



CAS HANDBOOK

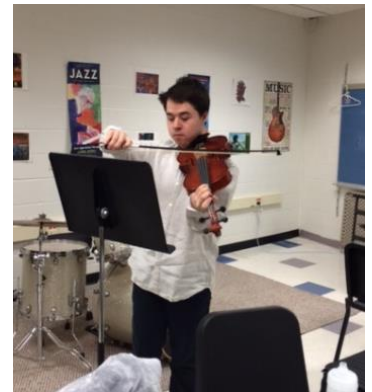


What is CAS?

- ✚ Creativity – arts and other experiences that involve creative thinking.
- ✚ Activity – physical exertion contributing to a healthy lifestyle.
- ✚ Service – an unpaid and voluntary exchange with the community in response to an authentic need.

The Aims of CAS

- To be balanced between each strand of CAS
- To accomplish each of the learning outcomes at least once
- To become aware of ones strengths and areas of growth
- To take on new challenges
- To gain knowledge of how to plan, strategies, reflect and implement experiences
- To work collaboratively
- To demonstrate perseverance and commitment
- To consider ethical implications of your experiences
- To develop new skills
- To engage in issues with global implications
- To complete a project of significant importance (see project vs experience requirements)



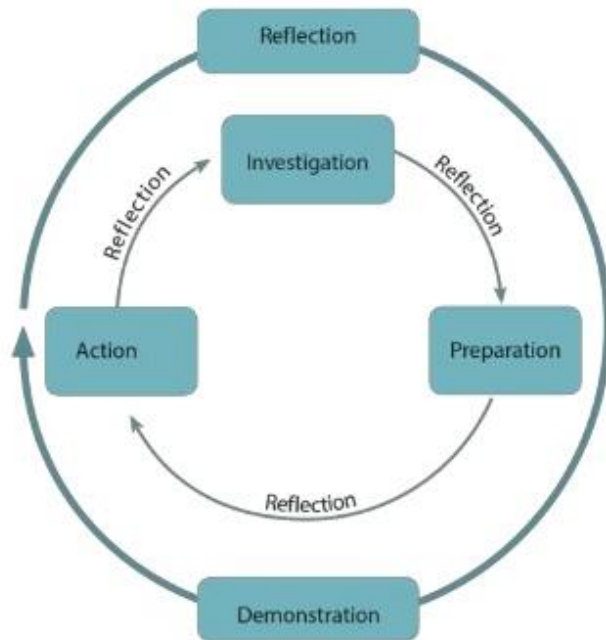
7 Learning Outcomes

- Identify own strengths and develop areas of growth
- Demonstrate that challenges have been undertaken, developing new skills in the process
- Demonstrate how to initiate and plan a CAS experience
- Show commitment to and perseverance in CAS experiences
- Demonstrate the skills and recognize the benefits of working collaboratively
- Demonstrate engagement with issues of global importance
- Recognize and consider the ethics of choices and actions (encourages reflection on and understanding the consequences of one's own actions to self, others, and the wider community. Ethical issues will arise naturally, and may be viewed as a challenge to a student's ideas, instinctive responses, or ways of behaving).



CAS Stages

CAS stages! Steps towards an effective CAS experience



From the IB CAS guide (for students graduating in 2017 and thereafter)

Investigation: When you identify your interests, skills and talents to be used in considering opportunities for CAS experiences.

Preparation: When you clarify roles and responsibilities, develop a plan of actions to be taken, identify specified resources and timelines, and acquire any skills as needed to engage in the CAS experience.

Action: When you implement your idea or plan.

Reflection: When you describe what happened, express feelings, generate ideas, and raise questions

Demonstration: When you make explicit what and how you learned and what you accomplished.

Project vs Experience

Project (must complete at least 1 project)

