

Creativity, Activity, Service **(CAS)**

“...if you believe in something, you must not just think or talk or write, but must act.” Peterson (2003)

What is CAS?

- Creativity – arts and other experiences that involve creative thinking (sewing, drama, art).
- Activity – physical exertion contributing to a healthy lifestyle (sports, exercise).
- Service – an unpaid and voluntary exchange with the community in response to an authentic need (KNITS, blood drive, tutoring).

Why is CAS important?

- Increase awareness of your strengths and areas for growth
- Take on new challenges
- Gain knowledge planning and initiating experiences
- Work collaboratively
- Show perseverance and commitment to your experiences
- Engage in issues with global implications
- Consider ethical implications of your experiences
- Develop new skills

Meeting CAS Standards

CAS should involve:

- Real, purposeful experiences, with significant outcome
- Personal challenge - Tasks must extend the student and be achievable in scope
- Thoughtful consideration, such as planning, reviewing progress, reporting
- Reflection on outcomes and personal learning
- All experiences MUST be pre-approved by your advisor

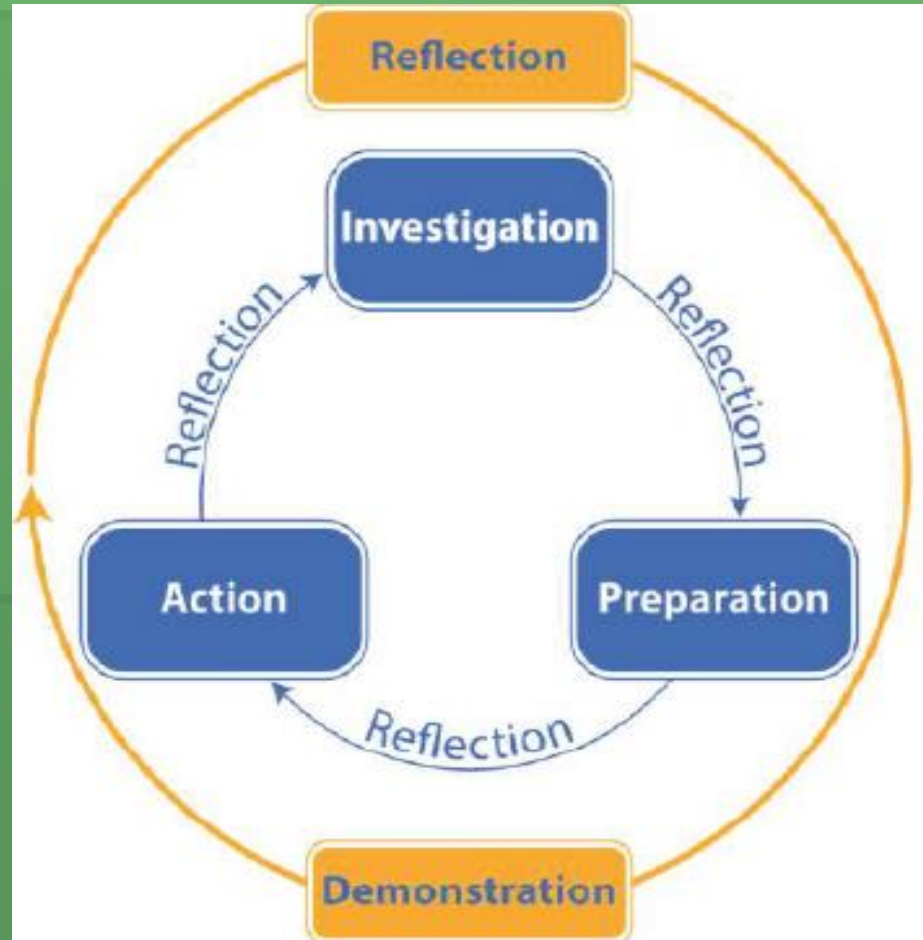
(please submit 48 hours in advance of the experience)

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

Reflecting is crucial in making the experiences valuable



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

Doesn't Count

- Something you've already done
~If you already ski then that doesn't count, it needs to be a new experience...how do we make that a new experience? How do you show proof?
- Anything that is not pre-approved
- Anything that tries to change a person's religious or political affiliation
- A paid job

Expectations/Guidelines

- All raised money must be donated, with proof of donation
- No CAS hours can come from an IB course, but they can come from a NON-IB course
- You will be given a Pass or Fail on each report card based on if you are meeting the outlined dated requirements

Who can help?

