

CAS Timeline

Year 1

April-August 2022:

Be sure to read the entire CAS Handbook.

Sign the CAS Contract and prepare your CAS Proposal plan.

Start identifying CAS experiences that are meaningful and important to you.

Determine the goals and Learning Outcomes that you plan to achieve through these experiences.

Determine how you are going to provide evidence of your CAS experiences and create a Portfolio of your experiences.

Begin your CAS experiences.

September 2022:

Continue CAS experiences/project.

Attend your first consultation with your CAS Adviser (September).

October 2022:

Continue CAS experience/project

Begin filling out your Reflection Form for each experience.

File reflections in your portfolio.

November 2022:

CAS Portfolio to be collected for assessment in December 2022:

At this point juniors should have approximately four experiences documented in their Portfolio and at least four CAS Learning Outcomes addressed.

Meet with the CAS Coordinator for a second consultation to check your progress (December).

January & February 2023:

Continue CAS experiences /project and reflections in April 2023:

CAS Portfolio to be collected for assessment

Year 2

June & July 2023:

Summer break is a good time to get involved with CAS experiences.

Review your Portfolio and the Learning Outcomes to identify the areas that you may need to focus on. Seniors should have approximately 100 hours of their CAS experiences documented in their Portfolio.

August 2023:

Continue CAS experiences/project September

2023:

**Attend a third consultation interview with the CAS Coordinator.
CAS Portfolio to be collected for assessment**

Seniors should have approximately 125 hours documented in their Portfolio.

Continue filling out Reflection Forms after you complete an experience.

December 2023:

Seniors should be near completion of their CAS requirements (Minimum 150 hours+ 1 CAS Project)..
Review your Portfolio, Reflection Forms to see if all the hours as well as the Learning Outcomes have been achieved.

Continue working on your CAS experiences if needed.

February 2024:

Attend final CAS interview for CAS completion procedures.

Submit all completed documentation and CAS portfolio to CAS Coordinator.

Note 1: The CAS guide clearly states, "Concurrency of learning is important in the Diploma Program. Therefore, CAS experiences should continue on a regular basis for as long as possible throughout the program and certainly for at least 18 months."

CAS is not something that should be raced through in order to get it over with. If undertaken in the right spirit CAS should be one of the most rewarding aspects of the Diploma Program.

Note 2: Meet with the CAS Coordinator if you do not seem to be on track or if you have questions.

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