

**Good morning IB Diploma Candidate (AKA Nerd).**

**You are about to finish an integral part of your IB experience: CAS**

**Yes, I know, you're thinking OMG what is CAS? What do I need?**

**Creativity:** arts, and other experiences that involve creative thinking.

**Action:** physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme.

**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.

The goal of CAS is to help you develop into global citizens, and provide you with experiences to learn about the world and yourself outside of the classroom. According to the IB CAS Guide, for student development to occur, CAS should involve:

- real, purposeful activities, with significant outcomes
- personal challenge—tasks must extend the student and be achievable in scope
- thoughtful consideration, such as planning, reviewing progress, reporting
- reflection on outcomes and personal learning.

All proposed CAS activities need to meet these four criteria.

**Also, straight from the guide:**

Students should be involved in at least one project involving teamwork that integrates two or more of creativity, action and service, and is of significant duration. Larger scale activities of this sort may provide excellent opportunities for students to engage “with issues of global importance”. From time to time, in line with its mission statement, the IB may identify broad themes that schools are invited to support (“Sharing our humanity” is the first of these). Such themes may provide a context that will enable students to generalize further in their reflections, following the maxim “Think globally, act locally”.

**So, you're probably asking what you need to do to show you've accomplished this. Yep, good question. Here ya go.**

Students are **required** to:

- self-review at the beginning of their CAS experience and set personal goals for what they hope to achieve through their CAS programme
- plan, do and reflect (plan activities, carry them out and reflect on what they have learned)
- undertake at least one interim review and a final review with their CAS adviser
- take part in a range of activities, including at least one project, some of which they have initiated themselves
- keep records of their activities and achievements, including a list of the principal activities undertaken
- show evidence of achievement of the eight CAS learning outcomes

**Now, you're probably asking: How do I show Mr. Lee and others that I have done this. Wow, you guys are smart, another great question.**

You will create a digital portfolio. Cool. You can use Prezi, PowerPoint, Google, or your own cool digital thing. You will turn this in to the 2017 CAS Google classroom. Don't just share it...turn it in.

**There are eight outcomes that you'll need to demonstrate evidence of in order to complete CAS. You'll need to show this evidence in reflections on each activity in your web portfolio. We'll talk about good reflecting in AE soon.**

- **increased their awareness of their own strengths and areas for growth**

They are able to see themselves as individuals with various skills and abilities, some more developed than others, and understand that they can make choices about how they wish to move forward.

- **undertaken new challenges**

A new challenge may be an unfamiliar activity, or an extension to an existing one.

- **planned and initiated activities**

Planning and initiation will often be in collaboration with others. It can be shown in activities that are part of larger projects, for example, ongoing school activities in the local community, as well as in small student-led activities.

- **worked collaboratively with others**

Collaboration can be shown in many different activities, such as team sports, playing music in a band, or helping in a kindergarten. At least one project, involving collaboration and the integration of at least two of creativity, action and service, is required.

- **shown perseverance and commitment in their activities**

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.

- **engaged with issues of global importance**

Students may be involved in international projects but there are many global issues that can be acted upon locally or nationally (for example, environmental concerns, caring for the elderly).

- **considered the ethical implications of their actions**

Ethical decisions arise in almost any CAS activity (for example, on the sports field, in musical composition, in relationships with others involved in service activities). Evidence of thinking about ethical issues can be shown in various ways, including journal entries and conversations with CAS advisers.

- **developed new skills**

As with new challenges, new skills may be shown in activities that the student has not previously undertaken, or in increased expertise in an established area.

All eight outcomes must be present for a student to complete the CAS requirement. Some may be demonstrated many times, in a variety of activities, but completion requires only that there is **some** evidence for every outcome.