

Guide to IB CAS at North Star for the Class of 2015

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Creativity, Action, Service (CAS) defined

The CAS component is at the heart of the IB Diploma Program. It consists of three strands.

- Creativity:** arts, design of the project, activities, music, and other experiences that involve creative thinking.
- Action:** physical exertion contributing to a healthy lifestyle, including team and individual sports, expeditions, local and international projects.
- Service:** unpaid, voluntary exchanges that have a learning benefit for the student during which the rights, dignity and autonomy of all those involved are respected, which may include working with children, refugees, the homeless, or other social or community service.

CAS enables students to enhance their personal and interpersonal development through experiential learning. It also provides an important counterbalance to the academic pressures of the rest of the Diploma Program. A good CAS program should be challenging and enjoyable, a personal journey of discovery. CAS activities should continue regularly for as long as possible throughout the Diploma Program. All proposed CAS activities need to follow the following criteria.

- Real, purposeful activities** with significant outcomes.
- Personal challenges** with task that extend students, but are achievable.
- Thoughtful consideration** with planning, reviewing and reporting.
- Reflection** on outcomes and personal learning.

CAS learning outcomes

In the CAS reflections, there should be evidence that students have:

- 1) **Increased their awareness of their own strengths and areas for growth.**
- 2) **Undertaken new challenges.**
- 3) **Planned and initiated activities.**
- 4) **Worked collaboratively with others. At least one project must involve collaboration and integrate at least two of the three components (creativity, action, service).**
- 5) **Showed perseverance and commitment in their activities.**
- 6) **Engaged with issues of global importance.**
- 7) **Considered the ethical implications of their actions.**
- 8) **Developed new skills.**

Ultimately, **all eight learning outcomes must be demonstrated** although not necessarily in each CAS activity.

Student responsibilities

Students are required to do all of the following:

- 1) **Communicate and meet with their CAS mentor throughout the CAS project to discuss plans and progress. Follow the CAS Schedule.**
- 2) **Self-review at the beginning of the CAS experience and set personal goals for what they hope to achieve. Complete and turn in the Initial CAS Project Outline.**
- 3) **Keep records of their CAS activities and achievements including a CAS Log covering the 150 CAS hours and evidence of achieving all eight CAS learning outcomes as contained in their CAS reflections materials.**

CAS reflections materials

Students should document all their CAS activities, noting in particular their reflections about the experiences. This documentation may take many forms, including web logs, illustrated displays and videos, as well as written notes (e.g., a journal). Its extent should match the significance of the particular activity. Don't write lengthy accounts about routine experiences.

As students reflect, they should consider the following questions.

How did I feel?

What did I perceive?

What did the activity mean to me?

What was the value of the activity?

What did I learn from the activity and how did this learning perhaps change my perspective?

Concerning my service activities, what obligations did I have to those being served and how did my service impact them and me?

To help keep track of hours, students are encouraged to use the log form provided by the CAS coordinator or to create a similar form. ***A CAS log is required as part of the documents as are the CAS reflections materials.***

CAS is to be completed by May 1, 2015.

Good luck. Learn a lot. Have fun! ☺

CAS Schedule

Class of 2015

Name of Student _____

Name of CAS Mentor _____

Students shall meet with their CAS Mentors during the times listed on the following schedule. Students should discuss with their CAS Mentors their goals, objectives and processes of their CAS Projects. Students and CAS Mentors should be mindful that learning benefits and growth experiences should be taking place for the students.

Students must turn this form in to the CAS Coordinator, Room 310, after each required meeting with their CAS Mentors. This form then will be returned to the student by the CAS Coordinator

Date	Meeting Purpose/Comments by CAS Mentor	Initialed by Student/CAS Mentor	
2013 Nov/Dec	Discuss & complete Initial CAS Project Outline. Students submit this to CAS Coordinator.	_____	_____
2014 April	Discuss CAS reflection materials, CAS Log and Preliminary CAS Reflection Form. Students submit these to CAS Coordinator.	_____	_____
2014 Oct	Discuss progress on CAS Project – should be at least 50% completed by now.	_____	_____
2015 Jan	Discuss progress on CAS Project – should be at least 75% completed by now.	_____	_____
2015 April/ May	Discuss CAS reflection materials, CAS Log and CAS Reflection Form. CAS Project should be 100% completed by now. Students submit these to CAS Coordinator.	_____	_____

Initial CAS Project Outline

Class of 2015

Name of Student _____

This form must be completed and turned in by the student to the CAS Coordinator, Room 413, by Friday, December 7, 2013. CAS Mentors should make a photocopy of this form for their records. Original form will be returned to student by CAS Coordinator.

CAS Project details

Outcome goals of this project

Things that will be a challenge with this project

Plan for successfully completing this project

Signature of CAS Mentor _____

Preliminary CAS Reflection Form

Class of 2015

Name of Student _____

Students should complete this form, discuss it with their CAS Mentor and submit it to the CAS Coordinator, Room 310, by April 17, 2015.

By the end of the CAS Project, all of these **learning outcomes** must have been attempted or achieved.

Learning outcomes	Achieved?	In reflection materials, Where is this shown?
Increased their awareness of their own strengths and areas for growth	_____	
Undertaken new challenges	_____	
Planned and initiated activities	_____	
Worked collaboratively with others	_____	
Shown perseverance and commitment in their activities	_____	
Engaged with issues of global importance	_____	
Considered the ethical implications of their actions	_____	
Developed new skills	_____	
Initiated a project with at least two (creativity, action, service)	_____	
Signature of CAS Mentor	_____	

CAS Reflection Form

Class of 2015

Name of Student _____

Students should complete this form, discuss it with their CAS Mentor and submit it to the CAS Coordinator, Room 310, by May 1, 2015.

By the end of the CAS Project, all of these learning outcomes must have been attempted or achieved.

Learning outcomes	Achieved?	In reflection materials, Where is this shown?
Increased their awareness of their own strengths and areas for growth	_____	
Undertaken new challenges	_____	
Planned and initiated activities	_____	
Worked collaboratively with others	_____	
Shown perseverance and commitment in their activities	_____	
Engaged with issues of global importance	_____	
Considered the ethical implications of their actions	_____	
Developed new skills	_____	
Initiated a project with at least two (creativity, action, service)	_____	
Signature of CAS Mentor	_____	