

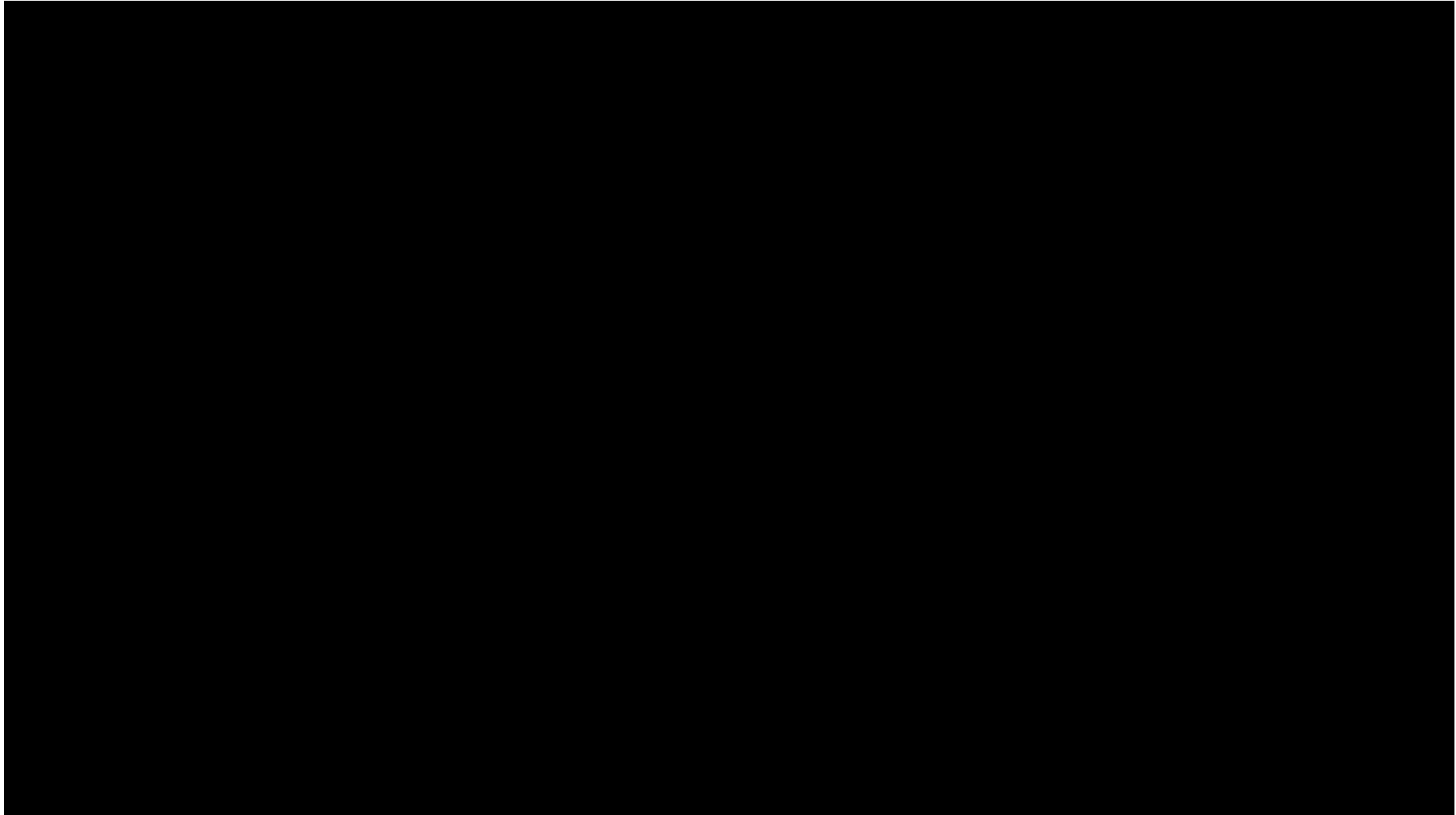


**UNIVERSITY  
HIGH SCHOOL**

**CAS**

**Questions and Answers**

# IB Learner Profile



# What CAS Stands for ?

## Creativity

*“exploring and extending ideas leading to an original or interpretive 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”*

