# CAS Self Review Questionnaire - ISOB

All CAS programs begin with a Self Review. This is an opportunity for you to reflect on your personal strengths and weaknesses as they relate to the activities that you will undertake as part of your CAS program. It is also provides your CAS koordinator with information that will help him or her guide you during your initial activity selections. Please fill it in and bring it to our first meeting.

What do you want to do after you graduate from school?

What inter-personal skills do you need to develope.

What special creative interests do you want to develope (as a musician, actor, visual artist, video producer, photographer…?)

What is one thing that you have always wanted to try and why?

Are you already doing something in this area that you want to develope?

What sport or individual fitness activities do you want to develope further?

Are there any new things you want to try?

Is there a group where you are already helping out as a volunteer?

Which group would you like to work with to help serve others?