

# CREATIVITY ACTIVITY SERVICE OVER SUMMER

...or how to help your stress load over your senior year be a little lighter.

## CAS DEADLINES

### CAS PROJECT

Due by March 30

Your CAS project must be completed before this date. CAS projects are at least four weeks long so you'll need to start by February.

### CAS EXPERIENCES

Due by May 15

All your CAS experiences, evidence and reflections must be completed and uploaded to ManageBac by this date.

## GET STARTED RIGHT AWAY

Summer is a great time to gain your CAS hours! CAS experiences must be goal-oriented. For example, "learning guitar" isn't enough; but, "learning to play 'Call Me Maybe' on guitar" and then performing it for someone is.

**Creativity** – draw, paint or sketch; learn how to play a new song on an instrument you know or learn how to play a new instrument; write a novella or poetry; learn how to code; design a website...

**Activity** – go on a hike or a run; walk along a beach or the waterfront; learn to swim, dive or skateboard; go paddleboarding or kayaking...

**Service** – summer is when most food banks and shelters hurt the most because schools are out of session. Organize a neighborhood drive or collection at your house of worship. Go volunteer to help out restocking shelves or delivering food.

## Frequently Asked Questions

### Q: Can my mom be my supervisor?

A: Whichever adult witnessed you performing your CAS experience can be your CAS supervisor. Ensure that you have the correct email so they get the notification to complete the review OR print them the review and save it.

*Note: it cannot be a peer or younger sibling. Adults only.*

### Q: Can I do my CAS project over the summer?

A: Absolutely. Your CAS project has to be one month in duration AND be collaborative. Doing something by yourself isn't a Project, it's an Experience.

### Q: Do I have to type my reflection?

A: Nope. You could record your reflection via Voice Memo and upload it. You could make a collage of photos and upload that. Whatever you do, make sure to connect it to your Learning Outcomes. You should aim for one reflection PER Learning Outcome PER CAS Experience. Because what might show Ethics and Choices may not demonstrate Collaboration.

Questions? Contact Mrs. Cox over the summer through ManageBac or via email [ecox@cloverpark.k12.wa.us](mailto:ecox@cloverpark.k12.wa.us)



Don't be this guy. CAS is a "did" or "did not" requirement for the Diploma.