



CAS Trips

# CAS Experiences

During your 18 months of CAS, we recommend to complete at least 3 for each CAS strand:

*Creativity, Activity, Service*

## Ask Yourself



- Is this going to lead to personal development?
- Which strand of C-A-S will this satisfy?
- Which of the 7 Learning Outcomes could this meet?



Always ask HOW or WHY - question everything!  
Choose something MEANINGFUL and ENJOYABLE!

For more information, talk to your CAS Coordinator or visit  
[castrips.org](http://castrips.org)

*Good Luck!*

*It's what you learn, not how much you do!*