

CAS

Creativity, Activity, Service

At the center of the North Shore IB Diploma



The Diploma Programme



Some definitions

- **Creativity**: arts, theater, music, and other experiences that involve creative thinking.
- **Activity**: physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme.
- **Service**: unpaid and voluntary, an exchange that has a learning benefit for the student. The rights, dignity and autonomy of all those involved are respected.

What makes a good CAS experience

- **Does the experience fit into the definitions?**
- **Is the experience authentic?**
(Does it have real consequences)
- **Does the experience challenge you?**
- **Have you planned and reflected upon it?**

CAS Learning Outcomes

(page 5)

- Increased awareness of strengths and weaknesses
- Undertaken new challenges and developed new skills
- Planned and initiated new activities
- Worked collaboratively with others
- Shown personal commitment and perseverance with activities
- Developed greater global awareness.
- Considered the ethical implications of the activities.

Student responsibilities

- **To plan your CAS experiences and Project**
- **To have a varied and challenging CAS program.**
- **To keep records and reflections on your program.**
- **To communicate with supervisors clearly.**

Project vs. Experience

Project

- Must be at least **ONE MONTH** in duration and consist of at least 2 of the facets of CAS
- Can be completed any time between **Sept 2021 – March 2023**
- Should be something new you (or a group of you) are creating
- Deeper than an activity/experience
- Should make a difference in some way

Experience

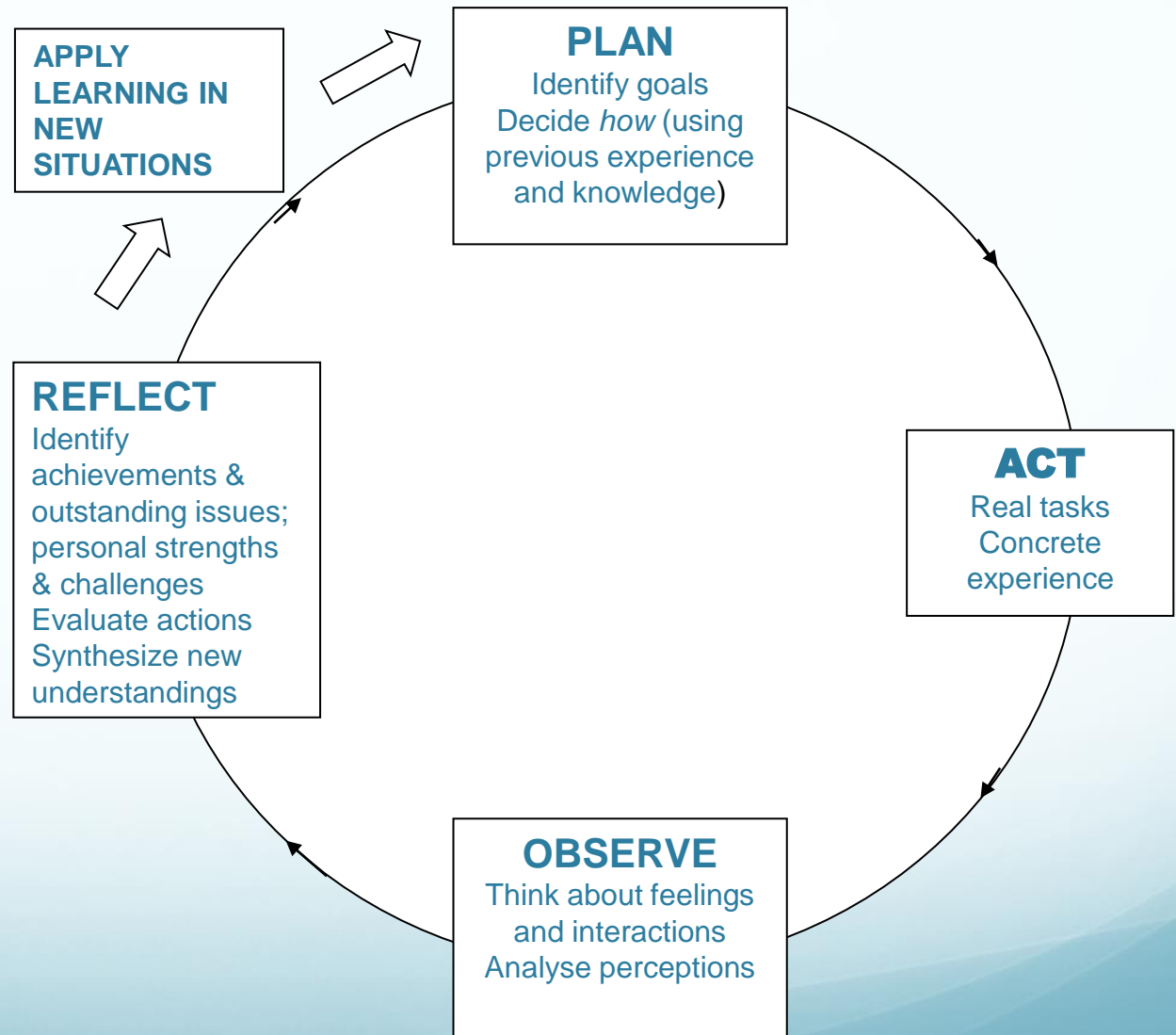
- Can be in any one or more of the facets
- Could be a one time thing or ongoing
- Should address one or more of the Learning Outcomes
- You should always be involved in either your project or some CAS Activity for the continuous **18 months** beginning **Sept 2021**

