

# Creativity, Activity, Service (CAS)

Class of 2019 and onward

Cameron Heights Collegiate Institute

IB and CAS Coordinator: Julie Neeb

([julie\\_neeb@wrdsb.ca](mailto:julie_neeb@wrdsb.ca))

# What is the purpose of our work?



## **Cameron Heights Mission:**

“Together as One” we are committed to strengthening our caring community, to embracing diversity and to fostering life-long learning.

## **International Baccalaureate Mission:**

The International Baccalaureate® aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.

To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment.

These programmes encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.

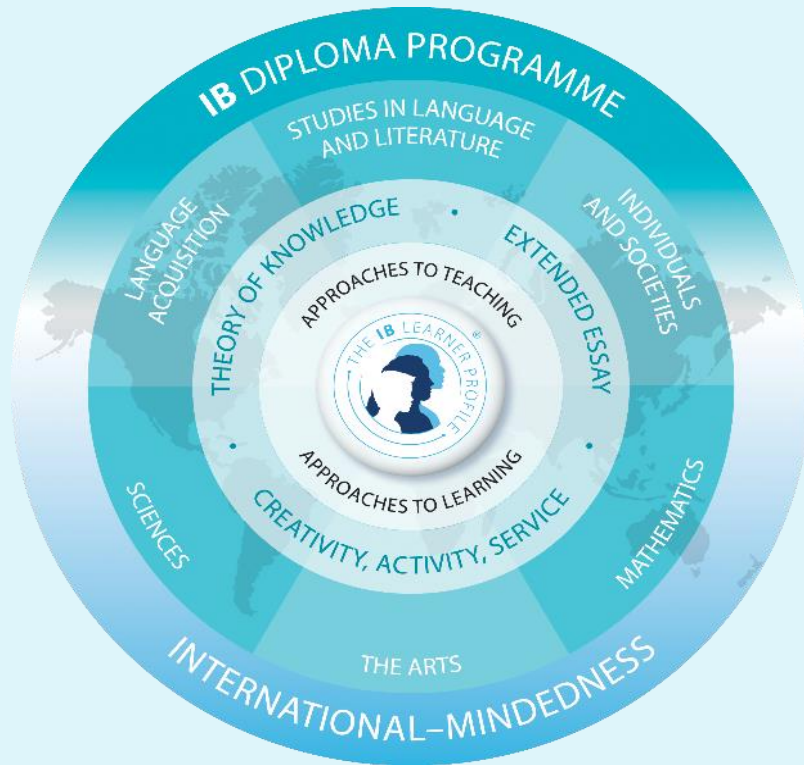
# Learning Goals

- I can explain what CAS is and how to find more information.
- I can articulate how CAS connects to the Goals & Criteria.
- I can set goals and plan an appropriate CAS Program.
- I can login to ManageBac & maintain my digital Portfolio.



# Part 1: What is CAS?

CAS is at the core of the IB Diploma Programme



- **Creativity, Activity, Service**
- **Involves a range of enjoyable and significant experiences, as well as at least one CAS project.**

# What is CAS?



## The core elements of the IB Diploma Programme:

- support the interconnectedness of learning;
- support the concurrency of learning;
- support the IB continuum of education and the learner profile;
- support a broader view of the subject disciplines.

The core elements are grounded in an aim to support, and be supported by, the academic disciplines; foster international-mindedness; and develop self-awareness and a sense of identity.

# What is CAS?



- A range of experiences outside the IB Diploma programme classes that involve gathering evidence & writing reflections
- Helps students understand their own strengths and weaknesses, identify goals, build strategies for personal growth.
- Projects will be sustained (at least one month) and collaborative (works with other students)
- Every CAS program will be different – each student will choose what she wants to do and how she wants to reflect.
- Adds fun and balance to the academic studies

# How does CAS connect with a Cameron Heights IB Education?

- Allows students to develop Global Leadership skills
- Allows students to live the Goals & Criteria
- Allows student to experience growth reflective of the IB Learner Profile



