

SMCHS CAS Handbook

What is CAS?

CAS Strands

- **Creativity:** exploring and extending ideas leading to an original or interpretive product or performance (develop one's mind)
- **Activity:** physical exertion contributing to a healthy lifestyle (exercise)
- **Service:** collaborative and reciprocal engagement with the community in response to an authentic need (give of oneself)

Why would IB choose creativity, activity, and service as strands to focus on?

CAS and the Core



Why do you think CAS is part of the Core of the IB program?

The IB Student and CAS

How do you contribute to your community outside of class on and off campus?

How do you identify as a citizen of your community and the globe?

How do you express your civic responsibility?

How do you perceive your own civic and charitable activities?

Why would IB want you to answer these questions about yourself?

CAS Learning Outcomes

1. Increase awareness of your strengths and areas for growth
2. Undertake new challenges and develop new skills
3. Plan and initiate activities
4. Show perseverance and commitment
5. Work collaboratively with others
6. Engage with issues of global importance
7. Consider the ethical implications

What are the benefits of meeting these learning outcomes?

Finding the WHY in CAS

Students should:

- enjoy and find significance and meaning in a range of CAS experiences
- purposefully reflect upon those experiences
- identify goals, develop strategies and determine further actions for personal growth
- explore new possibilities, embrace new challenges and adapt to new roles
- actively participate in planned, sustained and collaborative CAS projects
- understand they are members of local and global communities with responsibilities towards each other and the environment.
- strengthen and extend personal and interpersonal learning.
- enable the demonstration of the IB learner profile attributes in real and practical ways, grow as unique individuals, and to recognize their role in the world in relation to others.

Why and how could these responsibilities expand your understanding of the world?

CAS Elements

Experiences – Participate in a specific event involving one or more CAS strands

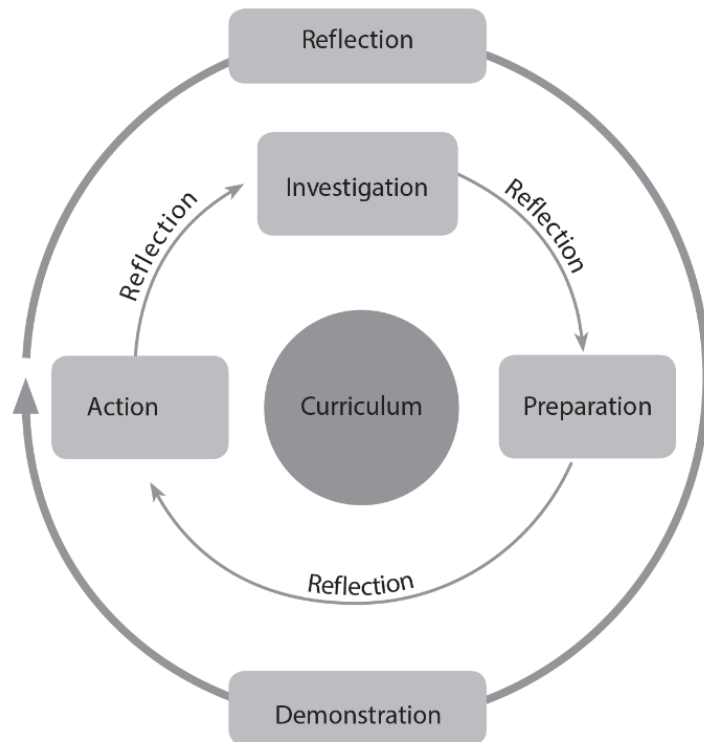
Project – Plan and complete a collaborative month-long experience

Portfolio – Provide evidence of CAS experiences on Managebac

Reflections - Document what you learned about yourself based on the experience

How would these CAS elements strengthen personal and interpersonal learning?

How to participate in a CAS Experience?



The 5 CAS stages - IPARD

1. **Investigation** - Decide on an experience in which you will create, be active, or serve (or a combination). Post on Managebac and wait for Mrs. Riddle to approve it.
2. **Preparation** – Plan, organize, create a timeline, determine at least one learning outcome to the experience, decide on a supervisor
3. **Action** – Do it! Make it happen. When finished send your supervisor an evaluation form
4. **Reflection** (ongoing – before, during, and after) What did you learn about yourself? Post on Managebac.
5. **Demonstration** – post on Managebac – make explicit what you did and what you learned

Why and how would engaging in a CAS experience be beneficial to you and the community?

Writing Reflections

Some things to consider

- What did you learn about yourself (strengths and/or growth areas)?
- How did you grow?
- How did you feel about the experience?
- Limit narration (telling what you did, this is already known)
- What questions do you now have?
- Length - 4-5 sentences (or more if inspiration strikes)

How could the reflection process help you with college admissions essays?

The CAS Project

- Must include at least one of the 3 strands of CAS
- Must include at least two students working together
- Must demonstrate sustained collaboration
- Must demonstrate a significant, ongoing commitment
- Must last a minimum of one month from planning to completion

Why would IB want you to engage in a project?

Who should be a CAS supervisor?

CAS supervisors should:

- be familiar with elements of the CAS program as applicable
- be responsible for your safety and risk management procedures
- provide you with guidance, support, and feedback on the CAS experience
- encourage reflection
- comment on your engagement with the CAS experience if required.
- Supervisors can be a teacher, coach, parent, community liaison, pastor, etc.... (they must be over 18 years of age).

The CAS Coordinator and IB Director Need Examples!

- **Creativity Examples:** active involvement in a school club, vocal/chamber choir/school band/jazz band, school play/drama club, art/music/dance lessons, cooking classes, martial arts, creative writing/planning process
- **Activity Examples:** school teams, intramural activities, community sporting activities, yoga/walking/working out/hiking, a service/creativity activity with a physical component
- **Service Examples:** student council, fundraising/awareness campaigns, volunteering at children's camps, hospitals, seniors' homes, homework clubs, volunteer tutoring, Red Cross, Cancer Society, Habitat for Humanity, Fundraising for marathons, telethons, etc.

CAS and ManageBac

smchs.managebac.com

Plan and post your CAS experiences, track hours, learning outcomes, and progress

Write your reflections

Send your supervisor for each CAS experience an evaluation form

Numbers to Remember

7 Learning Outcomes

50 hours minimum in each strand of CAS (150 total)

1 Project

10th of each month: post/record/reflect in ManageBac

18 months to complete

How can we (your CAS Coordinator and IB Director) support you? Don't be afraid to ask!