

CAS Programme Aims

- **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 environment.

CAS formally begins at the start of the Diploma Programme and continues regularly, ideally on a weekly basis, for at least **18 months** with a reasonable balance between creativity, activity, and service.

“Students engage in **CAS experiences** involving one or more of the three CAS strands. A CAS experience can be a single event or may be an extended series of events.

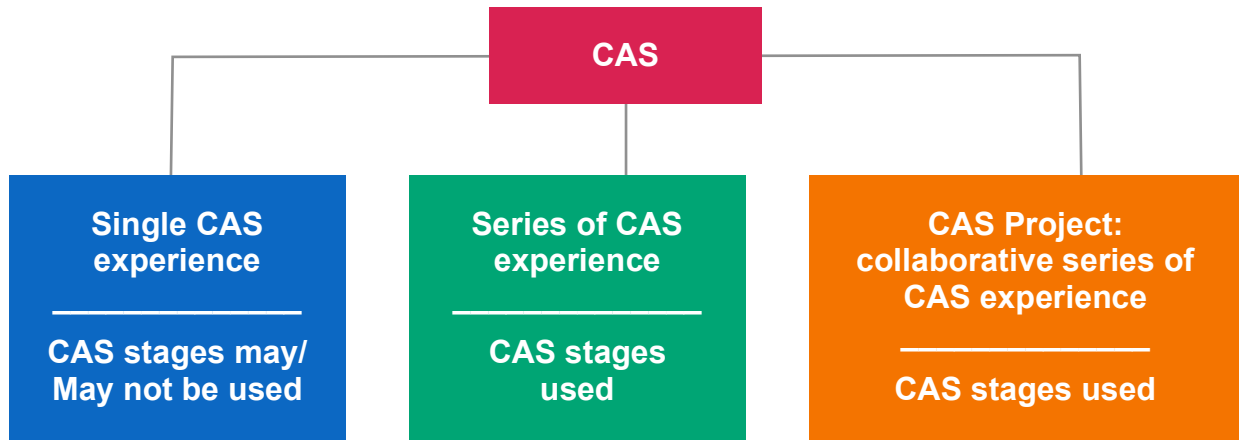
Further, students undertake a **CAS project** of at least one month’s duration that challenges students to show initiative, demonstrate perseverance, and develop skills such as collaboration, problem-solving, and decision-making. The CAS project can address any single strand of CAS, or combine two or all three strands.” (IB DP, CAS Guide 2015)

All CAS students are expected to maintain and complete a **CAS portfolio (Managebac at ISA)** as evidence of their engagement with CAS.

