



# CAS

Creativity ~ Activity ~ Service



# Welcome to 2020/2021 Grade 11 and Grade 12 IB School Year

Your CAS Coordinators are:

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# What is CAS?

Creativity, Activity, Service (CAS) is one of the three essential elements that every student must complete as part of the Diploma Programme.

Studied throughout the Diploma Programme (DP), CAS involves students in a range of activities alongside their academic studies.

It is not formally assessed. However, students reflect on their CAS experiences as part of the DP, and provide evidence of achieving the seven learning outcomes for CAS.

## CAS during COVID times....

It is anticipated that you will be able to continue with creativity, activity and service experiences in a REMOTE or ONLINE setting, although the nature of these experiences is likely to have to be adapted and adjusted and will be dependent on the local context and the official guidelines in place.

For example, in terms of creativity experiences, it is anticipated that you will have access to social media platforms where they could engage in creative activities, bearing in mind the ethical and safety considerations associated with the use of social media.

# How to create a CAS experience...

1. Start by looking at your Learning Outcomes
2. Brainstorm all your ideas within the learning Outcomes
3. Then decide which idea it belongs to under the CAS section
  - a. Are you missing a Creativity, Activity or Service strand?
4. Can any of your ideas be made into a CAS project?
5. Create a Timeline of when you would like to incorporate your experiences so that they stretch the course of your IB years
6. Email your coordinator if you have any questions
7. Do NOT begin a CAS project without the approval of a coordinator.

# Learning Outcomes:

C ✓ One or more may be checked off	A ✓ One or more may be checked off	S ✓ One or more may be checked off	<b>Experiences-</b> List them One or more may be check off	Uploaded on managebac ✓

**1. Identify own strengths and develop areas for growth**  
Increase awareness of own strengths and areas for growth

**2. Demonstrate that challenges have been undertaken, developing new skills in the process**  
Undertake new challenges and develop new skills

**3. Demonstrate how to initiate and plan a CAS experience**  
Plan and initiate activities.  
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.

**4. Show commitment to and perseverance in CAS experiences**  
Work collaboratively with others  
Students demonstrate regular involvement and active engagement in CAS.

**5. Demonstrate the skills and recognize the benefits of working collaboratively**  
Show perseverance and commitment in your activities. Students are able to identify, demonstrate and critically discuss the benefits and challenges of collaboration gained through CAS experiences.

**6. 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.

**7. Recognize and consider the ethics of choices and actions**  
Consider the ethical implications of your actions

# Examples of Creativity

- ❑ Musical- learning a new instrument, challenging yourself to a new song
- ❑ Art
- ❑ Photography
- ❑ Culinary- baking, cooking
- ❑ Drama
- ❑ Face Painting
- ❑ Producing banners, pamphlets, videos...
- ❑ Talent show production or act
- ❑ Web Page design

# How to connect Creativity to a Learning Outcome...

Working in a new space allows for creative ideas when planning CAS activities. Ideas include, but are not limited to:

Learning Outcome 1: Identify own strengths and develop areas for growth

- Engaging in an online art or painting course
- Learning how to play a musical instrument through online courses or videos

Learning Outcome 2: Demonstrate that challenges have been undertaken, developing new skills in the process

- Developing innovative ways to help undertake CAS activities remotely



# Examples of Activity....

You must be doing something that challenges you and breaks a sweat

- ❑ Joining a marathon or virtual marathon
- ❑ Planting trees/flowers as part of a beautification project
- ❑ Backpacking
- ❑ Sport Teams- as a school team(not part of a course) or a sport offered outside of school
- ❑ Yoga Class

# How to connect Activity to a Learning Outcome...

In terms of physical activities, it is suggested that you could continue to complete various activities focused on well-being. Ideas include, but are not limited to:

Learning Outcome 4: Show a commitment to and perseverance in CAS experiences

- Engaging in an online Yoga or mindfulness class
- Exercising to an online video programme
- Taking a daily walk or run (local restrictions permitting)