# How CAS is related to my studies in the Diploma?



*CAS is at the center of the Diploma Programme and represents part of the Diploma Programme's ongoing commitment to the IB learner profile.*

[From the IB CAS guide \(for students graduating in 2017 and thereafter\)](#)

Actually the aim of CAS is to help you develop the attributes of the IB learner profile



# What should I aim to gain through the CAS?

Enjoy and find significance in a range of CAS experiences

Explore new possibilities

Identify goals

Purposefully reflect upon your experiences

Embrace new challenges and adapt to new roles



Develop strategies and determine further actions for personal growth

Actively participate in planned, sustained, and collaborative CAS projects

Understand you are a member of local and global communities with responsibilities towards the others and the environment

# What is a CAS experience?

## A Personal Project experience....

is a **specific event** in which the student engages with one or more of the three project Strands (Creativity, Action, Service)

can be a single event or a series of several events but **it should not be based on single events only**

must be based on personal **interests, talents** and opportunity for growth

must provide opportunities to develop the **attributes of the IB Learner Profile**

must **NOT** be used or included in the student's course requirements

must be **enjoyable, meaningful** and have an impact on the community and/or the environment

must address the **learning outcomes**

# What are the learning outcomes?

*Student completion of CAS is based on the achievement of the **seven** learning outcomes realized through the student's commitment to his or her personal project over a period of **18 months***

LO1. Identify own strengths and develop areas for growth.

LO2. Demonstrate that challenges have been undertaken, developing new skills in the process.

LO3. Demonstrate how to initiate and plan a PP experience.

LO4. Show commitment to and perseverance in PP experiences

LO5. Demonstrate the skills and recognize the benefits of working collaboratively

LO6. Demonstrate engagement with issues of global significance

LO7. Recognize and consider the ethics of choices and actions

You need to achieve at least **one** learning outcome in each experience...  
and **all** Learning outcomes at the end of sophomore year.

You need to achieve the **seven** learning outcomes and provide evidence of the achievement in your reflections and portfolio.



# Are they any examples of experiences?

1000...1 possibilities!!!

