CAS in the IB Diploma Program

2017 and onwards…

Creativity, Activity, Service

CAS is… participation in experiences that foster growth in areas of:

Creativity
*Activity
Service

*Activity

Physical exertion contributing to a healthy lifestyle

Examples :

- school teams
- intramural activities
- community sporting activities
- yoga/meditating/ dancing/ walking/ working out/ hiking
- a service/creativity activity with a physical component

Learning Outcomes

1. Increased **awareness** of strengths and areas for growth

2. Undertaking **new challenges** **and d**eveloping **new skills**

3. **Planned** and **initiated** activities

4. Showing **perseverance** and **commitment**

5. **Working collaboratively** with others

6. Engaged with issues of **global importance**

7. Consideration of **ethical implications**

The CAS Project

An experience that integrates at least **1** of **C/A/S**

- a **collaborative**, team project
- demonstrates **leadership**
- an **ongoing significant commitment**

(takes place over at least 1 month)

CAS MUST be ...

ENJOYABLE & FUN!!!

• real, **purposeful** experiences with **significant outcomes**

• personal **challenges**– tasks that **extend** the students and are achievable

• **thoughtful consideration** demonstrated through planning, reviewing progress, and reporting

• **reflection** on outcomes and **personal learning**

Make it meaningful!

How many CAS experiences should I do?

- CAS experiences are an opportunity to **balance** your academic workload & when you pace yourself, shouldn't be a cause of stress.

1 **CAS Project** = (at least 1 of C/A/S over at least 1 month of your DP)
+
Weekly commitment over 18 months for each C/A/and S
+
2 **or more additional** singular experiences **in C/A/ or S**

Don't count hours → Count Learning OUTCOMES (7)

CAS Project &
CAS Series Experiences

Each reflection must incorporate the following 5 stages, IPARD:

Stage 1:   Investigation

Stage 2:   Preparation

Stage 3:   Action

Stage 4:   Reflection

Stage 5:   Demonstration

CAS Portfolio

- It is meant to provide a comprehensive record of student's reflections, evidence of process and achievements.

- It can be in either electronic format, or a hard copy.

- It is meant to allow students to use technologies that will suit their unique learning styles

(ie: Printed copy, PowerPoint, Word Document, Blog/Video Blog, Website}