

CAS @ ISG



A GUIDE TO CAS AT THE ISG

V. Ingram

CAS Coordinator

CAS STRANDS



CAS experiences may cover more than one strand; for example, planning a sports event for disadvantaged children may involve both service and activity.

AIMS OF CAS

The aims of CAS is to develop students who:

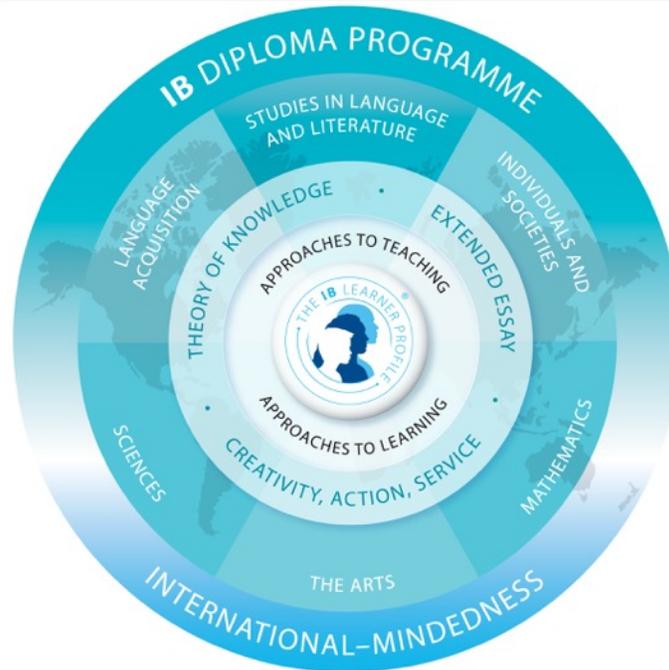
- Enjoy and find significance in a range of CAS experiences
- Purposefully reflect upon their experiences
- Identify goals, develop strategies and determine further actions for personal growth
- Explore new possibilities, embrace new challenges and adapt to new roles
- Actively participate in planned, sustained, and collaborative CAS projects
- Understand they are members of local and global communities with responsibilities towards each other and the environments

Student Responsibilities

- Read and understand the ISG CAS guide, important CAS dates and deadlines
- CAS participation must continue for at least 18 continuous months.
- Use the CAS stages model as much as possible when considering, planning and undertaking your CAS experiences
- Balance your experiences between creativity, activity and service
- Base your choices on your interests, skills, talents and areas for growth to stay motivated. Challenge yourself!
- Initiate or engage in at least one CAS project in collaboration with others that extends over at least one month
- Participate in meaningful reflection as a way to capture your experiences and summarise your evidence linked to the learning outcomes
- Meet with your CAS advisor
- Ask questions along the way when you need assistance or clarification
- Meet the CAS learning outcomes
- Keep a record of all CAS related experiences on Managebac - stick to deadlines!

NOTE: Experiences completed as part of the requirements of the DP subjects, including theory of knowledge and the extended essay, cannot be counted as part of your CAS portfolio

CAS PHILOSOPHY



Creativity, activity, service (CAS) is at the heart of the Diploma Programme. It is one of the three essential elements in every DP student's experience and it is a mandatory component of the school curriculum for all students.

CAS enables you, as the student, to enhance your personal and interpersonal development through experiential learning. At the same time, it provides an important counterbalance to the academic pressures of the rest of the Diploma.

A good CAS experience should be both challenging and enjoyable, a personal journey of self-discovery. Each individual has a different starting point, and therefore different goals and needs, but your CAS activities should include experiences that are profound and potentially life-changing.

CAS is about:

Becoming a reflective thinker—you understand your own strengths and limitations, identify goals and devise strategies for personal growth

A willingness to accept new challenges and new roles

Becoming aware of yourself as a member of communities with responsibilities towards others and the environment

Being an active participant in sustained, collaborative projects

Becoming a balanced student—enjoying and finding significance in a range of activities involving intellectual, physical, creative and emotional experiences.