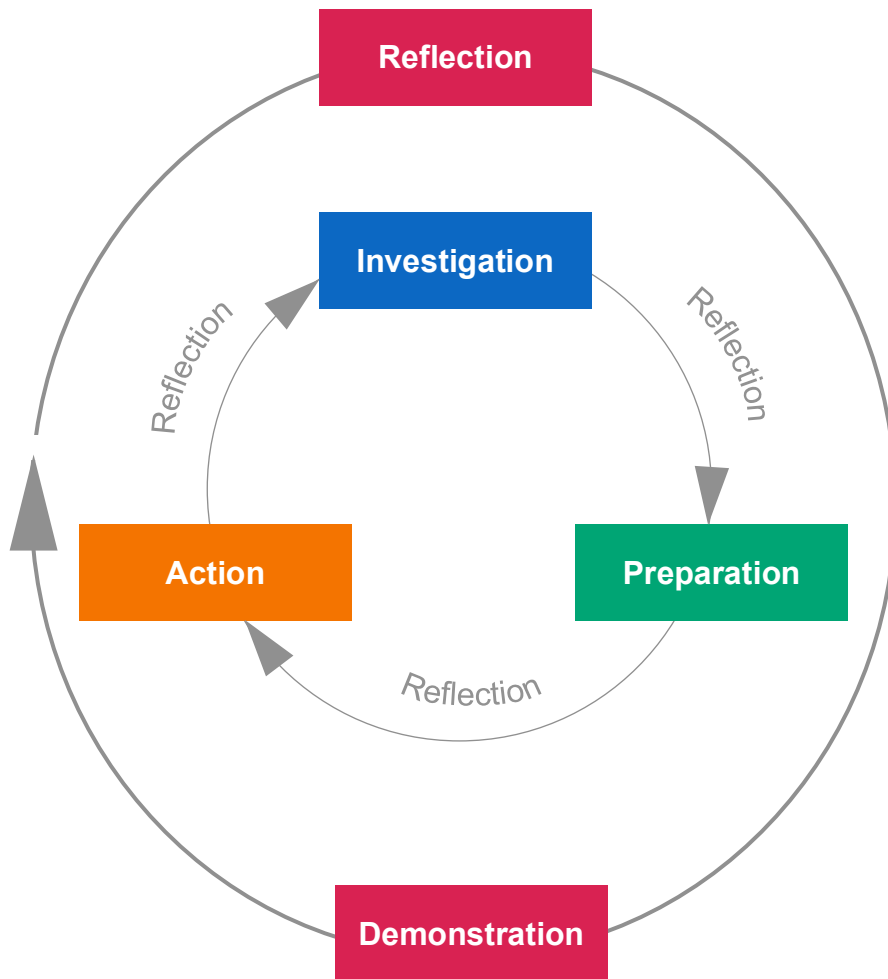
CAS Strands

- **Creativity**—exploring and extending ideas leading to an original or interpretive product or performance
- **Activity**—physical exertion contributing to a healthy lifestyle
- **Service**—collaborative and reciprocal engagement with the community in response to an authentic need





CAS Stages



CAS Learning Outcomes

1. Identify own strengths and develop areas for growth
2. Demonstrate that challenges have been undertaken, developing new skills in the process.
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions

ISA 4 step reflection template:

1. Description
2. Interpretation
3. Connections
4. Action Plans

Reflection in CAS:

- Reflection is central to building a deep and rich experience of CAS. Students explore their own actions and reflect on their personal growth.
- The emphasis in CAS is on affective reflection, characterized by reflecting on attitudes, feelings, values, principles, motivation, emotions and self-development.
- Students will be encouraged to informally reflect on their CAS experiences throughout the CAS programme, but are required to reflect formally when developing a CAS portfolio.

Examples of CAS Journeys

Student A [C3A4S4]

Grade 11

Experience	Strands	Duration
Duke of Edinburgh Award – Gold	A and S	all year
Photography	C	all year
Basketball	A	One term
Habitat for Humanity – project	A and S	All year
Football	A	One term
Amnesty International	C and S	all year

Grade 12

Sound and Light	C and S	Half a year
Basketball	A	One term
Gay Straight Alliance	C and S	Half a year
Meditation	A	Half a year

Student B [C5A4S3]

Grade 11

Experience	Strands	Duration
Like a Girl – project	C and S	All year
Hockey	A	One term
Fair Trade	C and S	All year
Refugee Buddies	C, A and S	All year
Model United Nations	C	All year

Grade 12

Like a Girl	C and S	Half a year
Refugee Buddies	C, A and S	Half a year
Softball	A	One term
Yoga	A	Half a year
Art Club	C	Half a year

Student C [C6A3S5]

Grade 11

Experience	Strands	Duration
Debate Club	C	All year
Competitive Debating (helping younger students with specific skills) project	C and S	All year
Special Olympics	C and S	All year
Student Council	C and S	All year
United Through Sport	A and S	All year
Tennis	A	One term
Indoor Climbing	A	One term
Creative Writing	C	Half a year

Grade 12

Competitive Debating	C and S	Half a year
Tennis	A	One term
Indoor Climbing	A	Half a year
Voice	C and S	Half a year

Please note:

- Each student will be responsible for scheduling and shaping their CAS journey based on their own interests and opportunities.
- The student has to demonstrate all strands (C, A or S) and meet all learning objectives, which will be demonstrated through their reflections and involvement. Joining a club will not automatically satisfy any strand or show achievement of learning objectives.