

CAS booklet for graduating students

About CAS

What first comes to your mind when you hear the word CAS?



Do not panic, it is nothing to be scared of!

It is actually a lot more fun and useful than you might think it is...

For those who do not know yet, let us make it clear...

CAS deals with **creativity, activity, and service** aimed at developing your practical skills in many areas and increasing your self-confidence, self-esteem, self-determination, collaboration and organization.

CAS not only helps you in your academic career, but also adds a lot of other benefits such as encouraging your sociability skills. **CAS is profound and life-changing.**



Now, this might sound boring but hold on!



CAS enables you to achieve all this by simply **engaging you in various and balanced experiences regularly**, ideally on a weekly basis, such as ceramics, music band, choir, MUN, origami, film and theatre groups for creativity, playing sports and dancing for activity, and helping by donating, advocating, or volunteering in your community for service.

At least **one of your CAS experiences should be also a CAS project.**

CAS project is a collaborative and sustained experience of at least one month's duration that challenges you to show initiative, demonstrate perseverance, and develop skills such as problem-solving, and decision-making. Your CAS project can address any single strand of CAS, or combine two or all three strands. You should use the CAS stages as a framework for implementing your project. You should use the **CAS stages (investigation, preparation, action, reflection and demonstration)** as a framework for CAS experiences and the CAS project.

This is not all, however!

You should do also one Service learning, and should support, and be supported by the academic disciplines

Can you think of experiences you can engage in that give you an opportunity to use the skills knowledge and experience you already have in an academic subject area and where using these in a real world setting will help you refine these?

Example:

	Creativity	Activity	Service
Studies in language and literature	Writing articles about CAS or CAS projects for school and local newspapers	Taking part in a ballet performance of Romeo and Juliet	producing audiobooks for an organization serving people who are blind

If you cannot find the suitable activity for yourself or if you do not want to take part in any of these experiences, are you allowed to come up with your own idea and activity? Certainly so! We are open to any suggestions that come from you.

What we only ask from you is not to take CAS as an obligatory and a graded subject but to enjoy every single experience you are attending of!



But, please, keep in mind that even though it is not obligatory you still need to fulfill some requirements.



For example, you need to keep a **CAS diary/portfolio** for each strand and experience, in which you will write how each activity has added to your development and what you have learned from it. With this you will reflect on what you have done and see how you can improve your skills.

Completion of CAS is based on student achievement of the **seven CAS learning outcomes**. Through your CAS portfolio, you must provide evidence (exact date) that demonstrates achievement of each learning outcome.

Learning Outcomes:

While it is not necessary for every CAS experience to address a CAS learning outcome, you are required to present evidence demonstrating achievement of all CAS learning outcomes at least once in your portfolio:

1. **Identify own strengths and develop areas for growth** – You are able to see yourself as individuals with various abilities and skills, of which some are more developed than others.
2. **Demonstrate that challenges have been undertaken, developing new skills in the process** - A new challenge may be an unfamiliar experience or an extension of an existing one. The newly acquired or developed skills may be shown through experiences that you have not previously undertaken or through increased expertise in an established area.
3. **Demonstrate how to initiate and plan a CAS experience** – You can articulate the stages from conceiving an idea to executing a plan for a CAS experience or series of CAS experiences. This may be accomplished in collaboration with other participants. You may show your knowledge and awareness by building on a previous experience, or by launching a new idea or process.
4. **Show commitment to and perseverance in CAS experiences** - At a minimum, this implies attending regularly and accepting a share of the responsibility for dealing with problems that arise in the course of activities
5. **Demonstrate the skills and recognize the benefits of working collaboratively** – You are able to identify, demonstrate and critically discuss the benefits and challenges of collaboration gained through CAS experiences.
6. **Demonstrate engagement with issues of global significance** – You are able to identify and demonstrate your understanding of global issues, make responsible decisions, and take appropriate action in response to the issue either locally, nationally or internationally.
7. **Recognize and consider the ethics of choices and actions** – You show awareness of the consequences of choices and actions in planning and carrying out CAS experiences.

Also, you can not slack or cheat with your experience, because at the end of each year you need to have a specific amount of days to graduate from IB. Your CAS Coordinator will have with you **three formal documented interviews**. The first interview is at the beginning of the CAS programme, the second at the end of the first year, and the third interview is at the end of the CAS programme.

If the CAS coordinator feels you have cheated or not fulfilled the requirements, then the CAS coordinator can not clear you for graduation, even if you have the best grades and are academically eligible.

You have to bear in mind, however, that academic honesty is a very important issue for us!

Remember... the more you enjoy the activities and the more you learn something from them, the less we will be asking from you and the happier you make us!

Think globally, act locally!



Your CAS Coordinator!