# How does CAS connect to a Cameron Heights IB Education?

- **CAS emphasizes the role of Students as Global Leaders by:**
  - **Fostering international-mindedness**
  - **Focusing on key leadership skills, such as:**
    - ❖ Self-initiating activities & projects
    - ❖ Collaborating with others
    - ❖ Sustaining one's commitment
    - ❖ Reflecting on strengths, weakness, successes, and opportunities for growth
  - **Allowing students to plan activities connected to our school, our community, and our world**





# How does CAS connect to a Cameron Heights IB Education?



- As an International Baccalaureate (IB) school, students are able to develop within the framework of the IB learner Profile
- The IB Organization has defined 7 Learning Outcomes that students must demonstrate throughout their CAS Program
- The 7 Learning Outcomes are reflective of the IB Learner Profile

*\*Please see our Website for the IB Learner Profile & The 7 Learning Outcomes (also posted in ManageBac)*

# How do I plan my CAS Program?



- Read the CAS Information posted on our website
- Begin to explore possible CAS Experiences – including a range of activities / projects from all three strands
- Complete the CAS Program Proposal & upload it to ManageBac before our first meeting in September

We will meet as a group (all full diploma students) several times a year in your IB classes, and in the Cafeteria. It is your responsibility to make appointments for individual meetings with your Coordinator.

# What counts for Creativity?

- Arts, and other experiences that involve creative thinking.
- Examples: Drama, Dance, Music, Knitting, Scrapbooking, designing a service project, computer programming, academic competitions, Model UN, DECA, Fed Prov, Debate, Chess club, Planning practices for sports teams, taking on a leadership role for Arts Night....



# What counts for Activity?

- Physical exertion contributing to a healthy lifestyle
- Examples: Team sports, Outdoor Ed, yoga, dance, ballet, walking, Individual sports, biking, fitness classes....



# What counts for Service?

- collaborative and reciprocal engagement with the community in response to an authentic need
- Unpaid and voluntary
- Includes Direct, Indirect, Advocacy, & Research
- Examples: Food Bank, Humane Society, Hospital Volunteer, CIT/LIT, Key Club, Roots and Shoots, Recycling Club, Peer Tutoring, local or international



*For new ideas / opportunities, check out the CHCI website under Guidance*

# How can I go about completing CAS?

- Work independently
- Work in pairs
- Work in a small group
- Work in a large group

Projects need to be sustained (at least one month) and must involve collaboration with other students.

Ideally, one activity will extend throughout most of the 18 month period.

Most CAS students end up doing 2 large projects and a few smaller ones.

# How can I go about completing CAS?

- CAS is NOT about hour counting; rather about making a weekly ongoing commitment over 18 months
  - If it helps you to plan, most students will engage in CAS for about 3-4 hours per week, throughout the program
  - Emphasis is on demonstrating the seven learning outcomes throughout; evidence & reflections are maintained in your online portfolio in ManageBac



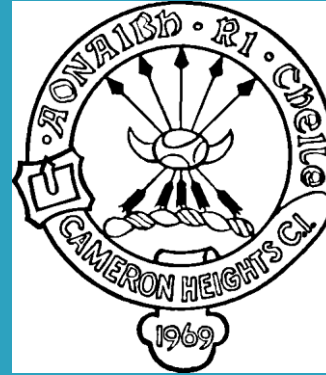
# What is IPARD?

- Please keep in mind these stages:
  - I – Investigation
  - P – Preparation
  - A – Action
  - R – Reflection
  - D – Demonstration



*\*Must show these steps for the CAS Project and ongoing CAS Experience!*





## Part 2: Guide to Using ManageBac

Class of 2019 and onward

Cameron Heights Collegiate Institute

Julie Neeb ([julie\\_neeb@wrdsb.ca](mailto:julie_neeb@wrdsb.ca))

# Learning Goals



- I can login to ManageBac & maintain my digital Portfolio.
- I can access files / resources in ManageBac.
- I can articulate the purpose and information available to support my academic pathway in ManageBac.

# How do I login to ManageBac?



- Using the Welcome Email that was sent to you from ManageBac, please login to your account.
- If at any time you need me to resend this email, please contact Ms. Neeb, Coordinator, for this information.
- Bookmark the login screen and save your password somewhere safe.

