

CAS Extended Project Proposal (Sample)

Each student must complete at least one CAS Extended Project. These questions must be answered and submitted through uais.managebac.com by students to their advisors. It should NOT be submitted as a group. Type your response out into the fields under the “Questions” tab on your CAS page on managebac. These sample answers provide the detail expected of you. Mimic it as closely as you can.

Student Name: Amy Jo Yeokum

Other Students Involved: Joy, Erin

Name of Activity: Backpacking Club

Tentative Start Date: September 2011 Tentative Finish: August 2012 (must be at least four months)

Type (Circle): Creativity, Action, and Service!

Advanced Planning

Description: Description of the activity/project and the specific work you will undertake in the process:

One of the problems a group of us had for our CAS programme was that we're not an “action” oriented group but wanted to work together on a extended project together. We decided to form a backpacking club that would spend a number of months researching what backpacking/hiking through the wilderness was like, learn to appreciate and take care of the environment, and go on at least two of these trips where we all agreed to leave all technology (I-pods, etc.) behind, and appreciate nature. We thought this would be a fun adventure and a challenge since we would never do this alone. The club will begin in the “creativity” phase because we'll have to sit down and put together a more specific timeline and recruit up to ten people to join. Then, we'll have to research everything we need to know about backpacking through the wilderness, do a practice overnight trip, and then the final trip.

Timeframe: Using the information above, provide a working schedule/timeframe for this commitment. This needs to be much more elaborate than a normal activity proposal. Monthly goals should be provided as a way to scaffold the process, to provide clarity as to what you need to accomplish in a timely manner. It is acceptable that these dates become more vague as time goes on, both due to how far out they are and because once your extended project is established, running it is considered a continuation of the project :

Here's our general timeline:

September: Plan timeline and initial recruitment meeting. Develop flyers.

October: Hold meeting. Select candidates for trip.

November: Hold meeting: Discuss plan for the trips and requirements for the club.

December: Hold meeting: Begin fundraising for gathering of hiking equipment.

January: Hold meeting: brainstorm fundraising for trip. Set date for two trips. Recruit chaperones.

February: Hold meeting: Research “Adopt-a-Highway.”

March: Hold meeting: Solidify service activities for the environment.
April: Hold meeting: Begin pooling fundraising money for needed supplies. Get donated supplies, if possible. Spring break activity: Hike ten miles on Paint Creek Trail as a group with stuffed backpacks of school books as practice for trip. Document with pictures.
May: Hold meeting: Discuss first trip of practice of camping. Confirm chaperones.
June: Camping trip (no backpacking). Practice with supplies in set location without having to travel.
July: Hold meeting: August trip to Jordan River Valley. Paint Creek Trail 8-mile walk with real hiking backpacks and supplies.
August: Three-day backpacking trip to Jordan River Valley!

Evaluation: Explain how you know you will have reached your goal or through what documentation you will measure success.

The true reaching of our goal will be the participation and completion of the three-day backpacking trip to the Jordan River Valley up north, the recruitment of members to join us, and the completion of an environmental component that satisfies a global concern. Anything short of this will really indicate a failure of this project, so we're determined to succeed. We will document this project with a scrapbook which includes the agendas of our meetings, pictures of our trip and a filming of the trip itself, which will serve as documentation.

Personal Goals: How does this activity/project challenge you in ways? If an extension of a previous activity, explain how. If the start of a new one, explain why you are beginning it. Especially if this is a continuation of a previous project, you will need to go to some length to justify how this will be challenging instead of it being what IB calls "more of the same."

This is a new project for me, so it is a challenge because I've never tried anything like this before. It will challenge me because we will have to plan a series of meetings over a long period of time, be very organized and detailed in doing so, spend time outdoors, and participate in rigorous exercise in the elements.

CAS Requirement: In greater detail, explain how this project satisfies two of the three requirements of Creativity, Action, and Service:

For me, this project will satisfy all three components. First, we are creating the club, the agendas, the meetings. Second, this definitely involves the action of backpacking, which is a tough activity to do for hours a day. Third, we're providing a service to other students by providing them with an opportunity and also the community when we organize our smaller environmental activities.

Collaboration: If you are working alone, explain how this project means the standard of "collaboration with others." If working with other UAIS students, skip this question.

I am working with other students from this program!

Challenges: Such large endeavors rarely go smoothly. Be honest in anticipating what challenges you anticipate with this project:

This is obviously going to be a challenge for us. First off, we acknowledge that our predominant color is green, so personality-wise, we have perhaps too much in common. We have acknowledged this and are

going to make sure that we don't clash. We will have to be super-organized to make sure each of these monthly events and meetings takes place. We will have to do our research on what supplies we will need to backpack, and we know that this also won't be cheap, as backpacking equipment is very expensive. However, we hope to have many items donated or hope to borrow what we need. Part of the issue will be apathy from our members that we recruit as well. They may not want to participate in the pre-training for backpacking, but this is necessary to actually completing the trip, since carrying 30+ pounds of weight on one's back is not easy.

Supervisor Name/Phone Number: Mr. Spear is our supervisor. He won't be at our meetings but agreed to help advise us since he's backpacked before and keep an eye on us to make sure we follow through.