

# CAS GOAL SETTING



Established  
in 1887

**Grade 12 Students ONLY:**

**Candidate Number:** \_\_\_\_\_

**NOTE:** Each activity should cover 2-3 learning outcomes:

Candidates Name: \_\_\_\_\_ Halton Student Number: \_\_\_\_\_

CAS Category: C  A  S  Location: GDHS:  Outside GDHS:

Duration of this ongoing activity:  short (<30 days);  medium (31-120 days);  long (+120 days).

<p><b>Increased their awareness of their own strengths &amp; areas of growth</b>  <i>They are able to see themselves as individuals with various skills &amp; abilities, some more developed than others, &amp; understand that they can make choices about how they wish to move forward.</i></p>	<input type="checkbox"/>
<p><b>Undertaken new challenges</b>  <i>A new challenge may be an unfamiliar activity, or an extension to an existing one.</i></p>	<input type="checkbox"/>
<p><b>Planned and initiated activities</b>  <i>Planning &amp; initiation will often be in collaboration with others. It can be shown in activities that are part of larger projects, for example, ongoing school activities in the local community, as well as in small student led activities.</i></p>	<input type="checkbox"/>
<p><b>Worked collaboratively with others</b>  <i>Collaboration can be shown in many different activities, such as team sports, playing music in a band, or helping in a kindergarten. At least one project, involving collaboration and the integration of at least two of creativity, action and service, is required.</i></p>	<input type="checkbox"/>
<p><b>Shown perseverance and commitment in their activities</b>  <i>At a minimum, this implies attending regularly and accepting a share of the responsibility for dealing with problems that arise in the course of activities.</i></p>	<input type="checkbox"/>
<p><b>Engaged with issues of global importance</b>  <i>Students may be involved in international projects but there are many global issues that can be acted upon locally or nationally (for example, environmental concerns, caring for the elderly).</i></p>	<input type="checkbox"/>
<p><b>Considered the ethical implications of their actions</b>  <i>Ethical decisions arise in almost any CAS activity (for example, on the sports field, in musical composition, in relationships with others involved in service activities). Evidence of thinking about ethical issues can be shown in various ways, including journal entries and conversations with CAS advisers.</i></p>	<input type="checkbox"/>
<p><b>Developed new skills</b>  <i>As with new challenges, new skills may be shown in activities that the student has not previously undertaken, or in increased expertise in an established area.</i></p>	<input type="checkbox"/>

• **Goals for this Activity:** (Expand on what you indicated above with specific reference to the extent the goal can be achieved and your “plan of attack”... )