<https://chcimanagebac.com/login>

# CAS: How do I use ManageBac?



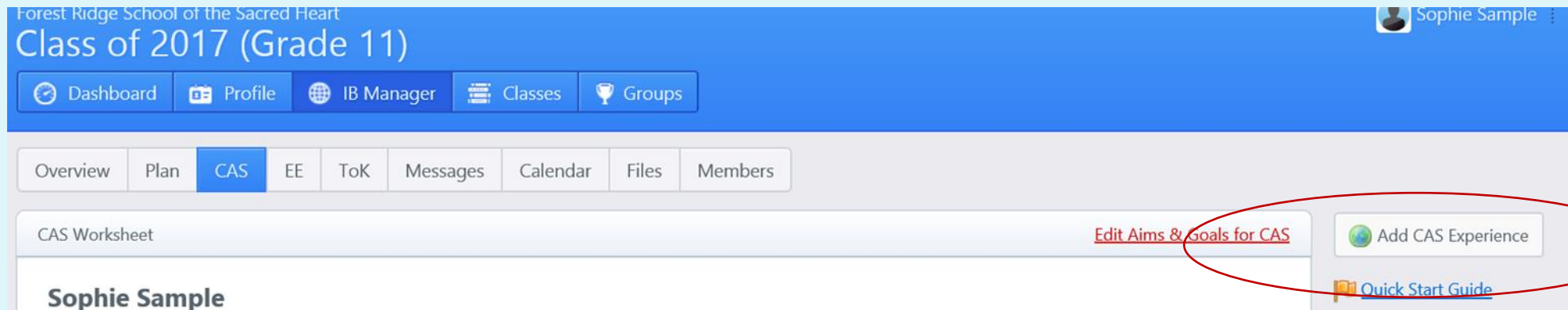
- Once you've logged in, select the 'CAS' Tab:

The screenshot shows the ManageBac interface for Forest Ridge School of the Sacred Heart. At the top, there is a blue navigation bar with the school name and several menu items: Dashboard, Profile, IB Manager, Classes, and Groups. Below this, there are tabs for Calendar and Deadlines. A dropdown menu is open, showing options for Plan, CAS (highlighted with a red circle and a red arrow), EE, and ToK. The main content area displays a 'Welcome Sophie!' message and a 'Next 2 Weeks' calendar grid. The calendar grid has columns for Sun, Mon, Tue, Wed, and Thu, with the 'Today' cell highlighted in yellow.

Sun	Mon	Tue	Wed	Thu
Today				

# CAS: How do I use ManageBac to add experiences?

- Propose CAS Experiences by selecting 'Add CAS Experience'



The screenshot displays the ManageBac interface for a user named Sophie Sample, who is logged in as a member of the Class of 2017 (Grade 11) at Forest Ridge School of the Sacred Heart. The interface features a blue header with navigation tabs for Dashboard, Profile, IB Manager, Classes, and Groups. Below this, a secondary navigation bar includes tabs for Overview, Plan, CAS (which is currently selected), EE, ToK, Messages, Calendar, Files, and Members. The main content area shows a 'CAS Worksheet' section with a red link for 'Edit Aims & Goals for CAS' and a prominent white button with a globe icon labeled 'Add CAS Experience'. A red oval highlights this button. Below the button is a link for 'Quick Start Guide'. The user's name, 'Sophie Sample', is displayed in the bottom left corner of the main content area.

# CAS: How do I use ManageBac?

- Complete the information for 'Add CAS Experience'
- Narrow it down to the most relevant learning outcomes you will demonstrate

Forest Ridge School of the Sacred Heart  
Class of 2017 (Grade 11)

