

IBDP CAS Personal Inventory Form

This document will help in matching your interests, experience, skills, talents and ways you want to grow and develop with CAS experiences and project ideas. This is simply a way to get started with your CAS programme.

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| Name: | |
| Class | |
| 1. What are your talents? | |
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| 2. What do you enjoy doing? | |
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| 3. What skill or talent would you like to improve? | |
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| 4. What are you already doing that could be part of your CAS programme? | |
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| 5. What would you like to be involved in? | |
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| 6. Describe a time when you helped someone else or helped with a cause. | |
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| 7. Describe a time when someone helped you. | |
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| 8. About what issues do you have concern or feel most passionate? | |
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| 9. Are there any local clubs or community associations in which you could be involved? | |
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| 10. What would you like to learn more about? | |
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| 11. What have you always wanted to try but haven't yet? | |
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| 12. What other questions may help? Write down two and answer them. | |
| 12a. | |
| | |
| 12b. | |
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