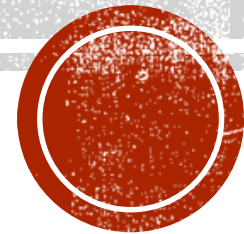
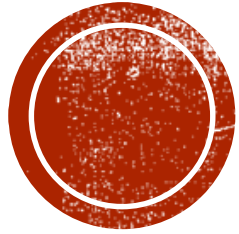


IB DIPLOMA PROGRAM

CAS REQUIREMENTS





**“...IF YOU BELIEVE IN SOMETHING,
YOU MUST NOT JUST THINK OR
TALK OR WRITE, BUT MUST ACT.”
(PETERSON 2003)**

The Nature of CAS

CAS: THE NUTS & BOLTS

- **The CAS programme begins in 11th grade and continues regularly, ideally on a weekly basis, for at least 18 months.**
- **All CAS students are expected to maintain and complete a **CAS portfolio** (Due Senior Year)**
- **Students engage in CAS experiences involving one or more of the **3 CAS strands**.**
- **Completion of CAS is based on student achievement of the **7 CAS learning outcomes**.**
- **Further, students undertake **at least one CAS project of at least one month's duration**.**
- **There are **three formal documented interviews** students must have with their CAS coordinator/advisor.**



- **Creativity**—exploring and extending ideas leading to an original or interpretive product or performance
- **Activity**—physical exertion contributing to a healthy lifestyle
- **Service**—collaborative and reciprocal engagement with the community in response to an authentic need

CAS STRANDS

CAS is organized around the three strands of **creativity**, **activity** and **service**.

(see pages 12-14)





Figure 2
CAS experiences

CAS EXPERIENCES

A **CAS experience** is a specific event in which the student engages with one or more of the three CAS strands.



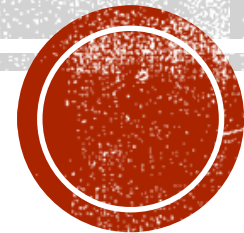
A CAS EXPERIENCE MUST:

- fit within one or more of the CAS strands
- be based on a personal interest, skill, talent or opportunity for growth
- provide opportunities to develop the attributes of the IB learner profile
- not be used or included in the student's Diploma course requirements



WHILE IT IS NOT NECESSARY FOR EACH CAS EXPERIENCE TO ADDRESS A CAS LEARNING OUTCOME, UPON COMPLETION OF THE CAS PROGRAMME, CAS STUDENTS ARE REQUIRED TO PRESENT EVIDENCE DEMONSTRATING ACHIEVEMENT OF ALL CAS LEARNING OUTCOMES.

CAS GUIDELINES CONTINUED



LEARNING OUTCOMES (SEE PAGES 25-28)

- **Learning outcome 1**: Identify own strengths and develop areas for growth
- **Learning outcome 2**: Demonstrate that challenges have been undertaken, developing new skills in the process
- **Learning outcome 3**: Demonstrate how to initiate and plan a CAS experience
- **Learning outcome 4**: Show commitment to and perseverance in CAS experiences
- **Learning outcome 5**: Demonstrate the skills and recognize the benefits of working collaboratively
- **Learning outcome 6**: Demonstrate engagement with issues of global significance
- **Learning outcome 7**: Recognize and consider the ethics of choices and actions



EXAMPLES:

- **Creativity:** A student group plans, designs and creates a **mural**.
- **Activity:** Students organize and participate in a **sports team** including training sessions and matches against other teams.
- **Service:** Students set up and conduct **tutoring** for people in need.
- **Creativity and activity:** Students **choreograph** a routine for their marching band.
- **Service and activity:** Students plan and participate in the **planting and maintenance of a garden** with members of the local community.
- **Service and creativity:** Students identify that children at a local school need backpacks and subsequently **design and make the backpacks** out of recycled materials.
- **Creativity, activity, and service:** Students **rehearse and perform** a dance production for a community retirement home.

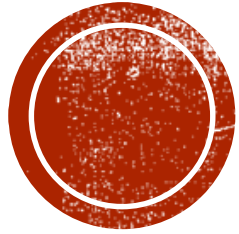
CAS PROJECT

A CAS project is a collaborative, well-considered series of sequential CAS experiences, engaging students in one or more of the CAS strands of creativity, activity, and service.

CAS students must be involved in at least one CAS project during their CAS programme.

(see pages 15-16)





ALL CAS STUDENTS ARE EXPECTED TO MAINTAIN AND COMPLETE A CAS PORTFOLIO AS EVIDENCE OF THEIR ENGAGEMENT WITH CAS AND ACHIEVEMENT OF THE SEVEN CAS LEARNING OUTCOMES.

CAS PORTFOLIO

CAS PORTFOLIO DETAIL

- CAS Portfolios are *due Senior Year*
- Portfolios should include a “*CAS Experience Worksheet*” for each CAS experience. (p. 35)
- Portfolios should include *artifacts* from each CAS Experience.
- Portfolios should include *documentation* of your CAS Project.
- Portfolios should include *reflections* and *evidence* that each *Learning Outcome* has been met.
- Portfolios should include documentation of each interview with the CAS Coordinator.



My CAS Programme	Yes/no	Notes:	Date:
Shows evidence of planning a CAS Programme			
Shows regular commitment over at least 18 months to CAS			
Demonstrates understanding and ability to use the CAS stages when planning CAS experiences			
Demonstrates balance between creativity, activity and service			
At least one planned project undertaken over at least one month			
Evidence of achieving all 7 learning outcomes:			
LO1. Identify own strengths and develop areas for growth			
LO2. Demonstrate that challenges have been undertaken developing new skills in the process			
LO3. Demonstrate how to initiate and plan a CAS experience			

CAS PORTFOLIO CHECKLIST

Check Out Page 37



SENIOR YEAR

- CAS Portfolio is **Due Senior Year.**
(around **Jan 25th**)
- All Seniors will present in groups to faculty, parents, and other IBDP students. (around **Jan 25th**)



WHAT NOW???

- Check out the Step By Step Guide to CAS (page 38)
- Continue what you are doing, and make sure to **KEEP TRACK!**
- Don't wait to write your reflections. Get going...
- Start assembling your Portfolio
- Meet with the CAS Coordinator if you need help



WHAT AM I DOING THAT COUNTS?

Big Ideas

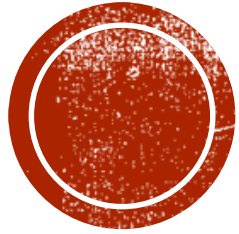
- Sports
- Clubs
- Community Volunteering
- Travel

School Functions

(Ungraded activities):

- Theater Performances
- Band Performances
- ROTC Competitions
- Skills USA





**WITH ITS HOLISTIC APPROACH, CAS IS
DESIGNED TO STRENGTHEN AND
EXTEND STUDENTS' PERSONAL AND
INTERPERSONAL LEARNING FROM THE
PYP AND MYP.**

QUESTIONS?

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