

Pre-CAS Planning and Goal-Setting Exercise

Due date: Wednesday, Oct 14th: Submit to your Seminar teacher via Canvas by the end of the day.

Please review the CAS Learning Outcomes on page 8. We hope that as students in Eugene International High School, you will work towards the goals embodied in the IB Learner Profile by committing to a specific and personal CAS program that enhances both your mental and physical wellbeing. We hope that you will become an even more internationally-minded young person, working to create a better and more peaceful world. We believe that you will strive to be an inquiring and knowledgeable thinker and communicator, acting on principle in a caring and open-minded way. We also believe that by becoming a risk-taker, seeking balance, and reflecting on your role in the world, you will become more aware of your capabilities and consciously choose to make a difference.

For this particular assignment, please consider your current strengths and areas for growth in terms of these IB CAS Learning Outcomes and your goals for the next two years by answering the questions below. If you've already completed some hours over the summer, reflect on future CAS opportunities, and in retrospect, examine how your completed hours relate to the questions. Then, as you are engaged in your activities over the next two years, please consider and reflect on how you are changing, developing or challenging yourself to meet the goals you have set out, or how your goals are growing or changing along with you.

Questions (write one paragraph per question if you are absent):

1. What do you believe are your strengths, academically, physically, creatively, and emotionally? Your challenges?
2. Because of your unique skill set, where will you seek meaningful CAS activities and why?
3. In your CAS experience, how will you move beyond your strengths to find a placement or fulfill a role that also challenges you in new and different ways?
4. What are three specific and detailed goals you hope to achieve through one of your CAS experiences? How will you achieve these goals? Use the CAS Learning Outcomes (page 8) to support your response.

Example #1:

By volunteering at Mount Pisgah Arboretum, I will become more knowledgeable about invasive species and their impact on native plants while working outside, an activity I enjoy. I will achieve this goal by reading, talking to my supervisor, and identifying and eradicating invasive species at the Arboretum. In addition, I will commit to completing at least 15 hours of CAS at the park this trimester and will create a specific schedule to complete this time. Finally, I will collaborate with other people of all ages to maintain trails by initiating a clean-up in a remote area of the park.

Example #2:

Through my volunteer work at White Bird Clinic:

GOAL 1. I will become more open-minded and caring for individuals in crisis. *I know I am a compassionate person, but this service will push me to explore new roles, ideas and strategies.*

GOAL 2. In addition, I will become more knowledgeable about the economic factors that lead people to White Bird. *Specifically, I'd like to see if my knowledge of poverty traps from IB Economics can inform my work there. I will discuss this with my Economics teacher.*

GOAL 3. Finally, I will practice my communication skills by interacting with employees and clients. *I will ride along in the crisis van and answer phone calls to the best of my ability.*