## Activity does not include:

- Learning to drive
- A skiing holiday with your family
- Participating in any sport with no goals
- Recreational swimming (for fun)
- Walking to school (or anywhere else, for that matter)
- Playing pool or bowling on a Saturday night
- Painting a wall or playing an instrument
- Dancing socially (at prom, spring formal)
- Any physical activity already a part of your curriculum

# Examples of Service....

- ❑ Volunteer to paint a parking spot for a senior or a staff member who is not artistically-inclined
- ❑ Setting up for and participating in school-related program, orientations, and assemblies
- ❑ Running or helping out with a blood bank
- ❑ Habitat for Humanity
- ❑ Volunteering at a senior living facility
- ❑ Volunteering at any number of YCDSB elementary schools for after-school fairs, projects, and activities
- ❑ Coaching young athletes
- ❑ Organizing a series of food bank volunteering opportunities for students
- ❑ Volunteering or planning Grade 9 orientation
- ❑ Volunteering at a local animal shelter
- ❑ Volunteering at a soup kitchen
- ❑ Organizing Thanksgiving baskets for the needy
- ❑ Surveying a grade or the entire school on a topic of cultural importance and presenting your findings to administration

# How to connect Service to a Learning Outcome...

In terms of service, you could work virtually to accomplish service engagements such as advocacy activities.

Ideas include, but are not limited to:

Learning Outcome 6: Demonstrate engagement with issues of global significance

- Working with the local community to organise the donation of food to elderly members of the community

## Things to keep in mind...

While participating in a CAS experience, please remember that your experience:

- Cannot be part of a school credit,
- Cannot get paid for it,
- Cannot change someone's religious views and political ones.

# CAS Project...

CAS requires students to take part in a range of experiences and at least one project. The CAS Project should involve:

- Real, purposeful activities, with significant outcomes
- A personal challenge
- Thoughtful consideration, such as planning, reviewing progress, reporting
- Reflection on outcomes and personal learning
- CONTAIN AT LEAST 2 OF THE C-A-S STRANDS (for example, the project touches upon Creativity and Activity)
- Must be a month long process from the beginning you think of it to its end
- It demonstrates some form of collaboration- with other students or organizations

We don't prescribe specific projects or activities to students. All students should be involved in activities they've initiated themselves.

# Examples of a CAS project

- ❑ Fundraisers-
  - ❑ Car wash to donate to local Charity (Activity- as long as you do the washing- and Service-charity)
  - ❑ Marathon or virtual Marathon for Charity (Activity- as long as you do the running and Service-charity)
  - ❑ Crafts (Creativity- you are making bracelets, painting... and Service- for charity)
- ❑ Shovelling Driveways for the elderly or in need (Activity and Service)
- ❑ Organize a ropes course event with current or new students to build trust (creativity, activity)
- ❑ Coaching/managing a sports team (activity, service)
- ❑ Working with abandoned children to paint murals in their care institution (creativity, service)
- ❑ Teaching a language to recently arrived immigrant children (creativity, service)
- ❑ Exchanging artistic or musical skills with other students in a local school (creativity, service)
- ❑ Organizing a “Walkathon” to raise money for guide dogs for people who are blind (creativity, activity, service)
- ❑ Singing Christmas carols at a local nursing home (creativity, service)
- ❑ Providing Gift Basket for First Responders (creativity, service)



# How to record your experiences

IB uses an online source to record all your experiences and CAS project called managebac

<https://www.managebac.com/>

Grade 11's: you will be given your login information shortly and managebac has several video tutorials on how to maneuver through the system.

# CAS Portfolio during COVID...

The CAS Portfolio is a collection of all your experiences and CAS project displayed on managebac

- ❑ You are still expected to maintain and complete a CAS portfolio while keeping in mind your governmental COVID guidelines
- ❑ CAS Interviews will still be taking place- you will be notified when that is and how.

TIP- always be updating your managebac with your experiences before you forget them and the date they took place.

Google Classroom Code

nigjqvz