

CAS is ...

Creativity

Learning to play a musical instrument*taking a pottery, drawing or photography class*participating in a writer's group*playing in a music group at school, church or in the community*learning to dance (swing, two-step, ballroom)*painting a mural*designing marketing materials for a non-profit organization's fundraiser

Activity

Hiking a fourteener*running or biking with a local club*training and participating in a race or triathlon*swimming*learning to ski, snowboard or snowshoe*developing a personal training program*ice skating*joining the school Unified Basketball team*taking dance classes*practicing yoga*soccer*badminton*frisbee golf*spin class

Service

*building a house with Habitat for Humanity*volunteering at a local hospital or aging adult center*teaching a newcomer to speak English*making and serving meals at a local shelter*helping at a food bank*going on a service trip with your church or a non-profit*gathering used books for a local school or shelter *tutoring children or adults

CAS IS NOT

- Anything paid
- Anything passive (like going to a museum or show)
- Anything unethical
- Anything that promotes violence