



CAS

basic information

CAS strands:

- 1) creativity (artistic creation)
- 2) activity (sport and health activities)
- 3) service (community charity)



IB Student's CAS requirements 18 months

- a few experiences
- 1 project
- (covering one-three strands)



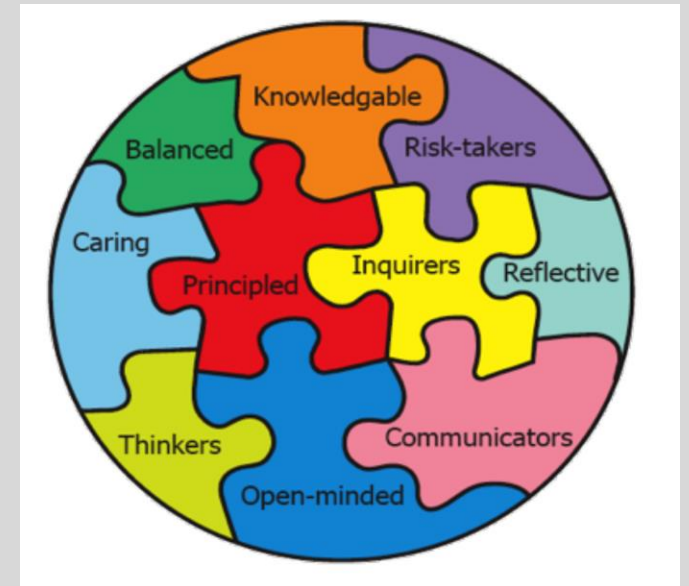
CAS experience – what is it?

- demanding/challenging (goals and stages to achieve)
- contributing to your personal growth
- single CAS activity (demanding e.g.: organising an art exhibition)
- series of CAS activities (a series of beach cleaning days)
- individually or team taken
- meet learner profile qualities (all covered, but not at once)



LEARNER PROFILE QUALITIES

- **INQUIRER** – exercise curiosity
- **KNOWLEDGEABLE** – expand knowledge
- **THINKER** – exercise critical, analytical and systematic thinking
- **COMMUNICATOR** – collaboration with others via different languages
- **PRINCIPLED** – integrity, honesty and fairness
- **OPEN-MINDED** – include culture, personal and traditional aspects
- **CARING** – empathy, compassion and respect
- **RISK-TAKER** – independence, innovation, resilience and resourcefulness
- **BALANCED** – intellectual, psychological, physical and emotional growth
- **REFLECTIVE** – thoughtfulness and understanding



CAS learning outcomes

all 7 LO must be presented
at least once during 18-month- period

- 1) identify your strengths and develop areas for growth
- 2) present that challenges and new skills were involved
- 3) demonstrate how to initiate and plan CAS experience
- 4) show commitment and perseverance in CAS experience
- 5) recognize the benefits of collaborative work
- 6) show engagement with issues of global significance
- 7) recognise and consider the ethics of choices and actions



Stages of CAS experience/project

- REFLECTION: What do I like doing? What are my talents? Ambitions? Do I like to work on my own or with others?
- INVESTIGATION: What can I do for myself, my circle, my community? What do I need to do?
- REFLECTION: What have I found, how do I see myself there?
- PREPARATION: Organisation lay-out/ step by step with duration
- REFLECTION: How is it going? Can I do it myself? Do I need help or support?
- DEMONSTRATION: The event
- REFLECTION: How did it go? Benefits for me and others.



CAS project – features:

- Collaborative – on every stage (planning, delivery, evaluation) work with a partner or a larger group
 - Well-considered – implementing personal interests and skills into collaborative work
 - Minimum one month long – with longer perspective
 - Sustainable – environment oriented
 - Purpose directed
 - Community intended
 - Focused on real-life situations



CAS portfolio – on every stage of action

<https://gomlccas.weebly.com/>

- photos video diary recordings handbook manual scrapbook developmental workbook paper file apps: ManageBac, Dropbox, Moodle, Paddle, Google Classroom, Edmodo,

- RESPONSIBILITIES: UNDERSTAND
- PLAN and INVESTIGATE
- COMMUNICATE
- DO
- REFLECT
- DEMONSTRATE
- COMMUNICATE



What now?

- Reflect on what my interests are (old ones, maybe sth I want to learn/explore?)
- Analyse my strenghts and weaknesses
- How can I experience my personal growth?
- How can I contribute to my community?
- Find projects thanks to which I could kill two (maybe more) birds with one stone?
- Reflect on the topic of my interests? WHAT? WHERE? WHO FOR?
- Study/reflect on CAS methodology: HOW?



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ENJOY!!!

Your life

Friendship

Community

Action

Fulfillment

POSITIVITY

Involvement

Growth

Values

Credentials

Website sources

<https://tjibdp.wixsite.com/cas1708.01.2024>

<https://www.falmouth.ac.uk/apply/application-toolkit/portfolio-advice>

<https://www.linkedin.com/pulse/collaboration-teamwork-whats-difference-dent-lssbb-dtmx2>

<https://jesusgilhernandez.com/2017/04/30/shift-mind-consumption-reflection/>

<https://lonestarcare.org/blog/strength-based-therapy-need/>

<https://lanterna.com/blog/50-cas-project-ideas/>

Publications

Cannings J, Piaggio M I, Muir P, Brodie T; *Creativity, Activity, Service (CAS) for the IB Diploma*; Cambridge University Press, 2015

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