

# THE CAS EXPERIENCE!

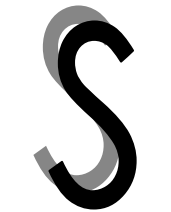
## International Baccalaureate Glenforest Secondary School



**CREATIVITY, ACTION, SERVICE (CAS)** is at the heart of the Diploma Programme. It is one of the three essential and required elements in every student's Diploma Programme experience. It involves students in a range of activities alongside their academic studies throughout the two year Diploma Programme. The three strands of CAS, which are often interwoven with particular activities, are characterized as follows.



**CREATIVITY:** arts, and other experiences that involve creative thinking.



**ACTION:** physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme.



**SERVICE:** an unpaid and voluntary exchange that has a learning benefit for the student.



### CAS EXPECTATIONS and REQUIREMENTS

The International Baccalaureate Organization ([www.ibo.org](http://www.ibo.org)) has clear requirements and expectations for the CAS component of the Diploma.

1. Students should be doing CAS activities throughout the **TWO YEARS** of the Diploma Programme. (starting in pre 11 summer)
2. Generally, students should participate in an activity 3-4 hours per week on average over the two years. Students should be updating evidence and journals each week.
3. Each student must take part in a RANGE / VARIETY of activities. All eight outcomes must be present for a student to complete CAS and a minimum of 50 hours or more in each area of "C" "A" "S".
4. Students should be involved in at least one project involving teamwork that integrates two or more strands (creativity, action and service) and is of significant duration.
5. A target of 150 hours is suggested, but CAS is not a number counting experience. The key is a wide range of activities over TWO YEARS.
6. The CAS Advisor will discuss hours applied to each activity with the student. The advisor will have the final say in determining the type and quantity of hours counting towards a CAS activity.

## **STUDENT RESPONSIBILITIES REGARDING CAS**

Students are **required** to:

- self-review at the beginning of their CAS experience and set personal goals for what they hope to achieve through their CAS programme
- plan, do and reflect (plan activities, carry them out and reflect on what they have learned)
- undertake at least one interim review and final review with their CAS adviser
- take part in a range of activities, including at least one project, some of which they initiated themselves
- keep records of their activities and achievements, including a list of the principal activities undertaken. (This will be done with CasManager the website that Glenforest uses.)
- show evidence of achievement of the eight CAS learning outcomes

When selecting a CAS Activity students must keep in mind, that for student development to occur, CAS should involve:

- real, purposeful activities, with significant outcomes
- personal challenge – tasks must extend the student and be achievable in scope
- thoughtful consideration, such as planning, reviewing progress, reporting
- reflection on outcomes and personal learning

### **CASMANAGER**

Glenforest Secondary School uses a professionally managed website for our CAS Programme. The website allows students, advisors and coordinators to easily manage the CAS requirements.

Website: [www.managecas.com](http://www.managecas.com)

Student/advisor log in page: <http://glenforest.managecas.com>

Parents / Guardians are encouraged to log in with the student and review the progress the student is making in the CAS Programme.

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