

Activities that Fulfill CAS Requirements

Activities That Would Fulfill Creativity, Action or Service Requirements

You can participate in:

- Holiday Caroling with SHS
- Phoenix Symphony Guild
- Coffeehouse
- Rock Revelation
- Design a booth for International Day
- Creating a display for the science fair
- A music recital
- A play or musical
- Encore

Activities That Would Fulfill Action or Service Requirements

If you were a volunteer at the:

- ALS Walk
- Anasazi Fall Festival
- Climb to Conquer Cancer
- Library
- Habitat for Humanity
- Special Olympics
- SSBTR Walk
- Andre House
- Ronald McDonald House
- Wellesley's Walk
- Heartstrings Ball
- Holiday Lights
- Youth Corps
- Salvation Army
- Child Crisis Center
- P.F. Chang's Rock N' Roll Marathon water station worker
- Salvation Army- Thanksgiving/Christmas dinner server
- Cancer Walk
- St. Vincent DePaul
- Hospital
- Homeless shelter
- Salvation Army's Christmas Angel Program
- Scottish Highland Games
- Sierra Point Retirement Home
- Scottsdale Healthcare Golf Tournament
- National Charity League Projects
- All-Star Kids Tutoring
- UNICEF Trick or Treating
- Arizona Human Society
- Phoenix Zoo
- Race for the Cure
- St. Mary's Food Bank
- SOMA triathlon
- Trick or Treat for Cans

You can also earn action and service hours by volunteering to:

- Be a student ambassador
- Coach a youth team
- Work at an art festival
- Work at Physics Day
- Work at Horsense
- Host an exchange student
- Make pillows for women's shelter
- Pet Sit
- Clean a park
- Be a Girl Scout Leader/Camp Volunteer

Activities That Would Fulfill Creativity or Service Requirements

- Give music/dance/singing lessons
- Design a website for a company or club

Activities That Would Fulfill Action or Creativity Requirements

You can participate by:

- Receiving piano/voice lessons
- Performing in a cultural festival

- Taking Cooking Lessons
- Taking dance classes
- Learning a foreign language class outside of school
- Being a member of Marching Band (Time spent outside of school that is not mandatory for a grade)

Activities That Would Fulfill Action Requirements

Participating in:

- Yoga classes
- Karate lessons
- The track and field team
- Lacrosse
- Mock Trial
- The golf team
- A race or marathon
- Tennis

Activities That Would Fulfill Service Requirements

You can:

- Tutor
- Present to prospective IB students at informational nights
- Play bingo with senior citizens

Activities That Would Fulfill Creativity Requirements

- Planning activities for a club
- Being a member of Arizona Arts Chorale

What Doesn't Count

- Ushering for church service
- Church retreats
- Church Youth groups that involve faith based activities
- Teaching Sunday school at a church
- Playing an instrument at a church service
- Going on vacation to another country
- Listening to a guest speaker (unless you did an activity that directly resulted in your attendance from listening to the speaker)
- Going to see a play, museum, fair, exhibit, cultural event or movie (unless you did an activity that directly resulted from your attendance at the activity)
- Anything that you are missing class or a day of school to participate in

*NO STUDENTS SHOULD BE SIGNING OFF AS THE SUPERVISOR'S SIGNATURE, UNLESS PRIOR APPROVAL BY CAS COORDINATOR OR IB COORDINATOR HAS BEEN GIVEN.

*Each individual event done with NHS, Stugo, National Charity League (or similar organizations) much have a separate reflection sheet.

*Reflection sheets for activities are due by the end of the quarter that they were completed in order to receive credit.