

IB CAS



2010 graduating year
New requirements

CAS – Who, What, When, Where, & Why

- Who must complete CAS? All IB diploma students
- What is CAS? Creativity + Action + Service; CAS is “sharing our humanity” with others, & an integral part of the IB philosophy
- When do I need to complete CAS? CAS is a program of continuing activities that occurs for 18 months, from the beginning of junior year, and through to the end of March or April of senior year
- Where can my CAS activities occur? Creative opportunities & global issues are often found right in your own backyard!
- Why is CAS important? For one to develop as a well-rounded person, one must broaden one’s world view. In our search to serve our fellow men, we draw upon our creative nature and must maintain bodies that are healthy and fit.

How do I decide on my CAS activities?

- First, look at what you are already doing, or have already done since enrolling in the IB diploma programme.
- Next, consider: What are you passionate about? Children's issues, environment, elder care, world hunger, homelessness, etc....
- Now, once you have an idea for an activity or project, ask yourself:
 - Which of the 8 learning outcomes could apply to this activity? Anticipate what you *might* learn, even before you begin.
 - Is this activity meaningful, purposeful, and significant?
 - Is this activity "service" without real responsibility? If so, it does not qualify. (*It's not enough just to "show up" or be "on the team," you must be an experiential learner.*)

The foundation of CAS activities: THE 8 LEARNING OUTCOMES

1. **Increased awareness of your own areas for growth:** See yourself as an individual with skills and abilities, some more developed than others; understand you can make choices about how you wish to move forward.
2. **Undertake new challenges:** Take on an unfamiliar activity, or an extension to an existing one
3. **Plan and initiate activities:** Often, this involves collaboration with others. These can be part of a larger community-based activity, or a small-student led activity on campus.
4. **Work collaboratively with others:** *(at least one project, involving collaboration and the integration of at least 2 of creativity, action, and service is required for CAS completion – more to come on this project later)*

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5. **Show persistence & commitment in your activities:** Attend regularly & accept a share of the responsibility for dealing with problems that may arise during the course of the activities.
 6. **Engage with issues of global importance:** You may be involved with international projects, sure, but there are many ways you can act locally or nationally.
 7. **Consider the ethical implications of your actions:**
 - *Sidebar - Every person involved in the activity must be left with a feeling of dignity, value, & self-reliance. Remember to make a plan for ending your activity that does not abandon the other party.*
 8. **Develop new skills:** As with new challenges, you can develop skills in a new undertaking, or you may increase your expertise in an established area.

Why are the learning outcomes important?

- Each and every activity that you undertake for your CAS requirement **MUST** fit one or more of the 8 learning outcomes.
- For your CAS requirement, you will need to complete a reflection journal. In your reflection, you will need to use those learning outcome “buzz words” aka, key terms. This will make it clear to your CAS coordinator (and IB evaluators) that your experiences qualify for the diploma requirement.

JOURNAL?!?! What journal?

- Yes, you will need to reflect upon your CAS experiences in some type of format.
- What if the project was a resounding failure? So what. It's not about success or failure; it's about what you learned!
- This may take the form of: a written journal/diary, a scrapbook, an online interactive reflection between your coordinator and yourself, a video, photo essay, essay(s), etc. It can be public or private, individual or shared, objective or subjective.
- You can include: photographs, action plans, paraphernalia, etc. to provide evidence of your involvement and learning

Journaling, contd.

- Ask yourself:
 - What did I plan to do?
 - What did I do?
 - What were the outcomes, for me, for the team I was working with, and others?
- The difficulty lies in the complexity of the possible answers.
- Use the key terms, label your learning outcomes (by number, if you wish), and label each activity C, A, &/or S.
- Labeling each activity will ensure that you have a balance of Creative, Active, & Service experiences.

Reflection

- Moving on from **what** you did, you should consider:
 - how you felt
 - what you perceived
 - what you thought about the activity
 - what the activity meant to you
 - what the value of the activity was
 - what you learned from the activity and how this learning might apply more widely

How many hours should I have?

- Hours are no longer counted in CAS

REALLY?!? No, seriously, how many hours?

