



Notre Dame Catholic

S e c o n d a r y S c h o o l



CAS Proposal

Name _____ Date _____

Address _____

Telephone _____ Graduation year _____

Activities proposed in this document:

Creativity _____ Hours _____

Action _____ Hours _____

Service _____ Hours _____

Total Hours _____

GENERAL GUIDELINES

The emphasis of CAS is on experimental learning and students are expected to be involved for the equivalent of at least three to four hours a week over the two years (180 hours total) in a well-balanced range of different activities or a single project.

Creativity should be interpreted as imaginatively as possible to cover the widest range of arts and other activities and to include creativity by the individual student in designing and carrying out creative or service projects.

Action does not necessarily restrict itself to expeditions, sports or physical training, but may include carrying out creative or service projects.

Service does not mean exclusively social service, but can include environmental and international projects.

Approval

CAS Supervisor _____ Date _____

IB Co-ordinator _____ Date _____

Please circle category for this activity: **Creativity** **Action** **Service**

Name of place or organization _____

Address _____

Supervisor(s)/Person(s) who will verify hours _____

Phone # contact for supervisor (s) _____

Estimated number of hours _____

Describe duties/activities:

Please circle category for this activity: Creativity Action Service

Name of place or organization _____

Address _____

Supervisor(s)/Person(s) who will verify hours _____

Phone # contact for supervisor (s) _____

Estimated number of hours _____

Describe duties/activities:
