

Creativity, Activity, Service (CAS)

IBDP 11th & 12th

What: Completing monthly Creativity, Activity & Service (CAS) experiences and writing reflections

When: Monthly

Why:

- ❖ Learn about yourself
- ❖ Benefit your school, local and/or global community
- ❖ Develop your interpersonal & leadership skills
- ❖ Discover new talents, skills & interests
- ❖ Reflect on your strengths & weaknesses
- ❖ Looks good on your resume, college & scholarship applications

Monthly Reflections

Write one reflection per month about how you achieved the Learning Outcome(s). Include a photo or video where possible.

Reflections **DO NOT**: summarize the experience.

Reflections **DO**: discuss how you did, or did not, meet the Learning Outcome(s).

Please reference reflection examples below.

Learning Outcomes

1. Strength & Growth
2. Initiative & Planning
3. Collaborative Skills
4. Challenge & Skills
5. Global Engagement
6. Commitment & Perseverance
7. Ethics of Choice & Actions

CAS Project

- At least one month in duration (doesn't mean you have to do something every day for a month")
- Must be with at least one other person (they do not have to be in IB or a student)
- It can be a single event or a series of events

Identify own strengths and develop areas for growth
Students are able to see themselves as individuals with various abilities and skills, of which some are more developed than others.

Demonstrate the skills and recognize the benefits of working collaboratively
Students are able to identify, demonstrate and critically discuss the benefits and challenges of collaboration gained through CAS experiences.

Demonstrate that challenges have been undertaken, developing new skills in the process
A new challenge may be an unfamiliar experience or an extension of an existing one. The newly acquired or developed skills may be shown through experiences that the student has not previously undertaken or through increased expertise in an established area.

Demonstrate engagement with issues of global significance
Students are able to identify and demonstrate their understanding of global issues, make responsible decisions, and take appropriate action in response to the issue either locally, nationally or internationally.

Recognize and consider the ethics of choices and actions
Students show awareness of the consequences of choices and actions in planning and carrying out CAS experiences.

Demonstrate how to initiate and plan a CAS experience
Students can articulate the stages from conceiving an idea to executing a plan for a CAS experience or series of CAS experiences. This may be accomplished in collaboration with other participants. Students may show their knowledge and awareness by building on a previous experience, or by launching a new idea or process.

Show commitment to and perseverance in CAS experiences
Students demonstrate regular involvement and active engagement in CAS.

Monthly CAS Reflection Examples written in ManageBac

March 21, 2020 2:40 PM Self Quarantine Ethics of Choices & Actions



The period of self quarantine that I am living through right now has made me realize the ethics and choices of my actions and how it will impact the community. I have experienced learning outcome number seven because I realize that if I treat this four week quarantine like an extended spring break, then I will be putting my family and I at risk of COVID-19. I can't be selfish with my choices and possibly endanger the community around me. I need to help prevent the spread of this virus so that I can continue on with my daily life and return to my education.

March 21, 2020 2:38 PM Self Quarantine Challenge & Skills



I am having a hard time only living within my household for every hour of every week. I thought this would be an extremely fun experience since I would have all of this free time on my hands but this is not what I'm initially experiencing. Self quarantine is very challenging and by having to find new and different ways to spend my time, I have experienced learning outcome number two. After making an entirely new schedule and self disciplining myself to it, I have matured. I now do a lot more adult things around the house and hold myself accountable to making food or cleaning up myself. Although at first it was challenging, this period of self quarantine has forced me to mature and act more like an adult.

CAS Monthly Calendar

Junior Year

Sept: Intro to CAS
Oct: 1 Reflection written in ManageBac
Nov: 1 Reflection written in ManageBac <i>(2 reflections total)</i>
Dec: 1 Reflection written in ManageBac <i>(3 reflections total)</i>
Jan: 1 Reflection written in ManageBac <i>(4 reflections total)</i>
Feb: 1 Reflection written in ManageBac <i>(5 reflections total)</i>
Mar: 1 Reflection written in ManageBac <i>(6 reflections total)</i> Start planning CAS Project!
Apr: 1 Reflection written in ManageBac <i>(7 reflections total)</i>
May: 1 Reflection written in ManageBac <i>(8 reflections total)</i>
June/July/August: 1 reflection per month over the summer <i>(11 reflections total)</i>

Senior Year

Sept: 1 Reflection written in ManageBac <i>(12 reflections total)</i> Finish CAS Project!
Oct: 1 Reflection written in ManageBac <i>(13 reflections total)</i> Finish CAS Project!
Nov: 1 Reflection written in ManageBac <i>(14 reflections total)</i> Finish CAS Project!
Dec: 1 Reflection written in ManageBac <i>(15 reflections total)</i> CAS Project Completed!
Jan: 1 Reflection written in ManageBac <i>(16 reflections total)</i>
Feb: 1 Reflection written in ManageBac <i>(17 reflections total)</i>
Mar: 1 Reflection written in ManageBac <i>(18 reflections total)</i>
Apr: Complete CAS Exit Interview

Examples of CAS experiences suggested by IB (from the “CAS Teacher Support Material”)

Creativity	Activity	Service
Photography	Aerobics	Create a community environmental group
Tournament organization	Badminton	Organize a basketball tournament for children at a community center
Event management	Basketball	Get involved in a beach clean-up
Website development	Personal gym program	Assist in obtaining funds for a community garden
Choir	Kickboxing	Teach computer skills to those in need
Speech and debate club	Triathlon	Design and host a community film and discussion event featuring current issues
Drama production	Rugby	Implement a recycling programme
Journalism	Soccer	Create a petition to present to local government
Making a short documentary	Tournament participation	Work in an orphanage with regularity
Music/band	Surfing	Create awareness for a non-governmental organization (NGO)
Learning an instrument	Swimming	Be a student council representative
Art lessons	Trekking	Provide peer tutoring to junior students
Fashion show	Tai chi	Plan, participate and implement an activity for an international day of recognition
Talent show	Tennis	Take an active role in a community club

More examples of CAS experiences

- Editor of the Economics Society newsletter (creativity): The editing, typesetting and page layout all involve the need for creative problem-solving from a practical point of view as well as to achieve a pleasing aesthetic.
- Teaching Chinese to a Chinese ethnic minority group in northern Thailand (creativity and service): The development of lesson plans and teaching

Example CAS Projects

To help you get the ball rolling, here are a few example CAS projects, as suggested by the IBO:

- **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
- **CREATIVITY AND ACTIVITY:** Students choreograph a routine for their marching band
- **SERVICE AND ACTIVITY:** Students plan and participate in the planting and maintenance of a garden with members of the local community
- **SERVICE AND CREATIVITY:** Students identify that children at a local school need backpacks and subsequently design and make the backpacks out of recycled materials
- **CREATIVITY, ACTIVITY AND SERVICE:** Students rehearse and

perform a dance production for a community retirement home

For even more CAS project inspiration, **check out this story** about students in Indiana who organized a huge recycling drive to help an IB School in Flint, Michigan.

50 CAS Project Ideas:

<https://www.lanternaeducation.com/ib-blog/50-cas-project-ideas/>

20 CAS Project Ideas:

<https://blog.westbourneschool.com/20-fun-and-rewarding-cas-ideas-for-ib-students-1>

CREATIVITY

THIS ASPECT COVERS A WIDE RANGE OF ARTS & CREATIVE APPROACHES. CREATIVITY IS THE OPPORTUNITY TO ACHIEVE SOMETHING NEW OR TAKE ON A NEW CREATIVE CHALLENGE

ART CLUB
BRIDGE CARD GAME
CHAMBER GROUP
CHESS CLUB
CHOIR
CODING CLUB
COOKING
DOCUMENTARY CLUB
ECONOMICS CLUB
JAPANESE CULTURE
JAZZ GROUP
LAW SOCIETY
LEARN TO SEW
TOUCH-TYPING
MATHS CLUB
MEDITATION/MINDFULNESS
MEDICAL SOCIETY
MODEL UNITED NATIONS
NUTRITION WORKSHOP
PHILOSOPHY
PHOTOGRAPHY
PSYCHOLOGY
ST CLARE'S UNION
STUDIO ART
THEATRE CLUB
YOUNG ENTERPRISE

ACTIVITY

THIS ELEMENT ENCOURAGES YOU TO DEVELOP NEW SKILLS & A SENSE OF ENJOYMENT FROM PHYSICAL ACTIVITY. IT PROMOTES A CONTINUED INTEREST IN HEALTH & WELLBEING

BASKETBALL
BADMINTON
DANCE FITNESS
FOOTBALL
GYM-BASED BOXING
GYM SESSIONS
MIND & BODY BALANCE
NETBALL
RUNNING
SPIN CLASSES
SQUASH
TABLE TENNIS
TENNIS
VOLLEYBALL
YOGA

SERVICE

BUILD LINKS WITH INDIVIDUALS, THE COMMUNITY OR NOT-FOR-PROFIT ORGANISATIONS. WORK WITH DIVERSE GROUPS TO ENGAGE, SUPPORT & DEVELOP A SENSE OF COMMITMENT TO THEM.

ANIMAL RIGHTS ACTION GROUP
CHARITY SHOP VOLUNTEERS
DUKE OF EDINBURGH'S AWARD PROGRAMME
HUMAN RIGHTS ACTION GROUP
KIDS ENJOY EXERCISE NOW (KEEN)
KNITTING FOR NEEDS
LANGUAGE NETWORK TEACHERS & STUDENTS
NURSERY ASSISTANT VOLUNTEERS
PEER SUPPORT
PETS & PLANTS
POST PALS
RED CROSS EMERGENCY BEACON GROUP
ST CLARE'S MAGAZINE
STUDENT COUNCIL
TEACHING ASSISTANTS
VISITING THE ELDERLY