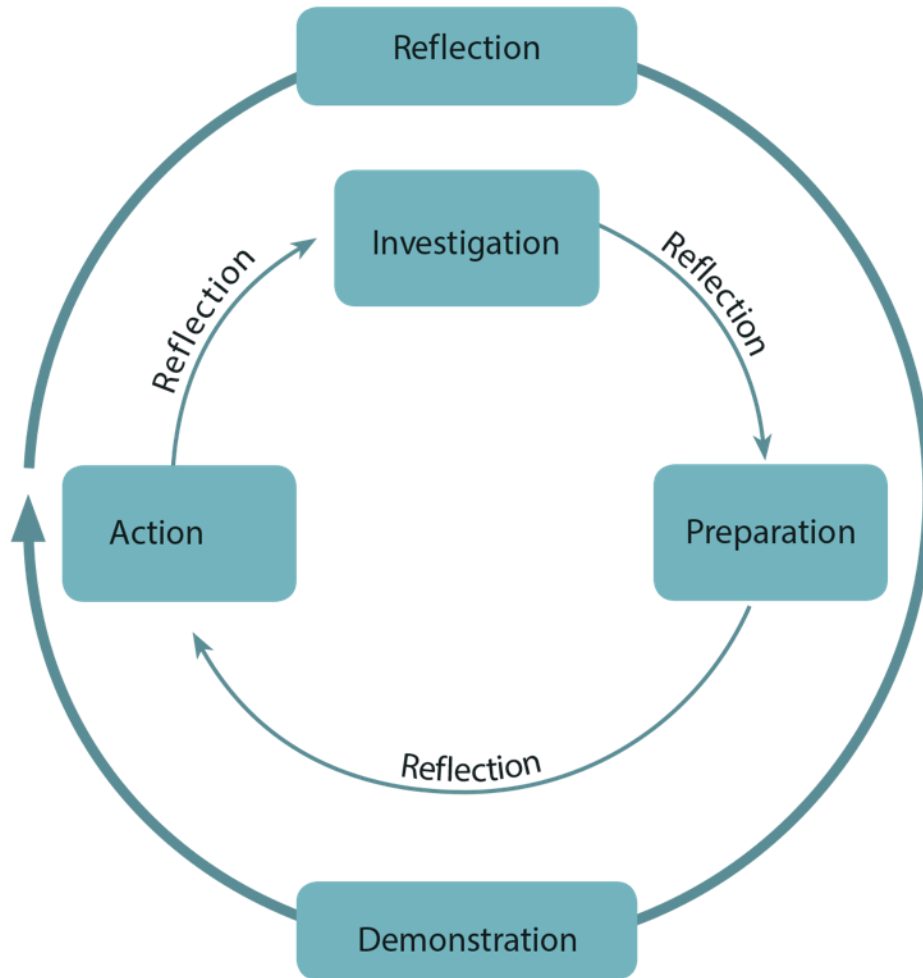
<u>Creativity</u>	<u>Activity</u>	<u>Service</u>
Art/photography	Basketball	Model United
Class websites	Marathon	Nations
Speech and debate	Soccer	Environmental Club
Drama production	Sports	Student Council
Jazz/rock band	Swimming	Gardening
Musical Instrument	Tennis	Peer Tutoring
Fashion Show	Dancing	Fundraising project
Talent show	Cycling	Orphanage
Creative writing	Volleyball	Hearing Impaired
Arts and Crafts	Martial Arts	Blind
Pottery	Choreography	Beach Cleanup
Clay work	Track and field	Life saving
Poetry	Gymnastics	Soup Kitchen
Composition	Aerobics	Bazaar
Needle Work	Camping Trips	Recycling
Yearbook	Horse Riding	Animal Rescue

## What is not a CAS experience then?

- ✧ Anything that is a paid task.
- ✧ Anything that is unethical.
- ✧ Anything that can offend religious or political beliefs.
- ✧ Anything that promotes violence.
- ✧ An activity where you are passive and does not give you the opportunity to interact.
- ✧ Anything that is a task for another class.
- ✧ Fundraising without a clear purpose.
- ✧ Work experience.
- ✧ Family or religious duty.



# CAS stages! Steps towards an effective CAS experience



**Investigation:** When you identify your interests, skills and talents to be used in considering opportunities for PP experiences.

**Preparation:** When you clarify roles and responsibilities, develop a plan of actions to be taken, identify specified resources and timelines, and acquire any skills as needed to engage in the PP experience.

**Action:** When you implement your idea or plan.

**Reflection:** When you describe what happened, express feelings, generate ideas, and raise questions

**Demonstration:** When you make explicit what and how you learned and what you accomplished.

# What is a CAS extended experience ?

A CAS project is a collaborative, well-considered series of sequential CAS experiences, engaging students in one or more of the CAS strands of creativity, activity, and service.

Please remember that a CAS project has to:

- have a clear purpose
- be a collaborative experience
- display all stages
- involve at least one of the three strands (Creativity, Activity, Service)
- be executed for the period of at least one month
- Include elements of international mindedness and global engagement.
- be present at least once in your CAS portfolio

# Sample Projects

- **Creativity:** A student group plans, designs and creates a mural.
- **Activity:** Students organize and participate in a sports team including training sessions and matches against other teams.
- **Service:** Students set up and conduct tutoring for people in need.
- **Service and Activity:** Students plan and participate in the planting and maintenance of a garden with members of the local community.
- **Creativity, Activity and Service:** Students rehearse and perform a dance production for a community retirement home.

# What is a CAS portfolio?

The CAS portfolio is your evidence of achieving your CAS engagement.