- Rotary Club
- Service Learning Acting Troupe
- Hippies for Hope
- Red Cross
- Habitat for Humanity
- Boy & Girl Scouts
- 4H
- First Book
- Band/Choir/Orchestra
- Interact
- Community Centers
- Stretch
- Susan G Komen
- Double H
- Victorian Stroll
- Women's Association
- Amnesty International
- Rebuilding Saratoga
- Environmental Club
- Art Club
- Debate Club
- Troupe
- Victorian Stroll

What does Reflection Include?

- Describe what you learned & felt during your project.
- What was the most challenging & best thing that happened to you today? Describe what you learned from the experience.
- Compare or contrast your service experience with anything you have previously experienced, read, or imagined.
- Rate yourself from 1 to 10 for your performance. Why did you give yourself that rating?
- What connection does this service have to your academic work, career plans and values?
- What have you personally learned about yourself from working on this project?
- What changes would you recommend in how the service site operates?
- Name 5 things you can do better in society due to this project.
- What was your first impression of the service site?
- Can you sum up your experience with 2 or 3 words?
- How is this service experience different from what you expected?
- How has volunteering changed your perspective towards the issue of volunteers?
- Have you benefited from your experience, personally, academically and/or occupationally?
- What kind of knowledge issues did you come across? Relate to TOK.

Forms of Reflection

To be submitted via your ManageBac account

- PowerPoint
- Comic Strip
- Verbal Conversations...Must be documented
- Journaling
- Blogs
- Photo Album
- Tweets – @BSpaIBCAS
- Other

***** (ALL REFLECTIONS MUST
SHOW PERSONAL GROWTH)*****

Requirements

- A minimum of 24 experiences by 4th interim of Year Two.
- Experiences must be balanced between each CAS area (Approx 8 experiences per area).
- All 7 Learning Outcomes must be met.
- A minimum of 8 experiences must occur during senior year.
- Experiences can occur the summer between ones junior and senior years.
- Work with a team/group on at least 1 long term project that integrates at least one of the CAS strands and occurs for at least a month
- Must initiate at least 1 experience/project.
- Must document & provide evidence of participating in every experience/project.
- A goal must be established for every experience/project. If an experience has more than one C,A, or S component then a goal needs to be established for each element.
- Must reflect on every experience/project.
- Every experience/project must show personal growth (even if not successful) .
- **All experiences/projects must be pre-approved by your CAS advisor.**

Passing Criteria

Year 1

1st Marking Period: 3 experiences completed

2nd Marking Period: 6 experiences + 3 of the LO's completed

3rd Marking Period: 9 experiences

4th Marking Period: 12 experiences + 6 of the LO's

Year 2

1st Marking Period: 15 experiences

2nd Marking Period: 18 experiences + 7 of the LO's + 3 of the CAS completed

3rd Marking Period: 21 experiences

4th Marking Period: Due 4th interim – All 24 experiences completed & full portfolio submitted with all 7 LO's met and equal amount of time devoted to C, A, and S. Along with a write up on how one met each of the LO's. And a final reflection essay detailing an insightful and introspective self-assessment, including how TOK and CAS relate.

A Completed Experience/Project

- 1) Submit request for experience approval via ManageBac
- 2) Submit supporting documentation in ManageBac
- 3) Submit reflection in ManageBac

Contact Information:

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