Your CAS experiences are especially useful when applying to Universities as they help to show how you are able to balance your academic work with other activities outside of school.

FIVE STAGES OF CAS EXPERIENCE



1. Investigation

Students identify their interests, skills and talents, as well as areas for growth and personal development. Students investigate what they want to do and determine the purpose for taking part in the CAS experience.

2. Preparation

Students clarify roles and responsibilities, develop a plan of action to be taken, and acquire any skills needed to take part in the activity.

3. Action

Students implement their idea or plan.

4. Reflection

Students describe what happened, express feelings, generate ideas, and raise questions. Reflection can occur at any time during CAS to further understanding, to learn from experience, and to make connections between their accomplishments and the learning outcomes. Reflection may lead to new action.

5. Demonstration

Students make clear what they have learned and what they have accomplished, by sharing their CAS experience through their portfolio or with others in an informal or formal manner. This enables students to solidify their understanding and evoke response from others.

SEVEN LEARNING OUTCOMES

Be the change that you wish to see in the world.

Mahatma Gandhi

Throughout your CAS program, you need to show that you have had real-life experiences involving IB's 7 Learning Outcomes.

So, here are the 7 Learning Outcomes and what they **REALLY** mean 😊

1 – Identify your own strengths and develop areas for personal growth.

What it **REALLY** means: When you get out of your comfort zone, you learn stuff about yourself. For example, when you organised that event, were you patient with other people? If not, maybe you could try to improve. When you saw those homeless people, were you shocked? If yes, why? Could this help you improve your perception of the world?

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

What it **REALLY** means: What have you done to push yourself? What was unfamiliar about it? What skills do you think you developed?

3 – Demonstrate how to initiate and plan a CAS experience.

What it **REALLY** means: This one's easy! When you are organising your CAS events or activities, just make sure you note down how you organised, who you contacted and what the organisational process involved.

4 – Show commitment to and perseverance in CAS experiences.

What it **REALLY** means: You are not alone. All IB DP students are thinking the same thing – WHY do we have to do this when we have so much to do already? I know this sounds unbelievable now but you will benefit from it SO much in the future. Whatever happens, keep going! Do a little and often.

5 – Demonstrate the skills and recognise the benefits of working collaboratively.

What it **REALLY** means: Do team activities. Simple. One of the best and most fun parts of CAS is the team stuff. This can range from playing a new team sport to being involved in a play or volunteer group. When you work in a team you are stronger. Think of Lionel Messi – he is a footballing genius but without his team-mates he would be nothing.

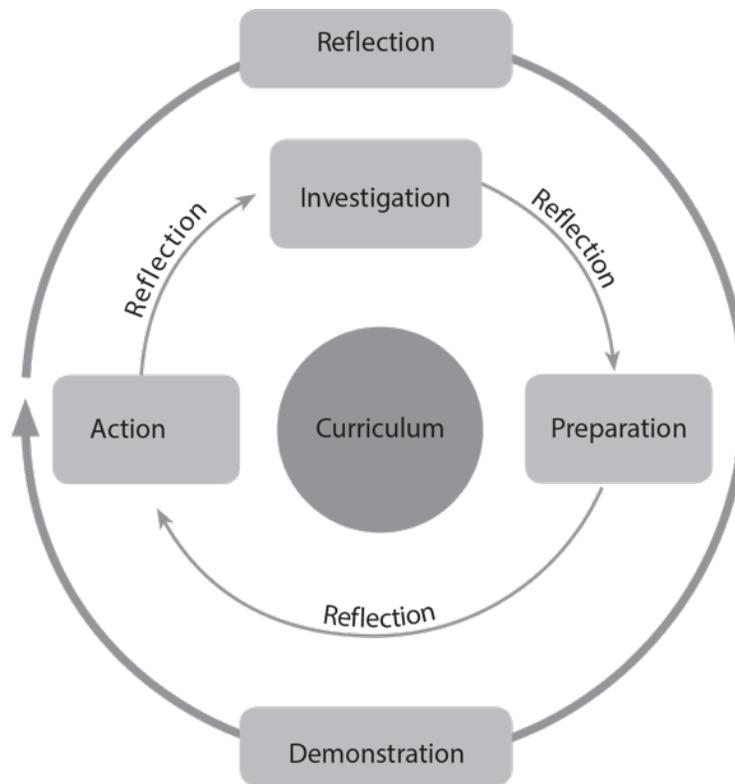
6 – Demonstrate engagement with issues of global significance.

What it **REALLY** means: There are so many global issues right now it's hard to know which one to support most. Global warming, the refugee crisis, homelessness, cancer research? pick one per year and think what you can do to help from where you are. Plan it, initiate it. do it.

7 – Recognise and consider the ethics of choices and actions.

What it **REALLY** means: Your mum has been telling this since as long as you can remember and your teachers joined in a little later: The things you do and the choices you make have consequences. Think about the CAS activities you are doing and how they affect others. Is what you are doing right or wrong? How?

THE CAS PROJECT



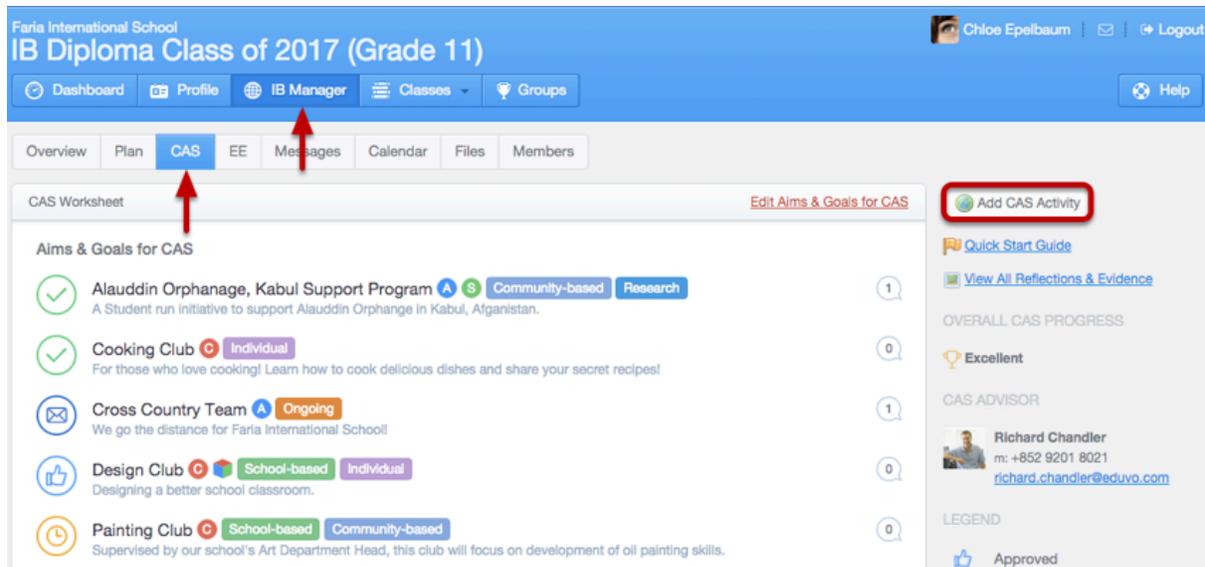
The CAS stages for service learning

The student: recognises ethical issues/shows accountability for choices and actions/ is aware of consequences of choices and actions regarding self, others involved and the community.

The CAS project is an activity that involves collaboration with others and includes one or more strand of Creativity, Activity and Service.

The CAS project should take place over a minimum of one month (at least 15 hours) and will help demonstrate commitment and perseverance. The project will also provide opportunities for you to reflect on progress and, if necessary, adjust your plans to resolve any problems. It is expected that your CAS Project reflection will contain more detail than your other reflection and will be supported by evidence e.g. photos.

