H.H. Dow High

CAS Tracker

- *Creativity: arts, and other experiences that involve creative thinking*
- *Action: physical exertion contributing to a healthy lifestyle*
- *Service: any unpaid volunteer work*

Name: _____ Class of: _____

Circle one: Diploma Candidate World Scholar

List all of your activities here. Activities may start in the summer before your junior year and continue through April of your senior year. Ideally, about 50 hours should be earned in each of the "areas" (CAS).

Name of Activity	Date(s)	C	A	S	Total Hours