A regular student portfolio should include the following:

- personal and school CAS plan and timeline
- Evidence of Weekly Involvement in CAS (logs and documentation)
- CAS reflections
- Evidence of the CAS interview (contact form)
- Evidence of completing a CAS experience: ie. Supervisor's reports, certificates, letters, planning documents, tickets, messages etc.
- Photos, Videos, Any other Media

# Using Google Drive to build your CAS portfolio



1. Create a folder in Google Drive
2. Name the folder last name, first name, IB CAS graduating year (example: Cougar, Casey, IB CAS 2017)
3. Create two subfolders: Weekly logs and interviews
4. Share your folder with your CAS supervisor
5. Upload the weekly log forms and evidence into your weekly logs folder (this must be current)
6. Upload evidence of interviews with CAS advisor (contact form) into your interviews folder.

# What is the school's CAS Policy?

All students of UHS IB program should:

- Participate in CAS experiences on a WEEKLY basis for the duration of 18 MONTHS
- Complete a CAS Portfolio (Google Drive)
- Thoroughly reflect on every CAS experience
- Become involved in a CAS project
- Demonstrate a balance of experiences in all 3 CAS strands
- Exemplify collaboration, self determination, sense of accomplishment, enjoyment.
- Follow the CAS stages (Investigation, Preparation, Action, Reflection, Demonstration)
- Achieve the seven CAS Learning Outcomes and show evidence of achievement in the CAS Portfolio

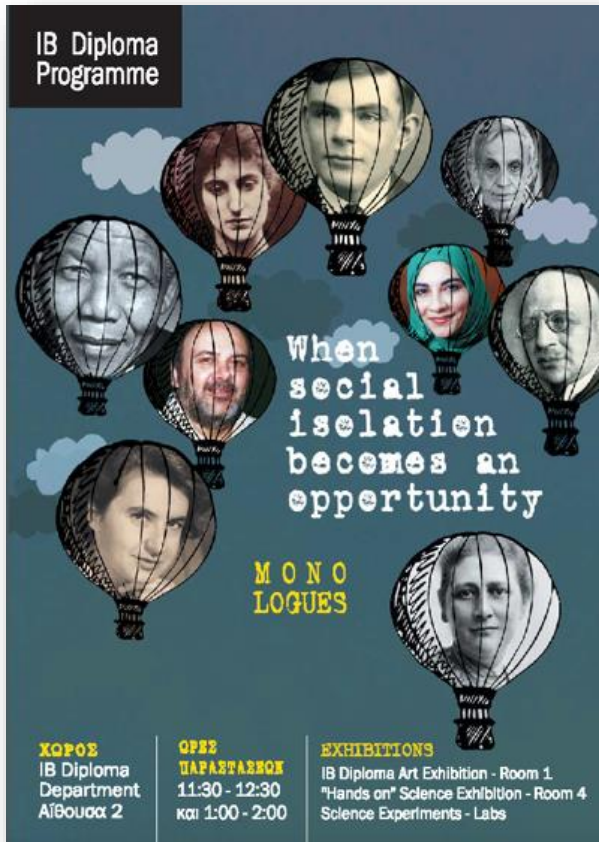
# What is the school's CAS Policy?

All students of the UHS IB Diploma Programme should:

- Become involved in a variety of CAS experiences whether they are a single event or a series of events.
- Document all three stages of the CAS Interviews
- Use the CAS experiences to enhance the TOK class and global learning
- Consult the CAS advisors and the CAS coordinator on a regular basis and before the embarking of each experience for approval
- Make sure that all subject area teachers incorporate CAS in their classroom and lead certain CAS experiences under the provision of SERVICE LEARNING.
- Demonstrate their accomplishments
- Behave appropriately and ethically during all CAS experiences
- Show commitment and perseverance



# Need more information?



11<sup>th</sup> & 12<sup>th</sup> Grade  
Contact **Mr. Ocasio**  
IB CAS Coordinator

Contact **Mr. Calderon**  
IB Coordinator