

CAS is experiential learning, involving students in new roles with set goals and ongoing reflection. Generic Name: doxazosin dox AY zo sin [prescription required not cialis](#) Eagling VA, Back DJ, Barry MG

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The goals behind the philosophy of Creativity, Action, and Service are to...

1. Share talents with others in a community
2. Experience education beyond the classroom
3. Develop positive attitudes and values
4. Serve the community as a complement to intellectual development
5. Develop the ability to work with others
6. Promote international understanding
7. Encourage the development of new skills and interests
8. Develop links with local, national, and international communities
9. Develop a sense of responsibility and discovery

Creativity

Creativity is interpreted as imaginatively as possible to cover a wide range of arts (dance, theatre, music, art), including creative thinking in the design and carrying out of service projects. This covers the performances of music, dance, choir, theatre, debate, the creation of art, and activities that may include creative planning or design. An ideal CAS project is one that a student creates, designs or plans. Creative experience must involve creative thinking. One could make a documentary over a serious topic or make something for sale to raise funds for a charity. Other examples include the creation of websites, brochures, or bulletin boards; the development of agendas, programs, or signs for events; or the designing or developing of plans for activities with senior citizens or children. Of course, students may also be creative in coming up with their own ideas for creativity in CAS!

Action

This category involves physical activity that results in personal growth. Key words are doing and moving. West Hall will focus on hours where the participant is involved in a new role. Action includes projects involving physical exertion such as hikes, individual and team sports, or the activity involved in carrying out creative and service projects. This can include coaching, a “Labor Day” for an adult service organization, planting trees, political canvassing, or organized cleanup projects. Other examples include team sports and fine arts.

Service

Service is the essence of CAS; it involves interaction, such as the building of links with the individuals or groups in the community (school, local community, or on a national or international level). Service activities involve doing things for others in school, community, national or international projects. It should also involve interaction with others. Service does not mean exclusively social service, but can include environmental and international projects as well. Service includes any activity where a contribution is being made without any form of compensation. This category involves actions on the part of the student that benefits others and improves their existing situation. Service activities may also be incorporated in other categories. Some examples include preparing and serving food in a homeless shelter or tutoring students before/after school or on the weekends.

CAS Activities at GDGWS (Notice there are always overlaps over the three areas)

- Pyramid Making Competition (c,a,s)
- First-Aid and CPR Training, Life Guard Training (c,a,s)
- Art and photography (c,a,s)
- Teaching at Village School (c,a,s)
- Graduation Day, Farewell & Teachers Day Organisation (c,a,s)
- CAS Trip- Jim Corbett / Rishikesh, Trekking, Water Rafting (a)
- Inter House Swimming and Water Polo Organization (c,s)
- Model United Nations, GYLC & Special Assembly contribution (c,a,s)
- CAS Fitness Training (c,a,s)
- International Award for Young People (IAYP) (c,a,s)
- Year Book Editorial Team (c,s)
- Contribution to schools' Newsletters (c)
- Goenkan Endura Marathon Participation/ Organisation (c,a,s)
- Speech and debate (c)
- Dance, Drama, Band & musical instrument learning/Participation/ Production/teaching and Choreo

- Christmas Fete Organisation (c,a,s)
- IB Play (Drama, Dance & Music) (c,a,s)
- Sports Participation/Originations in Inter house/Inter-School Sports Events (swimming, Water polo,
- Any other Event added to the school Calendar later or Individual/ Group project initiated by student

CAS Activities happened at GDGWS in 09-2010

1. Pyramid Making Competition
2. Art and photography
3. Teaching at Village School
4. Pyramid making competition
5. Graduation Day Participation/ Organization
6. Farewell Participation/ Organization
7. Teachers Day Participation/ Organization
8. CAS Trip- Jim Corbett Rishikesh(Trekking, Water Rafting)
9. Inter House Swimming and Water Polo Participation/Organization
10. Model United Nations
11. GYLC
12. Special Assembly contribution
13. CAS Fitness Training
14. International Award for Young People (IAYP)
15. Year Book Editorial Team
16. Schools' Newsletters Contribution
17. Speech and debate
18. Dance, Drama, Band & musical instrument learning/Participation/ Production/teaching and Choreography
Christmas Fete Organisation
19. IB Play (Drama, Dance & Music)
20. Sadbhavna Visit
21. Sports Participation/Originations in Inter house/Inter-School Sports Events (swimming, Water polo,
22. Individual/ Group project initiated by students/ School

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