What is not CAS? (Page 7)

CAS should be a new activity for you and permit your growth in one or more of the learning outcome areas. CAS proposals must be approved by the CAS Advisor before you begin the activity. Some examples of activities that would not count toward CAS:

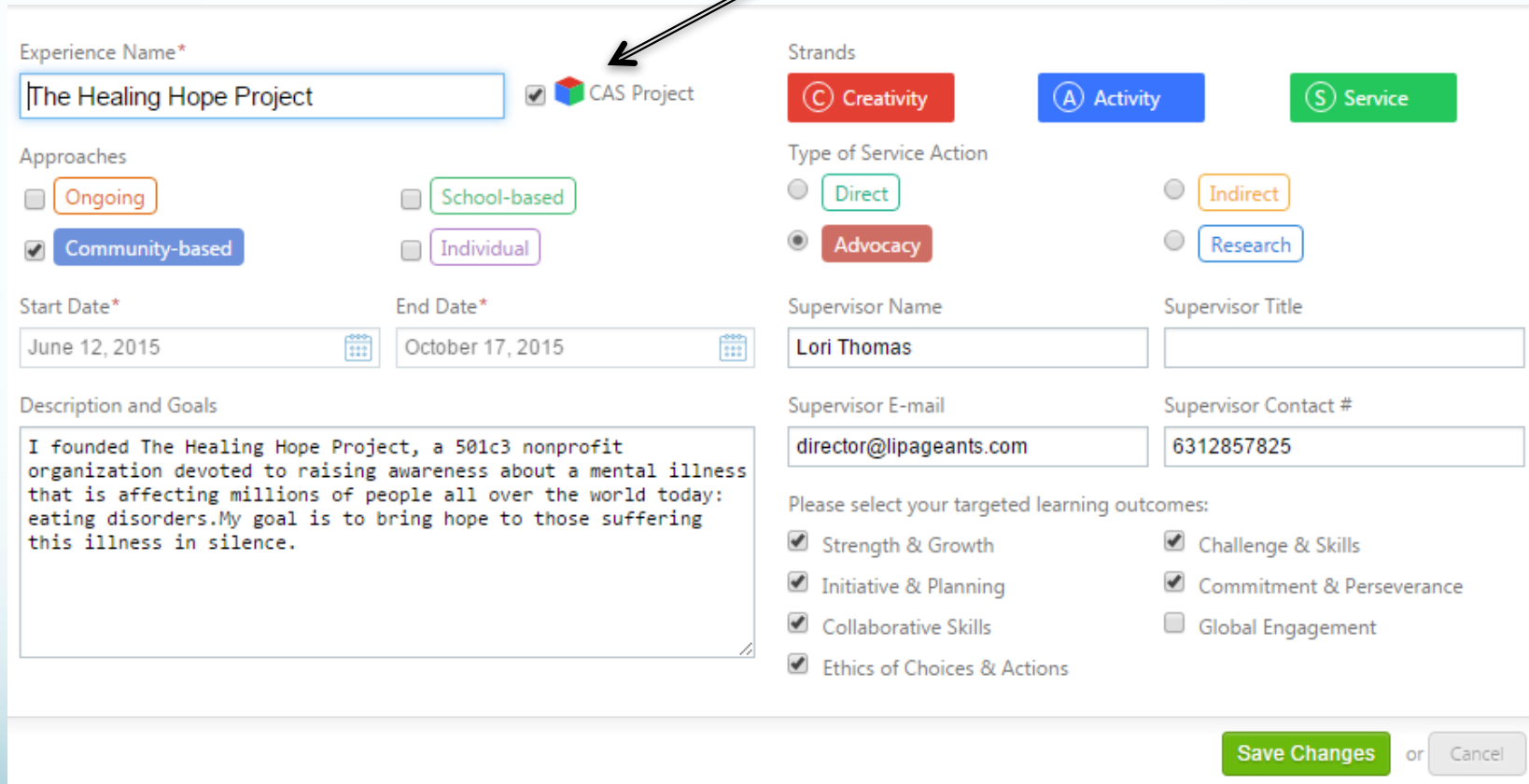
- IB Classes
 - Simple tasks that do not allow growth
 - Passive pursuits (attending a concert, museum visit, theater, or exhibition)
 - Family or religious duties
 - Jobs
 - Fundraising with no clearly defined end in sight.
 - Unsupervised activities
- (Note: Your parent cannot supervise your CAS project.)
- Political or religious activities