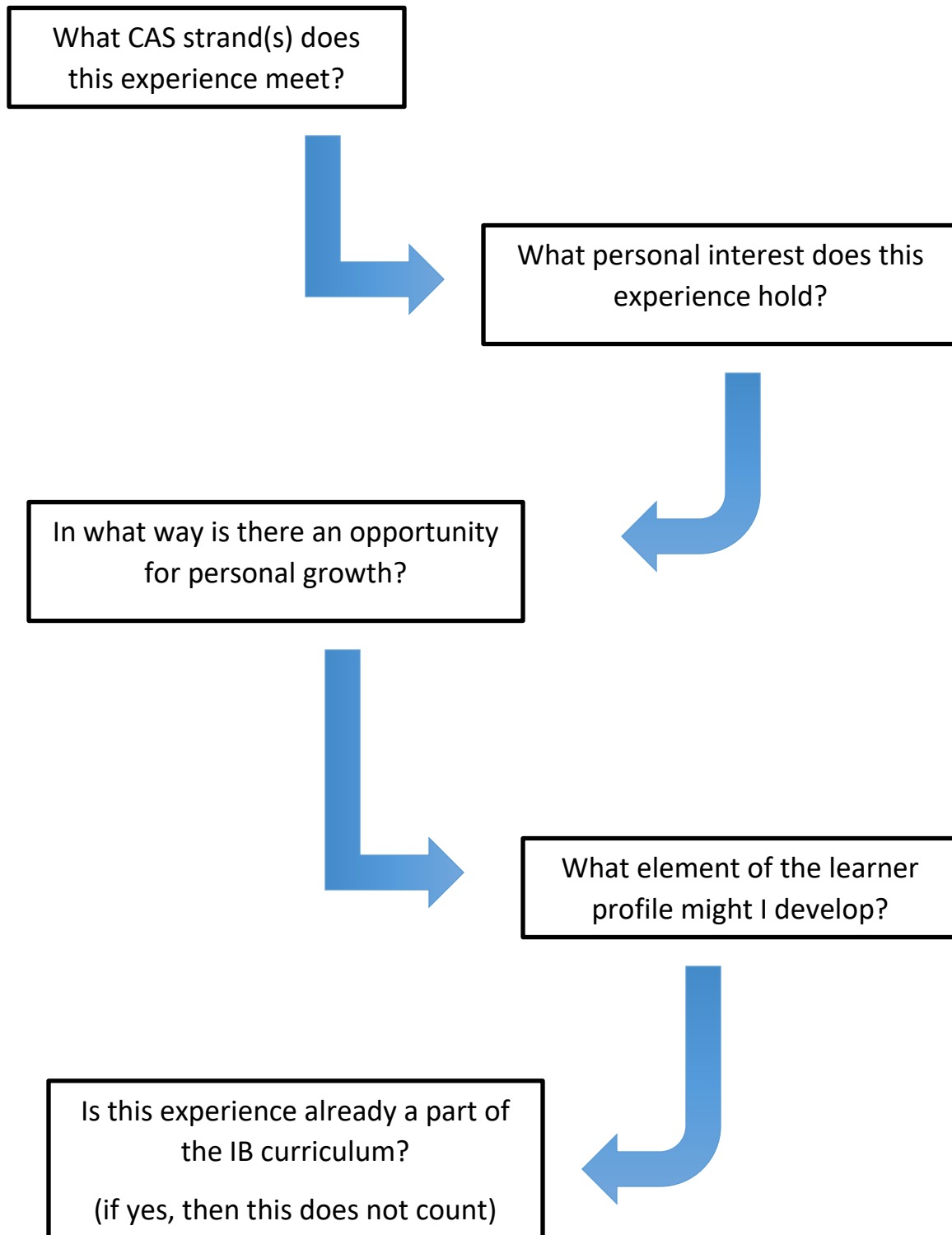
- Must have a team of people
- Must meet multiple LO's & at least 1 strand of CAS
- You must lead a portion (i.e. Marketing, Facilities usage & set-up)
- Must span at least 1 month in duration

Experience

- Can be a one time and individual event



CAS Questions: to determine what counts as a CAS experience



What Doesn't Count for CAS

- Something you've already done and previously reflected on
- Anything that tries to change a person's religious or political affiliation
- A paid job (unless funds are being donated)
- Something that counts for credit in another IB course

Student Deadlines

Year 1

1st Marking Period: 3 experiences completed

2nd Marking Period: 6 experiences + 3 of the learning outcomes completed

3rd Marking Period: 9 experiences

4th Marking Period: 12 experiences + 6 of the learning outcomes

Year 2

1st Marking Period: 15 experiences

2nd Marking Period: 18 experiences + 7 of the learning outcomes

3rd Marking Period: 21 experiences

4th interim:

- All 24 experiences completed
- Full portfolio submitted via ManageBac with all 7 learning outcomes met and equal amount of time devoted to C, A, and S.
- Project completed
- A reflection of how one met each of the learning outcomes.
- A final reflection essay detailing an insightful and introspective self-assessment, including how TOK and CAS relate.

CAS Advisor Responsibilities

- To know the requirements of CAS, including any modifications to the program
- To make frequent and significant contact with each individual student
- Educate students on the meaning and purpose of the CAS strands, the Learning Outcomes, and Learner Profile, along with how they are developing in those areas
- Assist students in goal setting, planning, and reflecting
- Assisting students in portfolio development
- Provide feedback to student entries in ManageBac
- Conduct 3 formal and documented interviews over the course of 18 months (at the start of Year 1, at the close of Year 2, & at the close of Year 2)

