

CAS SUMMER TASKS

Rising IB Seniors should engage in the following CAS work during the summer months:

ONGOING EXPERIENCES (Creativity, Activity, Service)

- Continue adding NEW **experiences** to your ManageBac

<h3>CREATIVITY</h3> <ul style="list-style-type: none">ArtMusicCookingSewingEmbroideryPMSA CLUB Activities	<h3>ACTIVITY</h3> <ul style="list-style-type: none">Physical ActivityWellnessYogaRunningWalkingExercise RoutinesWork-out PlansTeam Sports	<h3>SERVICE</h3> <ul style="list-style-type: none">Food BankVolunteer Work (See advisor for approval)TutoringLetters to VeteransLetters to Frontline WorkersNHSKey Club
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Unsure if the Experience qualifies....contact your CAS Advisor for feedback and approval.

ONGOING REFLECTIONS

- Continue adding NEW reflections to your CAS Experiences
 - Minimum of (2) total reflections for June
 - Minimum of (2) total reflections for July
 - Minimum of (2) total reflections for August
- Continue adding missing **reflections** from Junior year.



What is a Reflection?

- Response to each CAS Experience
- Some CAS Experiences will have multiple reflections.
- Reflections can be
 - Written
 - Images
 - Video
 - Or combination
- Describe what happened
 - Retell memorable moments
 - Identifying what was important or influential, what went well or was difficult, obstacles and successes.
 - Express feelings: articulate emotional responses to your experiences.

PROJECT and REFLECTIONS

While summer is a great time to complete your project, it is not required.

Here are some guidelines for planning and completing your project.

- **I have already started my project.**
 - Continuing ongoing reflection
 - Continue uploading **evidence** uploaded to ManageBac 
- **I am starting my project in the Summer.**
 - Remember to add reflections throughout the project.
 - Remember to upload **evidence** to ManageBac 
- **I am starting my project in the Fall.**
 - Add a minimum of (2) reflections on your proposed Project.
 - This demonstrates you are thinking about your project and making plans for starting in the fall.
- **When is my project due?**
 - Your project, evidence and reflections must be completed by December 22, 2021
- **Who do I contact when I have questions during the summer?**
 - Mr. Brown – mbrown@pths209.org
 - Ms. Tanaka – rtanaka@pths209.org

What is Evidence?

- Video
- Images
- PowerPoints
- Testimonials
- Blog Entries
- Vlog Entries
- Written Summary
- Audio
- Screenshots