Dashboard Profile IB Manager Classes Groups

Overview Plan CAS EE ToK Messages Calendar Files Members

### Add CAS Experience

Experience Name\*   CAS Project

Strands  
 Creativity

Approaches  
 Ongoing  School-based  
 Community-based  Individual

Type of Service Action  
 Direct  Advocacy

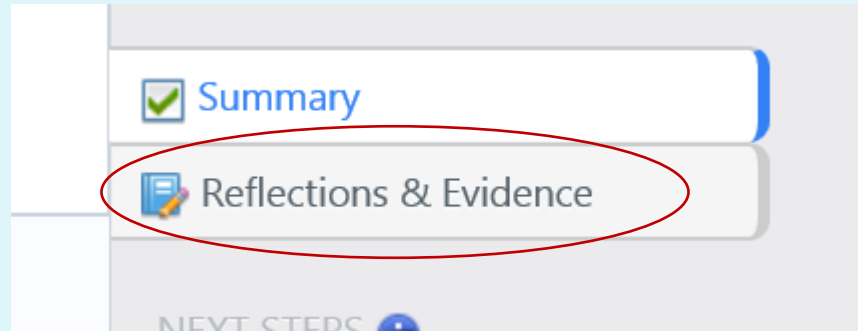
Start Date\*

End Date\*

Supervisor Name

# CAS: How do I use ManageBac?

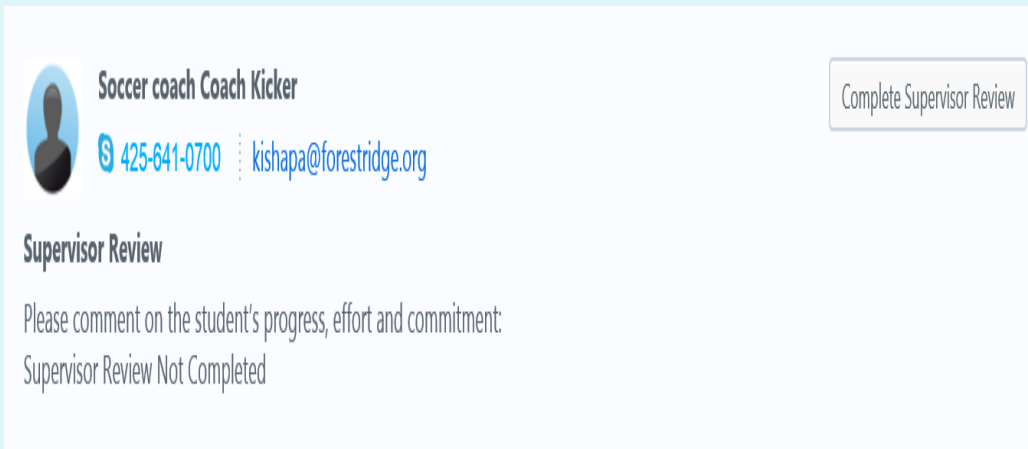
- Once it's been approved by your CAS Advisor, you may begin
- Throughout the duration of the CAS Experience upload Reflections & Evidence to demonstrate engagement and the Learning Outcomes



*\*It's strongly encouraged to add your Reflections right away rather than wait!*

# CAS: How do I use ManageBac?

- When you are done, complete the Supervisor Review / CAS Completion Form by emailing it to your Supervisor or having a parent sign off on the experience when a Supervisor is not required.



The screenshot shows a user profile for "Soccer coach Coach Kicker" with a phone number "425-641-0700" and email "kishapa@forestridge.org". A button labeled "Complete Supervisor Review" is visible. Below the profile, the text reads "Supervisor Review" and "Please comment on the student's progress, effort and commitment: Supervisor Review Not Completed".

Once you have completed your experience and submitted reflections or CAS questions, you can request that your Experience Supervisor complete your review online.

Or you can turn in your signed CAS Completion form to your Coordinator:

 CAS Completion Form



# EE and TOK: How do I use ManageBac?

- You will be using ManageBac for the Extended Essay (EE) and Theory of Knowledge (TOK).
- Your EE Co-ordinator and TOK/History/Psych teachers will provide you with deadlines as your grade 11 and 12 years progress.
- You **MAY** use any part of ManageBac that you find useful, regardless of whether your teachers require it.

# Reminders

- ▶ Once you receive your welcome email (to your wrdsb.ca email), log in to ManageBac and explore its uses
- ▶ SAVE your password in a safe place
- ▶ Complete your CAS proposal by SEPT 20
- ▶ You MAY NOT begin any CAS activities until this proposal is complete
- ▶ We will meet again in September to explore more ManageBac properties
- ▶ FEES: If you have not submitted your fees yet, please do so ASAP
- ▶ Questions? See Ms Neeb