

Creativity Activity Service (CAS) Information for Parents

What is Creativity, Activity, Service, 'CAS'?

CAS challenges the student to personal development through experiential learning in the context of experiences chosen with the Guidance of the CAS Coordinator and other teachers.

In CAS, there are seven learning outcomes.

LO 1 Identify own strengths and develop areas for growth

Descriptor; Students are able to see themselves as individuals with various abilities and skills, of which some are more developed than others.

LO 2 Demonstrate that challenges have been undertaken, developing new skills in the process

Descriptor; A new challenge may be an unfamiliar experience or an extension of an existing one. The newly acquired or developed skills may be shown through experiences that the student has not previously undertaken or through increased expertise in an established area.

LO 3 Demonstrate how to initiate and plan a CAS experience

Descriptor; Students can articulate the stages from conceiving an idea to executing a plan for a CAS experience or series of CAS experiences. This may be accomplished in collaboration with other participants. Students may show their knowledge and awareness by building on a previous experience, or by launching a new idea or process.

LO 4 Show commitment to and perseverance in CAS experiences

Descriptor; Students demonstrate regular involvement and active engagement in CAS.

LO 5 Demonstrate the skills and recognize the benefits of working collaboratively

Descriptor; Students are able to identify, demonstrate and critically discuss the benefits and challenges of collaboration gained through CAS experiences.

LO 6 Demonstrate engagement with issues of global significance

Descriptor; Students are able to identify and demonstrate their understanding of global issues, make responsible decisions, and take appropriate action in response to the issue either locally, nationally or internationally.

LO 7 Recognize and consider the ethics of choices and actions

Descriptor; Students show awareness of the consequences of choices and actions in planning and carrying out CAS experiences.

These seven outcomes are the goals of the CAS program and there must be evidence that a student has addressed them all at some point for a student to complete the IB CAS requirement.

How does a student address the goals?

Through a series of creativity, activity and service experience which involve students in new roles and new challenges. Experiences are planned with guided goal setting and reflection lead to personal development through guided self-evaluation and on-going reflection. At some point each student must engage in an Extended Experience. An extended experience must be of significant duration spread over 2 or 3 months and tie together at least two areas: Creativity & Service or Activity & Service but often involves all 3. It must involve the student in planning and initiating aspects of the experience for themselves and collaboration with others. It can take place at any time during the program. (For some it may be a continuous element throughout their CAS).

The foundation question to any CAS project is 'How will this project help someone else?' if you can't answer the question, it probably isn't a CAS experience.

Time commitment

CAS experiences must take place during at least 18 months of the IB Diploma Program from September of year 1 to about March of year 2, after this time we hope students will continue with their CAS but are not required to submit any further evidence.

Many students actually do more than this and, where it does not compromise other areas of the student's Diploma studies, we are happy to encourage them BUT the focus is on learning outcomes and the quality of a CAS experience (its contribution to personal development) is more important than accumulating lots of extra quantity. As a guide, we recommend between 7-15 experiences across the 18 month period.

Students should periodically meet with CAS Coordinator and personal tutor to review CAS. Official meeting deadlines as follows;

PROCEDURES AND MAJOR DEADLINES

DATE		DATE	
September Yr.12	CAS Introduction Workshop Undertake experiences, collect evidence and write reflections 1st CAS Plan discussion meeting. Complete your initial CAS plan, to be submitted electronically to CAS Coordinator by the end of Sept. Compulsory element.	September Yr. 13	Undertake experiences, collect evidence and write reflections 3rd CAS Plan discussion meeting if required.
October Yr. 12	Undertake experiences, collect evidence and write reflections.	October Yr. 13	Undertake experiences, collect evidence and write reflections.
November Yr. 12	Undertake experiences, collect evidence and write reflections.	November Yr. 13	Undertake experiences, collect evidence and write reflections. Make an appointment to see the CAS coordinator to discuss progress, if required.
December Yr.12	Undertake experiences, collect evidence and write reflections.	December Yr. 13	Undertake experiences, collect evidence and write reflections.
January Yr. 12	2nd CAS Plan discussion meeting with Personal Tutor or CAS coordinator. Compulsory element.	January Yr. 13	You should be nearly done! Compile your evidence to demonstrate that you have met the learning outcomes.
February Yr. 12	Undertake experiences, collect evidence and write reflections.	February Yr. 13	Undertake experiences, collect evidence and write reflections Finalise everything this month.
March Yr. 12	Make possible change to CAS plan if desired. Undertake experiences, collect evidence and write reflections.	February Yr. 13	Final CAS Programme Presentation Submission of CAS Completed portfolios. Experiences to continue along with reflections until the end of the diploma. Compulsory element.
April Yr. 12	Interim Monitoring. Make an appointment to see the CAS coordinator. Compulsory element.	Monthly throughout programme. Discuss your progress with your group members Meet with your personal tutor or CAS coordinator if necessary Check that your reflections are up to date Take photos, videos and keep your records. Evaluate each project and the whole experience, gather supervisors comments. CAS clinic. Monday – Friday at break. 'Open door' available for CAS related topics – please see timetable on the door of Churchill Office for sessions.	
May Yr. 12	Your CAS portfolio should be at least 50% complete by the end of this month. Plan summer CAS activities.		
July - August Yr. 12 – Yr. 13	Summer holiday – time for outside school CAS projects. Experiences can be recorded over the summer, but the CAS Coordinator will not be checking emails every day.		