The cycle of experiential learning



ManageBac

Only click this box if it is to be considered your project



The screenshot shows the ManageBac form with the following fields and options:

- Experience Name***: CAS Project
- Approaches**:
 - Ongoing
 - Community-based
 - School-based
 - Individual
- Start Date***:
- Description and Goals**:

I founded The Healing Hope Project, a 501c3 nonprofit organization devoted to raising awareness about a mental illness that is affecting millions of people all over the world today: eating disorders. My goal is to bring hope to those suffering this illness in silence.
- Strands**: Creativity Activity Service
- Type of Service Action**:
 - Direct
 - Advocacy
 - Indirect
 - Research
- Supervisor Name**:
- Supervisor Title**:
- Supervisor E-mail**:
- Supervisor Contact #**:
- Please select your targeted learning outcomes:**
 - Strength & Growth
 - Initiative & Planning
 - Collaborative Skills
 - Ethics of Choices & Actions
 - Challenge & Skills
 - Commitment & Perseverance
 - Global Engagement

or

Click on the box for C, A, or S to indicated what facet your activity involves.

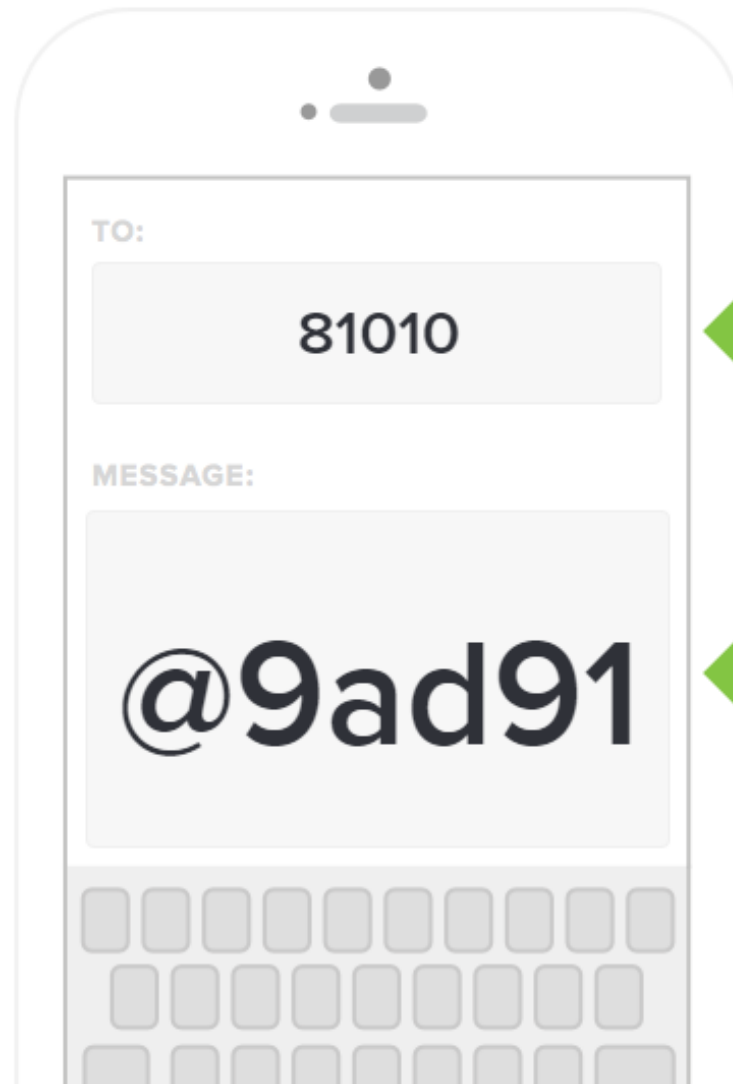
First Quarter CAS Requirements

- Attend CAS Meeting 9/21/2021
- Join CAS Google Classroom by 9/24/2021
- Sign up for CAS Remind by 10/1/2021
- Return signed CAS Contract after viewing CAS handbook online by 10/1/2021
- Log in to ManageBac by 10/15/2021
- Upload one CAS Experience to Managebac and one Reflection by 11/5/2021

What can parents do to help?

- Familiarize yourself with the CAS requirements
- Discuss the requirements/opportunities with your student
- Share your own experiences and reflect upon your own personal growth through your participation.
- Explore your student's interests with him/her and look through listings of possible activities together.
- Encourage your student to build on previous experiences.
- Get involved: attend games, plays, concerts. Provide transportation when necessary.

Instructions for students and parents to join CAS



Enter this number

This is your Remind number we created to keep your personal number secret.

Text this message

This is the unique class code we created for your CAS class. Each class gets one. Give this to your students and parents too.

Ms. Halloran

Office in the cafeteria next to the school store.

Email:

halloranc@northshoreschools.org

Phone: 277 – 7025