



# What is CAS?

Unlock the meaning of CAS!



## Creativity

- Original ideas, thinking & expression
- Talents
- Imagination



## Activity

- Physical Exertion
- Contributing to a Healthy lifestyle
- Healthy habits
- Individual or team sports



## Service

- Collaborative, reciprocal community engagement
- A response to an authentic need
- Unpaid or voluntary exchange
- Show initiative, responsibility & accountability

Also see Evidence & Documentation, 7 Learning Outcomes & CAS Project

For more information, talk to your CAS Coordinator

Check out our resources at [castrips.org](http://castrips.org)

Let's go!