



# Project Proposal

## [Use this proposal for your project]

Name: \_\_\_\_\_ Graduation Year: \_\_\_\_\_ Date: \_\_\_\_\_

Complete sections A and B of this form prior to beginning your project. Submit your form to your CAS advisor prior to starting your project. You may attach a word processed sheet with your answers.

A. Project Description (address how this project meets the four criteria listed on the reverse side of this page):

B. Projects may meet one or more of the following strands. Determine which strand(s) your project meets by aligning your proposal with the definitions outlined on the reverse side of this page.

Explain how this project meets the **creativity** strand of C.A.S.

Explain how this project meets the **activity** strand of C.A.S.

Explain how this project meets the **service** strand of C.A.S.

☐ Please check this box if this experience meets the CAS Project requirements listed on pages 4-5 of the CAS Handbook.

Student's Signature: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

IB or CAS Coordinator's Signature of Approval: \_\_\_\_\_



# Project Proposal

\*This form can be found on the MHS website in a writable PDF.

**Note:** This project is not a Modesto High School or Modesto City School District sponsored activity.

## **For Section A – Project Description:**

**All CAS projects should meet the following four criteria:**

- \* real purposeful activities, with significant outcomes (see page 3)
- \* personal challenge – tasks must extend you and be achievable in scope
- \* thoughtful consideration, such as planning, reviewing progress and reporting
- \* reflections on outcomes and personal learning

## **For Section B – The C.A.S. Strands**

**What are the C.A.S. Strands...**

- |                   |   |
|-------------------|---|
| <b>Creativity</b> | This aspect is interpreted as imaginatively as possible to cover a wide range of arts and other activities outside the normal curriculum which include creative thinking in the design and carrying out of service projects. This could include <b>doing</b> dance, theater, music and art. |
| <b>Activity</b>   | This aspect can include physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme.  |
| <b>Service</b>    | This aspect consists of unpaid and voluntary exchange that has a learning benefit for the student. The rights, dignity and autonomy of all those involved are respected.  |