*This form has to be completed by each student for each project, following the CAS guidelines and the IB CAS Guide provided to each student.*

SCHOOL NAME: American School of Bilbao SCHOOL CODE:

CANDIDATE NAME: Sarah de la Mata CANDIDATE CODE:

DATE:

**PROJECT/ACTIVITY TITLE**: Crêpe Party

**PROJECT/ACTIVITY SHORT DESCRIPTION**:

In a summer French course in Paris we organized a crêpe party which consisted on cooking the crepes and preparing the ingredients and then we invidted all of the students and teachers to our crêpe party.

**PREDICTED LENGTH OF ACTIVITY**

*Explain how long/often you will undertake the activity.*

1 day

|  |  |  |
| --- | --- | --- |
| **CAS ELEMENTS INVOLVED**  |  |  |
| CREATIVITY | ACTION | SERVICE |

**PERSONAL GOAL FOR THE ACTIVITY**:

*Write at least one paragraph specifically stating the goal(s( you plan to achieve during this CAS opportunity. Your goals should reflect your motivation for choosing this activity, and how you think this experience will affect you and/or others.*

*GUIDING QUESTIONS*

* *What do I hope to accomplish?*
* *How does what I'm doing help to accomplish the stated objectives?*
* *How will I know if I've achieved my objectives or not?*

Learn how to make French crêpes, sweet and salty. One of my teachers loves making crêpes and I want to learn the recipe to the secret of french crêpes.

**ANTICIPATED LEARNING OUTCOMES**:

*Indicate which are the learning outcomes that you are hoping to meet with this activity. Explain how this project/activity will help you achieve the chosen CAS Learning Outcomes? (Explain the relationship between what you are doing and the learning outcomes)*

1. Increased their awareness of their own strengths and areas for growth. - Increasing awareness of my cooking abilities.
2. Undertaken new challenges
3. Planned and initiated activities - It was an idea that my friends and I proposed and we organized the groups and invitations to the rest of the group.
4. Worked collaboratively with others - I worked collaboratively with every person from the CEI (summer language course) to organize this activity and while cooking with the rest of my group.
5. Shown perseverance and commitment in their activities
6. Engaged with issues of global importance
7. Considered the ethical implications of their actions
8. Developed new skills – I learned how to make french saltry and sweet crêpes

**ORGANIZATION ASSOCIATED WITH ACTIVITY**:

* ADDRESS:
* PHONE NUMBER:

PERSON IN CHARGE (SUPERVISOR): POSITION:

EMAIL:

MOBILE PHONE NUMBER:

**PARENTAL APPROVAL**

I agree to my child or ward being supervised by the above signatory for the designated activity.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of parent/guardian Date

**SCHOOL APPROVAL**

CAS Advisor Approval: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Once the activity/project has been approved, please SCAN and SAVE the document in the corresponding folder as* ***proof of evidence.***

**REFLECTIONS**

BEFORE THE ACTIVITY

*How do you feel?*

*How do you think it is going to be like?*

*Do you anticipate any problem?*

DURING THE ACTIVITY

*Describe how it went.*

*Explain if everything went as expected.*

*If there was any problem or issue, how did you tackle it?*

AFTER THE ACTIVITY

*Have you met your personal goal? Explain.*

*Would you have done something different?*

*If you were to do it again, what would you do differently?*

*What have you learnt?*

*Have you met the learning outcomes? Explain*