring	<u>Risk-takers</u> <u>Balanced</u> Reflective
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3. Does the event or organization respect the differences of other individuals and groups?  
Yes
4. Will the event or organization increase my understanding of language, culture, other perspectives or international mindedness? Yes. We were able to explore a different part of the US with a different culture than mine.
5. What are the stated goals of the organization with which you will be undertaking the experiences? How do these goals relate to the mission statement of the IB or the attributes of the learner profile?  
My goals were to be active and explore Bend and Sunriver
6. Does the event have the potential to impact the environment?  
Yes
7. How have you considered the legal or health and safety implications of your CAS experience? Yes

1. CAS Experience (briefly explain what you did or plan to do)?

My family and I went to Bend and Sunriver to explore the area. We hiked, biked and walked all over Bend and Sunriver, typically using bikes to get around rather than the car.

2. CAS STRAND – Circle one or more of the three strands below that were met by your CAS experience.

CREATIVITY	ACTIVITY	SERVICE
Exploring and extending ideas leading to an original or interpretive product or performance.	<u>Physical exertion contributing to a healthy lifestyle.</u>	Meaningful contribution to your community and society.

3. CAS Learning Outcomes - Check the learning outcomes that apply to this CAS Experience.

		Check the learning outcomes that apply to this CAS Experience.
1	Identify own strengths and develop areas for growth	
2	Demonstrate that challenges have been undertaken developing new skills in the process	x
3	Demonstrate how to initiate and plan a CAS experience	x
4	Show commitment to and perseverance in CAS experiences	x
5	Demonstrate the skills and recognize the benefits of working collaborative	
6	Demonstrate engagement with issues of global significance	
7	Recognize and consider the ethics of choices and actions.	

While it is not necessary for each CAS experience to address a CAS learning outcome, upon completion of the CAS programme, CAS students are required to present evidence demonstrating achievement of all CAS learning outcomes.

