

IB CAS at a Glance

CAS is organized around the three strands of Creativity, Activity and Service defined as:



Creativity

Exploring and extending ideas leading to an original or interpretative product or performance



Activity

Physical exertion contributing to a healthy lifestyle



Service

Collaborative and reciprocal engagement with the community in response to an authentic need

Completion of CAS is based on achieving the seven CAS learning outcomes and showing that you meet the IB Learner Profile:

- Demonstrate that challenges have been undertaken, developing new skills in the process
- Demonstrate how to initiate and plan a CAS experience
- Demonstrate engagement with issues of global significance
- Identify own strengths and develop areas for growth
- Demonstrate the skills and recognize the benefits of working collaboratively
- Show commitment to and perseverance in CAS experiences
- Recognize and consider the ethics of choices and actions
- Principled
- Open-minded
- Caring
- Risk-takers
- Inquirers
- Knowledgeable
- Thinkers
- Communicators
- Balanced
- Reflective



Students are to be involved in at least one CAS Project of at least one month's duration that challenges them to show initiative, demonstrate perseverance, and develop skills such as collaboration, problem solving, and decision making. The CAS Project must be collaborative and involve at least one strand.

CAS begins at the start of the Diploma Program in September of a student's junior year and continues regularly, ideally on a weekly basis, for at least 18 months with reasonable balance between Creativity, Activity and Service. Students must maintain and complete a CAS portfolio – a collection of evidence that showcases your CAS efforts, including evidence of achievements and demonstration of personal growth.

Planning: Here are the steps recommended for students to follow in the planning process.

Investigation

Preparation

Action

Reflection

Demonstration

Reflection and Portfolios

Reflection is key to building a deep and rich experience in CAS. Reflection informs you about your learning and growth by having you explore ideas, skills, strengths, limitations and areas for further development and consider how you may use prior learning in new contexts.

There are three formal documented interviews students must have with their CAS advisor. The first interview is at the beginning of the CAS program, the second towards the end of the first year, and the third interview is at the end of the CAS program. Students must complete regular record keeping of their CAS experiences, CAS projects and reflection