

CAS



Concord High School

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# From the CAS IB Guide

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

-Peterson 2003

“CAS complements a challenging academic programme in a holistic way, providing opportunities for ***self-determination, collaboration, accomplishment*** and ***enjoyment.***”

CAS IB Guide, p. 8

# CAS

Creativity → exploring and extending ideas leading up to an original or interpretive product or performance.

Activity → physical exertion contributing to a healthy lifestyle.

Service → collaborative and reciprocal engagement with the community in response to an authentic need

# Creativity

- Talents, interests, passions, emotional responses, and imagination.

*Examples: visual and performing arts, digital design, writing, film, culinary arts, crafts, and composition*

# Activity

- Individual and team sports, aerobic exercise, dance, outdoor recreation, fitness training, or another form of physical exertion

# Service

- Making a meaningful contribution to their community and society

*Examples: direct, indirect, advocacy, and research*

## CAS Aims

- Enjoy and find significance in a range of CAS experiences
- Purposefully reflect on experiences
- Identify goals, develop strategies, and determine further actions for personal growth
- Explore new possibilities, embrace new challenges, and adapt to new roles
- Actively participate in planned, sustained, and collaborative CAS projects
- Understand they are members of local and global communities with responsibilities towards each other and the environment

# Expectations

- **CAS Portfolio** (collected in Managebac)
- Evidence of the **stages of CAS**
- **18 month** time period (may not start until junior year begins)
- Address the **seven CAS Learning outcomes**
- Engage in **CAS experiences**
- Undertake a **CAS project**
- Complete **three interview sessions** with the CAS coordinator/adviser.
- Continually **reflect**

# CAS Stages

1. Investigation
2. Preparation
3. Action
4. Reflection
5. Demonstration





# CAS Project

- Must be at least one month
- Can address one strand or all strands
- Must address at least one or more learning outcome
- Incorporate a group of students or with members of the wider community

## *Examples...*

- Creativity: A student group plans, designs and creates a mural
- Activity: Student organize and participate in a sports team including training sessions and matches against other teams
- Service and creativity: students identify that children at a local school need backpacks and subsequently design and make the backpacks out of recycled materials.

# CAS experience

“A CAS experience is a specific event in which the student engages with one or more of the three CAS strands. A CAS experience can be a single event or may be an extended series of events.”

# Six Elements of the CAS Program

- CAS coordinator and support staff
- Resources
- CAS Handbook
- Risk Assessment
- Monitoring and Progress
- Review