THE CAS PORTFOLIO - MANAGEBAC



CAS activities can be added by clicking **Add CAS Activity** on the right navigation panel via your CAS worksheet.

The CAS portfolio is used to plan your CAS programme, reflect on your experiences and record evidence of involvement in CAS. As such it will demonstrate and showcase evidence of your achievements and show how you have met the 7 learning outcomes. It will be submitted as proof of completing CAS and will be used in your 3 interviews, so you must keep it up to date!

Your portfolio should have three-parts:

- Profile
- Experiences
- Evidence

Be creative and include photographs, visual and audio recordings, documents, posters, programmes of events or performances etc....

The Managebac software is well designed to help you organize, record and demonstrate your CAS. Download the Managebac app so you can reflect on the go. Managebac is also used for TOK, EE and your subjects, so you should be using it on a daily basis!

CAS REFLECTIONS

“Life can only be understood backwards; but it must be lived forwards.”

– Søren Kierkegaard

Everyone has ISSUES in their life. It's part of it all. How do we resolve these issues? We think about them, right?

In the most simple terms – reflecting is thinking about and questioning the experiences you have in CAS. Why did that person stress you out? How did it feel to score that goal? Why did your view about homeless people change after your voluntary work?

There's no strictly correct answer to the question '*What is a reflection*'? You make it what it is. But, here are 3 things they are not...

1 – CAS reflections do not have to be long, boring written pieces. The key is finding a format that you are comfortable with. Get creative! Use mobile technology, produce videos, record video messages, use meaningful photos, draw, dance, sing!

2 – CAS reflections are not just a summary of what you've done. True, you should explain what you've achieved but the most important thing is to question. Question why you did it, why it was important for you, what you learned, what challenges did you overcome, how you can use that knowledge or skill in the future, what global issues you encountered.

3 – CAS reflections are a pain in the a! Wrong! Reflections can be genuinely satisfying and don't have to take up too much time either – 10 minutes is all it takes to think about it and record it, write it, produce it or even sing it!**

REFLECTIONS HELP!

Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning.

Albert Einstein

No matter what CAS activity you are reflecting about, try asking yourself some of these questions:

- How did you feel before, during and after this CAS activity?
- What skills did the activity teach you?
- What life lessons did the activity teach you?
- How did the activity help other people?
- How has the activity changed you or your perceptions of the world around you?
- How did this CAS activity change your beliefs about any global issues of importance?
- If you had the chance to do it again, what would you do differently?
- Who did you meet?
- Who helped you during my experience and how?
- Who surprised, disappointed or inspired you and how?

YOUR NOTES

USEFUL LINKS

Join our Facebook page and stay informed: <https://www.facebook.com/groups/390157204359722/>

Our website: <http://cas-isg.weebly.com>

Volunteer Ideas

<http://www.ibo.org/programmes/diploma-programme/curriculum/creativity-action-and-service/>

<https://www.vrijwilligersgroningen.nl>

<http://www.humanitasgroningen.nl/vrijwilligerswerk/vacatures-vrijwilligers-1/>

<http://www.novo.nl/werk/maatschappelijke-stage/>

Useful CAS guide

https://www.youtube.com/watch?v=Y62k8m4_q9A

SOURCES

<http://www.ibo.org/programmes/diploma-programme/curriculum/creativity-action-and-service/>

http://www.ibo.org/globalassets/publications/recognition/core_cas.pdf

<http://www.castrips.org>

<https://www.facebook.com/groups/1014005935286931/>

http://www.wcpss.net/cms/lib/NC01911451/Centricity/Domain/3482/figure05_e.png

https://sites.google.com/site/mrblatnikmath/_/rsrc/1439810081271/cas/cas-stages/CAS%20Stages.jpg?height=311&width=320

<https://test.isa.nl/wp-content/uploads/2015/07/dp-model-en.png>