

# Stage 1: Investigation

## CAS Profile and Plan

### Expectations over 18 months:

**Creativity: Minimum 2 season total** (Minimum 1 season of Arts- music, film, dance, theatre, art, photography and 1 season of being creative in an experience )

**Activity: Minimum 2 seasons**

**Service: Minimum 1 year local or college service**

**Projects: Minimum 1**

Top three qualities	Top three skills	Top three strengths	Top three areas of growth	Top three interests
Creative	Problem Solving	Resilient	Leadership	Dance
Enthusiasm	Communication	Patient	Less of a Perfectionist	Working with Children
Organized	Collaborative	Ambitious	Risk Taking	Mental Health

Take a moment to think to yourself:

**What do you care about?** I care about helping people specifically, children, and exploring my passions like dance.

**What does your community need?** I believe my community needs more people to take up leadership opportunity.

**How can you make a difference?** I can make a difference through my service.

**How can you make a change in yourself?** I can make a change in my risk-taking skills

<p><b>Creativity</b> “ exploring and extending ideas leading to an original or interpretive product or performance”</p>	<p><b>Activity</b> “Physical exertion contributing to a healthy lifestyle”</p>	<p><b>Service</b> “ Collaborative and reciprocal engagement with the community in response to an authentic need”</p>
-----------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------

### CHOOSING experiences

Essentially there are three questions you need to ask:

1. Can the experience allow me to develop skills in Creativity, Activity (physical) or Service?
2. Does it meet at least 1 of the Learning outcomes?
3. Is there an adult supervisor (not a family member), in person?
4. Am I doing it voluntarily? ( no pay)

CREATIVITY is the hardest to choose. Be aware that some are obvious and some are difficult to see if you are being creative or not. Please look at the definition given by the IB and remember that it is the approach you have towards to the experience and how you develop creative skills through the experience and then how you reflect on the learning.

# Plan

Which experience are you interested in signing up for?

LINKS TO LEARNING OUTCOMES	EXPERIENCE	C A or S	Season ( 1, 2, 3, 4)
1.An experience that will develop strengths	PPIS	S	All
2.An experience that will be a challenge to you and where you will learn a new skill	Culturama Leader	C/A	1
3.An experience that you will initiate and plan	Culturama Leader	C/A	1
4.An experience you will show commitment and perseverance	Culturama Leader	C/A	1
5.A group experience where you will collaborate with others	Culturama Leader	C/A	1
6.Involvement with international projects (either locally, nationally, or internationally)	PPIS	S	All
7.An experience that will involve consideration of ethical implications	PPIS	S	All

List all your planned experiences mentioned above, in the appropriate columns below, (there should be at least one in each category).

<b>Creativity</b> “ exploring and extending ideas leading to an original or interpretive product or performance”	<b>Activity</b> “Physical exertion contributing to a healthy lifestyle”	<b>Service</b> “ Collaborative and reciprocal engagement with the community in response to an authentic need”
Culturama Leader	Culturama Leader	PPIS
Kahaani		

Which strand are you lacking?

Activity.
-----------