

NAME:

DATE:

GENERAL CAS	
Do you have any questions or concerns about CAS?	I'm concerned about remembering to write my reflections and providing adequate evidence for my efforts
Which aspect of the programme excites you the most?	The service part excites me the most
Which aspect seems most challenging?	Activity and Creativity
What do you most hope to achieve from CAS?	Get real world experience in helping people and to be active in helping the communities
How do you think your CAS programme will enable you to grow? How do these areas of growth apply to the attributes of the IB learner profile?	I want to take risks, for example on my bike rides. I want to be able to travel faster, go longer distances, and to be able to do tricks. Other IB learner profiles will include Balanced (time management) Knowledgeable, Open minded, Caring (MUN and peacelab)
What have you learned about the CAS stages, and how can the stages help you in CAS?	I'm not sure what CAS Stages are
How will you plan for an equal distribution of CAS strands across your CAS experiences?	I'm not sure how to distribute everything equally.
What organizational and time-management strategies do you have in place to ensure that CAS remains an ongoing focus of your IB journey?	I will be attending after-school clubs, and trying to be as open as possible to different events, at all times.
NOTES:	

STUDENT INTERESTS	
<p>What are your main interests?</p> <p>How can you incorporate these interests into your CAS programme?</p> <p>What do you enjoy doing after school? Could this be part of any CAS experience?</p> <p>What are your personal goals? How could they be achieved through CAS?</p> <p>What do you expect to gain from CAS? What do you hope to accomplish?</p> <p>How can you advance your skills and talents through CAS?</p> <p>What school, community or other groups or teams are you already involved in?</p> <p>Have you had any previous experiences that you would view as CAS?</p> <p>How could something you do currently (for example, swimming) be made into a CAS experience with new opportunities to add skills and meet challenges?</p> <p>What do you think your role could be in effecting change for the better?</p> <p>What issues of local significance concern you most? How could you address these in your CAS programme?</p> <p>How do these local issues also have global significance?</p>	<p>Coding, Biking, Puzzle-solving</p> <p>I will be solving problems during MUN and Peacelab</p> <p>Coding, Biking. It can very much be incorporated into my CAS journey</p> <p>I want to improve my physical health, mental health, and overall world views.</p> <p>I hope to gain a better understanding of events with global significance. I hope to accomplish this by doing a variety of activities.</p> <p>I want to advance my coding by making a website for my JAYE project</p> <p>Verdala, Peacelab, JAYE, MUN, Mellieha biking club</p> <p>Biking, Coding</p> <p>I want to add an element of challenge to my bike rides, for example to go a further distance without stopping, or to go that distance faster. I want to improve my speed and endurance.</p> <p>I can provide lots of logical thinking and reasoning at Peacelab to create change and to help out the local community there</p> <p>Politics, mostly EU laws regarding immigration. I'll address these by directly helping out refugees at Peacelab.</p> <p>It's not just Malta which has a bad take on immigration in my opinion, there are lots of countries where they treat outsiders as alien and it's very cruel</p>
NOTES:	

STUDENT PLANS	
<p>What would you enjoy doing for Creativity? Activity? Service?</p> <p>C-</p> <p>A-</p> <p>S-</p> <p>Have you researched any groups that you could become involved in for any of the CAS strands? What are you doing to expand your options?</p> <p>What ideas do you have for a CAS project? Are these ideas worth developing for a month or more? What additional ideas do you have or backup plans if this is not viable?</p> <p>Who will you work with for your CAS project?</p>	
NOTES:	