# CAS Project proposal and completion form

# Name Mitchell Long Session number

# Proposal details:

This Section explains the aim and rationale behind your plan for completing the CAS project.

Before completing this section, ensure that you have read the relevant part of the [CAS Subject Guide](http://xmltwo.ibo.org/publications/migrated/production-app.ibo.org/publication/75/part/1/chapter/3/page/3.html) and Canvas page. In this section, you should include:

* Your project aim: what are you trying to achieve and why?
* Rationale: What need are you trying to meet?
* How does this fit in with your CAS program?
* How is this a valid and good quality CAS project? You should make reference to the CAS requirements here as part of your explanation.

We are trying to raise awareness for mental health issues in young men. This is something that we believe to be extremely important given the prevalence of mental health issues in young men and the fact that we attend a singe-sex school with over 1300 young men, and so the topic is incredibly relevant.

The rationale for the project is really driven by why we are trying to achieve our aim. Mental health is a serious topic, but one that often gets neglected as people aren’t willing or comfortable to talk about it.

This fits in with the service aspect of our CAS program, since we are involving charitable organisations in our CAS project as well as attempting to offer a service to the wider school community.

This project fulfils multiple CAS requirements and CAS learning outcomes. Primarily, it addresses outcome 4 and 5, being able to show commitment and perseverance in a CAS experience and appreciating the benefits of working collaboratively. This is because the project will last for a long time, and so it is a lengthy commitment, and given its length, we’ll have to work well as a group. It also addresses outcome 6, where we have been able to engage with issues of global significance, as shown in the box below.

How does this activity allow you to ‘think globally and act locally?’

Mental health issues are common in young men across the globe, particularly in developing nations. In focusing on this topic, it allowed us to think globally by addressing such a widespread issue, but apply it in a local setting, whereby all the activities and initiatives we organised we focused on the school community.

## Plans and logistics:

Use this section to explain the logistics and planning for your activity. Complete the following elements of the table:

|  |  |
| --- | --- |
| Planning and logistics | Details |
| Who are you working with? | Jarrah Lindhout and Tom Langford (the other senior leaders) |
| When will this project occur? Is this part of an ongoing project? (for example, are you working with your House charity? If so, how do you plan to integrate House requirements with CAS outcomes?) | Throughout year 12We came up with the idea for this project as part of the leadership team at Newington for 2017, meaning we started the project ourselves. |
| Who will be supervising / providing confirmation of project progress and completion? | In a blog. |
| Have you talked with your potential supervisor? Do you have written confirmation that they are prepared to sign off on your completion? You need to include this as part of your project evidence.  |  |
| Which outcomes are you planning to meet as a result of completing your project? Explain how they will be met. | Outcomes 4, 5 and 6. See above. |
| What is the timeframe for your project? | Throughout year 12. |
| What evidence will you collect to show your completion? This evidence must be able to show how you combine the C, A, S elements AND meet the relevant outcomes. | Photos of the initiatives that we organised as well as e-mail evidence. |
| Can you foresee any specific problems with your project plans? If so, how do you plan to overcome them? | There will most likely be logistical issues in organising initiatives, in terms of where we can hold events and at what time.This will have to be organised with the relevant staff. |
| Is there anything else you think your CAS supervisors should know?  |  |

# CAS advisor comments:

# Is the project approved?

☐ YES: Go ahead

☐ With provisions: details are listed below and confirm before starting your project:

Top of Form

☐ NO: explanation provided below:

Bottom of Form

CAS advisor signature and approval:

|  |  |
| --- | --- |
| Name: | Date: |

# CAS project completion form

This form shows how you have achieved an outcome as a result of completing a CAS activity. You can submit this form as part of your evidence OR you can show the same information as part of your evidence folder.

# cas project completion:

How have you demonstrated your completion of the activity and / or CAS outcome? This activity might help you partially meet an outcome or completely meet an outcome. Use this space to show what this activity has achieved.

If your project has been part of an ongoing plan of activities (eg a House Charity) you also need to explain how you have established ways for the project to continue.

See blog.

# Evidence:

What evidence are you submitting to show that you have completed your aims and nominated outcomes for this activity?

Does this include a Supervisor’s signature / report that verifies your completion? If not, you will need to ensure this is submitted prior to this being signed off as completed.

See blog.

# Reflection:

This should be included as part of your evidence and ongoing reporting. Your reflection should ensure that you meet the requirements as set out in the [CAS guide](http://xmltwo.ibo.org/publications/migrated/production-app.ibo.org/publication/75/part/1/chapter/3/page/2.html)

# CAS advisor signature:

***This will only be signed when you have completed all the required stages and can show all completed documentation. This must be signed in order for this to count towards meeting your CAS requirements. It is your responsibility to have all this organised prior to all advised due dates.***

|  |  |
| --- | --- |
| Name: | Date: |