

Land O' Lakes High School

International Baccalaureate Programme



IB Diploma: Creativity – Activity - Service

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Learning Goal

Attendees will learn how to engage in meaningful efforts for



Creativity-Activity-Service (CAS)



Earning the IB Diploma: CAS

“...creativity, acti[vity], and service should now be things that you do because you enjoy them. And you enjoy them because they allow you to actually recharge ...”

-Nicole Naar, LOLHS IB class of 2003



Aims of CAS

- The CAS programme aims 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 environment.

(Source: Creativity, activity, and service guide: For students graduating in 2017 and after)



7 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



7 Learning Outcomes (con' t)

5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global importance
7. Recognize and consider the ethics of choices and actions

(Source: Creativity, activity, and service guide: For students graduating in 2017 and after)



What Is CAS?

- 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



What Is *NOT* CAS?

- Any activity for class
- Any activity with personal reward, such as getting preferential benefits for yourself or getting paid
- Simple, tedious, repetitive work
- Passive pursuits
- All forms of duty within family
- Religious devotion/proselytizing



What Is *NOT* CAS? (con't)

- Work experience that only benefits the student
- Fund-raising with no clearly defined end
- Any activity with no leader or adult supervisor
- Any activity that causes or underscores division between groups in the community (such as a specific political candidate or party)



What Time Counts for CAS?

- Often students volunteer for an activity, event, or organization for many hours each day, or over a summer vacation.
- Typically, only a portion of these hours are truly dedicated to the particular CAS element(s).
- Example: It is unlikely that all hours of an 8-hour day as a volunteer summer camp counselor are actually focused on CAS, so only report and count the ones that TRULY are.



Guiding Questions

- Is the activity a new role for me?
- *Is it an authentic task that I am going to undertake?*
- Does it have real and positive outcomes for other people as well as myself?
- *What will I learn about myself and my ethical behaviors and decision-making?*
- Does this effort – even if directed locally – help me develop international-mindedness?



Student Responsibility for CAS

- Set personal goals for what you hope to achieve through CAS
- Plan, do, document with evidence, get objective supervisor sign-off, and reflect
- Engage in CAS in continuous fashion (weekly)
- Participate in meetings as set by the IB CAS Coordinator and a final review
- CAS wraps up at the start of 2nd semester senior year)



Student Responsibility for CAS (con't)

- Take part in a range of activities*, including at least one project, much of which they have initiated themselves
- Keep records of their activities and achievements on ManageBac
- Show evidence of achievement of the seven (7) CAS learning outcomes

** Guideline: Five (5) activities and one (1) project permit students to evidence the learning outcomes.*



CAS Reflections

Students reflect on and provide evidence from their CAS activities/project all along both Diploma Years.

Interview/Reflection Meetings and The Final Reflection

A clear and complete
critical reflection of the
entire CAS experience



Critical Concept

- CAS isn't about the *hours* – most students do far more than 150 minimum hours of CAS
- CAS is about the personal growth experiences and how our efforts serve and uplift others
- CAS is the humanizing aspect of IB
- You grow intellectually through class work
- You grow as a caring global citizen through CAS



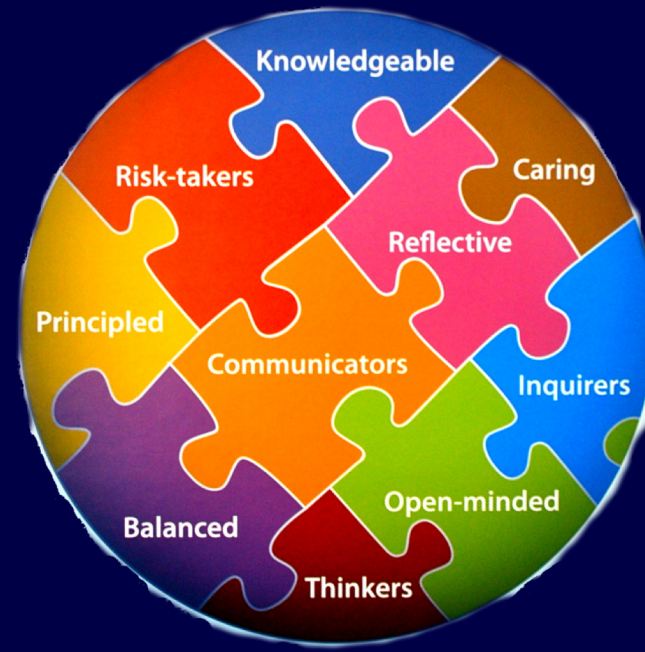
Critical Concept

CAS

TOK

EE

DP Courses



These are an integrated whole in developing
ourselves with the attributes of the
IB Learner Profile



ManageBac

<https://landolakes.managebac.com/login>

- Allows students to add CAS activities, complete reflections, add evidence, obtain supervisor reviews, and track student progress with CAS completion
- Allows parents and CAS coordinator to track student progress (*You have parent access*)
- *100% of postings must be authentic and will be verified by the IB CAS Coordinator*



ManageBac (con't)

<https://landolakes.managebac.com/login>

- Students must **plan** their activities/projects and create new entries on ManageBac
- The CAS Coordinator will pre-approve plans
- Students must **document** their efforts, provide **evidence**, identify an **objective adult who supervises** the efforts, receive and upload **signed supervisor reviews**, and reflect upon their efforts through the **CAS questions and reflection**



CAS Quiz

So let's see if we get this.

Are these valid for CAS?



CAS Quiz

Kris takes weekly tennis lessons at the rec center, practices regularly, and gets involved in occasional matches with other learners from which she has developed a better sense of sportsmanship.



CAS Quiz

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Activity: Physical activity

The growth she and others see through their interaction make it CAS-worthy



CAS Quiz

Sitara sings in the school chorus, but her parents will not permit her to participate in concerts after school hours.



CAS Quiz

Sitara sings in the school chorus, but her parents will not permit her to participate in concerts after school hours.

No: CAS must be completed outside of the school day schedule.

If she did things after school that pushed her to grow further in her music and/or work with others, this could become CAS-worthy.



CAS Quiz

Through the IB Relay for Life Club, Cassandra participated in the American Cancer Society's Relay for Life. She raised money, helped to create a campsite, and took turns walking the track. She reflected that her efforts help people locally and impact research that benefit mankind.



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Creativity: Decorating the campsite *and*

Activity: Walking *and*

Service: Raising money for non-profit

**This is a PROJECT over time with major impact and addresses Creativity-Activity-Service*



CAS Quiz

Ari tutors Lorena, a student who is an English Language Learner and whose family just emigrated from Cuba. They meet in the Media Center after school and Ari makes diagrams and quizzes to help her learn coursework and English.



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Creativity: Making learning resources

OR

Service: Tutoring / interacting to help another person learn

The interpersonal skill development and creation of learning resources make this CAS-worthy



CAS Quiz

Niko plays soccer on the LOLHS Boys Soccer team. During practice, the coach has him grouped with three other players to work on technique and coordinating interactions on the field.



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Niko plays soccer on the LOLHS Boys Soccer team. During practice, the coach has him grouped with three other players to work on technique and coordinating interactions on the field.

Action: Physical activity in support of a team's goals and to help others perform better

Repetitive practice would not be CAS. It is the work of leading others that makes this experience CAS-worthy.



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