CAS Portfolio

Sample Student

DP Year 1

5 experiences · 1 projects

Prepared November 27, 2026

Student-selected records for review. Linked learning outcomes are student-selected and do not indicate school approval.

Weekend training

Activity

November 27, 2026

What happened

Practised pacing and wrote down a plan for next week.

Reflection

Not provided

Linked learning outcomes

No outcomes linked

Evidence

No attachments provided

School Poster Workshop

Creativity

November 26, 2026

1 hours recorded

Location: Art Room

What happened

We drafted a poster for the school volunteer event.

Reflection

Not provided

Linked learning outcomes

No outcomes linked

Evidence

No attachments provided

School Band Practice

Creativity

November 23, 2026

2 hours recorded

Location: School Music Room

What happened

Rehearsed the spring concert programme with the school band.

Reflection

I learned that preparing a difficult ensemble section required more careful listening, not simply playing louder. I struggled with timing during the transition, so I marked the score and practised with the percussion section. Next time, I would record the rehearsal earlier and use it to identify balance problems before the final run-through.

Linked learning outcomes

LO 1: Identify strengths and areas for growth

LO 2: Undertake challenges and develop new skills

LO 4: Show commitment and perseverance

LO 5: Demonstrate collaborative skills

Evidence

No attachments provided

Football Training

Activity

November 19, 2026

1.5 hours recorded

Location: School Sports Field

What happened

Completed endurance drills and small-sided tactical games.

Reflection

The session showed me that my stamina has improved, but my decision-making becomes less accurate when I am tired. I stayed committed through the final drills and communicated more clearly with teammates. During the next session, I will focus on scanning the field before receiving the ball.

Linked learning outcomes

LO 1: Identify strengths and areas for growth

LO 2: Undertake challenges and develop new skills

LO 4: Show commitment and perseverance

LO 5: Demonstrate collaborative skills

Evidence

No attachments provided

Community Clean-up

Service

November 14, 2026

3 hours recorded

Location: Riverside Park

What happened

Collected litter, separated recyclable material, and spoke with visitors about waste disposal.

Reflection

The clean-up helped me see how individual habits accumulate into a visible community problem. Working in teams made the collection process more efficient. I also considered the ethical difficulty of asking visitors to change behaviour without sounding judgmental. Next time, I would prepare clearer signs showing where recyclable waste should go.

Linked learning outcomes

LO 5: Demonstrate collaborative skills

LO 6: Engage with issues of global significance

LO 7: Recognize ethical implications

Evidence

No attachments provided

Project: Community Clean-up Project

Oct 28, 2026 – Dec 11, 2026

Plan a clean-up with classmates and review the collected evidence.

Collaborators: School volunteer team

2 of 3 milestones completed by student

Plan with the team

Nov 6, 2026 · Completed

Agree on responsibilities and keep notes of our decisions.

Listening to the team helped us divide the work more fairly. Next time we will check our plan together before starting.

Community clean-up

Nov 14, 2026 · Completed

Agree on responsibilities and keep notes of our decisions.

Listening to the team helped us divide the work more fairly. Next time we will check our plan together before starting.

Review and share evidence

Dec 4, 2026 · Planned

Agree on responsibilities and keep notes of our decisions.

Related experiences included in this export

Community Clean-up

Coordinator review

To be completed by your CAS coordinator. This page does not certify completion until reviewed.

Coordinator name: _____

Signature: _____

Date: _____