



## CAS Activity Form

IB Students must turn in no fewer than three (3) CAS Activity Forms. Upon completion, the IB Student CAS portfolio must represent all three areas of CAS; Creativity, Action, and Service.

The following questions should be answered at the end of each activity/project. These are simply guiding questions that can be used in conjunction with your essay(s).

Candidate Name: \_\_\_\_\_

Name of Activity/ Project: \_\_\_\_\_

Date Activity/Project Started \_\_\_\_\_ Date Ended \_\_\_\_\_

Total Activity/Project Hours: \_\_\_\_\_ Specify how many hours toward each area:

\_\_\_\_\_ Creativity \_\_\_\_\_ Action \_\_\_\_\_ Service

1. Summarize what you did in this activity/project, with whom you did it (name of organization) and where activity was held.
2. Why did you choose this particular activity/project?
3. Describe your interaction with others throughout this activity/project.
4. What difficulties/challenges did you encounter and why?
5. What did you learn about yourself?

(OVER)

6. What new skills did you develop as a result of this activity?

7. How can/did you apply what you learned in other situations?

**To be completed by the Activity/Project Leader**

Punctuality and attendance: \_\_\_\_\_

Effort and commitment: \_\_\_\_\_

This activity/project was completed: (circle one)      Satisfactorily      Unsatisfactorily

Further comments (please feel free to attach or include anything else):

Activity/Project Leader's Name: \_\_\_\_\_

Activity/Project Leader's Phone \_\_\_\_\_ Email \_\_\_\_\_

What is your role in the organization/group? \_\_\_\_\_

Activity/Project Leader's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Candidate's Signature: \_\_\_\_\_ Date: \_\_\_\_\_