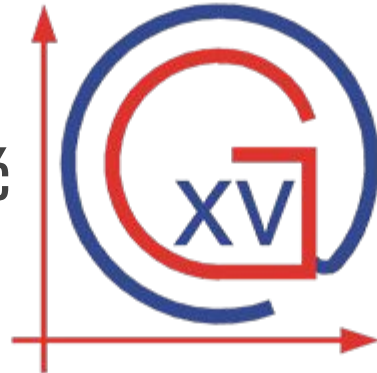


# CAS

## Creativity, Activity, Service



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# What is the significance of CAS?

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*“CAS enables students to enhance their personal and interpersonal development by learning through experience.”*

*“It provides opportunities for self-determination and collaboration with others, fostering a sense of accomplishment and enjoyment from their work.”*

- IB

CAS

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CAS is divided into three types of activities:

- Weekly
  - Creativity, Activity, Service
- Projects
  - CAS projects
- Service learning



CAS - weekly

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## Creativity

- Arts, and other experiences that involve creative thinking
- Examples: piano classes, ceramics, writing, math club

CAS - weekly

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## Activity

- physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the DP
- Examples: going to the gym, playing a sport, hiking, walking, running, at home workouts
- You **MUST** make a workout plan if you go to the gym or do at home workouts

CAS - weekly

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## Service

- An **unpaid** and **voluntary** exchange that has a learning benefit for the student. The rights, dignity and autonomy of all those involved are respected
- Examples: GLOBE, tutoring, cleaning out trash in Zagreb, XVič

# CAS - weekly

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## CAS journal

- You have to write a entry for each and every weekly activity that you do (3 entries per week)
- Each activity at least 1h per week
- You have to explain what you did with reference to improvements through the **Learning outcomes** (can be found on the mioc website)
- You don't have to include pictures but it is highly recommended
- Include CAS questionnaire (provided by the CAS coordinator) and the yearly plan at the beginning of your journal

# CAS - project

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- 3 of them required throughout the Diploma Program
- Last roughly a **month** each
- Can be done in small **groups** (1-5)
- Needs to be approved by the CAS coordinator Ms. Butina before starting
- The goal of the project needs to be helping the community in some way
- Include photo evidence in the project report



# CAS - project

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## Ideas

- Best theatre showings for high schoolers
- Making art for classrooms
- Organize weekly community get-togethers (book clubs and such)
- Cleaning trash in Zagreb
- Baking for homeless people
- Book recommendations for your peers



# CAS - projects

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## Before:

- Complete the CAS project form that can be found on Mioc website
- Bring the form to the CAS coordinator to get the approval and her constructive criticism

## During:

- Investigation, Preparation, Action, Demonstration, Reflection
  - These five stages must be explained in the project report (approximately 2-3 pages)

## After:

- Submit the report

# CAS Service Learning

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- Similar to CAS Projects, but must be connected to a school subject
- You will need to contact one of your professors and work with them throughout it
- You have to complete one Service learning in the DP

# CAS Presentation QR code

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With any extra questions,  
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