- Really! No more counting hours. No more 50-C/50-A/50-S, 75 hrs./year, etc.
- However, CAS must still be a “balance” of C, A, & S activities, with all 8 learning outcomes evidenced at some point in your reflections.
- Your CAS experience must last 18 months. You are not “done” when you have achieved evidence of all 8 learning outcomes and completed your project. CAS activities must continue for the duration of the IB programme.
- CAS is not about fulfilling obligation; it’s about growing as a person (inside & out) and sharing your humanity.

So I could do just, say, 2 activities and meet the CAS requirement?

- Theoretically, yes. However...is that *really* in the spirit of IB CAS? And are you really learning anything? Are your coordinators going to approve it? Hmm...I don't know...maybe.
- **If** those 2 activities had
 - all 8 learning outcomes evidenced in thoughtful reflections,
 - met a balance of C, A, & S,
 - at least one of them was “prolonged and sustained”,
 - were real, purposeful, challenging activities with significant outcomes,
 - Involved you in a leadership role,
 - continued on a regular basis for at least 18 months, and
 - one of them incorporated at least 2 of the 3 arenas (C/A/S).

What is the “CAS Project”?

- Each student must do a series of activities, and at least one “PROJECT”.
- The project:
 - is **prolonged and sustained** (“of significant duration”)
 - incorporates **2 of the 3 C/A/S** areas
 - involves **collaboration**
 - must be, at least partially, **student-driven and initiated**. YOU must take the leadership role on this project.

The CAS Coordinator's Role

- You **MUST** meet with your coordinator at least 3 times: twice in year one, and once in year two.
- You may be asked to meet more than those 3 times, but at least 3 meetings are required by IB.
- You should document those meetings as part of your reflective journaling process.
- You should ask your coordinator's advice on project ideas & get approval from them on activity ideas before you begin.
- Your coordinator will need to document your learning, give feedback, and verify the evidence for each learning outcome. Finally, your coordinator will evaluate whether you have met the CAS requirement for your IB diploma.

Important things to remember:

- Your involvement must involve more than just having a pulse, showing up, or going through the motions.
 - This means, being a member of a team, group, band, cast, etc. is not enough. You can make the activity qualify only IF you can show that it involved one of the 8 learning outcomes.
- An activity that gets the “stamp of approval” for one student may not be approved for another student. It’s all in the presentation and in the reflection!

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- Safety: Your activity may be meaningful and wonderful, but if it is not safe for you to participate, you may not do so.
 - Social Impact: Will your activity cause, or worsen social divisions? Will your volunteerism cost someone else a paying job?
 - Plan your exit: If you are going to stop your involvement, consider a graceful exit plan.
 - You must be treated with dignity as well. If someone is using you, or mistreating you, you are not obligated to continue your service.

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- Religious/Political Activity: An act of devotion, or any activity that can be interpreted as proselytizing, does not count for CAS. Service must be with “no strings attached.”
 - Any activity for which you receive a grade, payment, credit or any form of compensation is **NOT** CAS eligible.
 - Any work that is part of your IB diploma coursework is also **NOT** CAS eligible.

Ideas:

- While it is hard to give you absolute fail-proof ideas, here are some types of activities that will *probably* give you a CAS-worthy experience:

■ **Creativity** –

- Design & teach a dance
- Creative writing, poetry
- Photography
- Media production
- Performances, but not coursework or required participation, in Drama, Art, Band, Colorguard, etc.
- Learning a new art skill
- Quilting, beading, etc.
- Anything that involves creative thought, as well

■ **Action –**

- Join a gym, begin a walking program, set a goal, document your progress (mapmyrun.com), reflect
- Take a new role or a leadership role on a sports team
- Yoga, pilates

Remember: You may not count just being on a team! GROW-do not repeat activities.

■ **Service – (not your family, or “strings attached” organizations)**

- tutoring
- MUN, ASB extras
- Camp counselor
- Candy Striper
- Boy/Girl Scouts
- Habitat for Humanity
- BeadForLife
- Global issues fundraising/awareness

Service w/out responsibility is not accepted. Merely joining a club does not count.

Credits

Significant portions of this presentation were taken verbatim from the *Diploma Programme: Creativity, action, service guide*, published and produced by International Baccalaureate,
March 2008