

GETTING STARTED – A personal inventory

1. List the subjects you like most in school.
2. List activities in which you participate regularly (sports, music, drama, etc.).
3. State your career interests.
4. List community/national/global problems that concern you the most.
5. What would you like to learn more about?
6. What skill would you like to use in your volunteer work?
7. Do you want to work directly with people? If yes, would you prefer to work with children, adults, or the elderly?

Your CAS Plan

Requirements	Activity description	Date (month, year)	Approximate duration (in hours)	Creativity, Action, Service?
1. A group activity where you will collaborate with others				
2. An activity that combines two of creativity, action or service				
3. An activity that will be a new challenge to you				
4. An activity that will be an extension of an existing one				
5. An activity where you will learn a new skill				
6. Involvement with international projects (either locally, nationally, or internationally)				
7. An activity that will involve collaboration with others				
8. An activity that you will initiate				