

## CAS Activity & Project Proposal (Sample)

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The purpose of this form is for students to propose each activity in a CAS proposal. These questions must be answered through [uais.managebac.com](http://uais.managebac.com) by students to their advisors. Type your response out into the fields under the "Questions" tab on your CAS page on managebac. These sample answers provide the detail expected of you. Mimic it as closely as you can.

Student Name: UAIS 2012 Graduate

Name of Activity: Forensics                      Type(s): Creativity / Action / Service

Estimated Number of Hours: 20

Tentative Start Date: February 26, 2011

Tentative Finish: April 14, 2012

### **Advanced Planning**

**Description:** Description of the activity/project and the specific work you will undertake in the process:

Forensics is a speech or dramatic competition in which students compete in either public address or a dramatic presentation. Competitions are monthly, and the season begins in January. I will begin competing in February, though, since my piece, a collection of poems to be memorized and acted out, is taking some time to cut within the time limit of 10 minutes. This will definitely push the envelope on my public speaking skills, since I have trouble showing emotion or being more outgoing in front of a large group of people. Acting out emotional poems will help me break through the wall of self consciousness I have, and ease my ability to exhibit my true emotions to their full potential in front of an audience. I will practice for a few hours each week: memorizing, working on my movements, et cetera.

**Timeframe:** Using the information above, provide a working schedule/timeframe for this commitment:

The competitions are usually the last Saturday of every month; I will have the exact dates soon. I will need to practice nearly nightly in order to increase my comfort with not only reciting, but also acting out the words to the poems I have chosen.

**Evaluation:** Explain how you know you will have reached your goal or through what documentation you will measure success:

I will know I have reached my goal when I am able to increase my score on the critique I am given by each judge, every month. I am not anticipating winning first place, as this is my first full year of being in Forensics, but I am going to work for higher marks as I am more accustomed to acting.

**Personal Goals:** How does this activity/project challenge you in ways? If an extension of a previous activity, explain how. If the start of a new one, explain why you are beginning it:

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