



What is Not CAS?

Ask yourself the following questions to see if your experience qualifies as CAS...



Remember, CAS Experiences should NOT be:

- Passive experiences (such as attending a concert or museum)
- Habitual (family duties, religious devotion)
- Financial rewards (babysitting, work)
- Internship or work experience
- Simple or repetitive (household chores or school chores)
- Activities that cause division among people or community

