

Rampart High School
International Baccalaureate Diploma Programme
CAS (Creativity, Activity, Service) Guide



CAS – The Heart of the Programme

Why CAS?

“And the human race is filled with passion. So medicine, law, business, engineering...these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love...these are what we stay alive for.” – N.H. Kleinbaum, *Dead Poets Society*

CAS is at the heart of the Diploma Programme. It allows students to demonstrate the attributes of the learner profile, develop as unique individuals, and recognize your role in relation to others. Through CAS, students experience opportunities to explore your authentic interests, passions, identities, and perspectives.

CAS complements a challenging academic programme in a holistic way, providing opportunities for **self-determination, collaboration, accomplishment, and enjoyment.**

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 to others and the environment

Successful completion of CAS is a requirement for the award of the IB Diploma. While not formally assessed, students reflect on their CAS experiences and provide evidence in their CAS portfolios of achieving the seven learning outcomes.



What is CAS, as defined by the IBO?

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 is authentic, purposeful, and active – not passive
- CAS is reflective, central to building a deep and rich experience
- A CAS experience accomplishes at least one of the seven learning outcomes.
- Participated in WEEKLY over the 18 months of the Diploma Programme
- A class that is NOT an IB class, such as yearbook, ceramics, wind ensemble etc.
- **Authentic** experience and achievement of the seven CAS learning outcomes over the 18 months

Examples:

Creativity

- ❖ Creating art, music, theatre, dance, solving problems, developing new enterprises, constructing things, photography, learning and applying new skills, etc.

Activity

- ❖ Sports (school or club), hiking, running, biking, marching band, rock climbing, incline, etc.

Service

- ❖ Teen Court, Volunteering, Tutoring, Empty Bowls, Bald for Bucks, political activities etc.

What CAS is not...

- A passive experience, such as visiting a museum
- An hour counting exercise
- Proselytizing (encouraging others to believe in a certain religion)
- An experience for which you are paid
- A part of an IB/DP class



How do I complete CAS at Rampart?

- **Portfolio** – we will use ManageBAC entries as our portfolio
- Have a **supervisor** sign off on each experience – not a family member
- Complete **reflections** for those experiences by the end of each semester (reflections can be of various forms, video, blog, etc)
- Engage in a reasonable balance between the **three strands over 18 months (50/50/50 experiences minimum)**
- Complete **three interviews** with the CAS Coordinator, Ms. Mostica
 - Interviews could be a simple video upload to Managebac
 - First interview on or before October 31 of Year 1
 - Second interview on or before May 1st of Year 1
 - Third interview on or before April 15 of Year 2 – DUE DATE FOR CAS COMPLETION
- Complete a **CAS project**
 - At least one month's duration in time
 - Addresses at least one LO (3 or 5)
 - Challenges students to show initiative, demonstrate perseverance, and develop skills such as collaboration, problem-solving, and decision-making.
- Accomplish each of the 7 Learning Outcomes over the 18 months
 - LO 1 Identify own strengths and develop areas for growth

Descriptor *Students are able to see themselves as individuals with various abilities and skills, of which some are more developed than others.*

- LO 2 Demonstrate that challenges have been undertaken, developing new skills in the process

Descriptor *A new challenge may be an unfamiliar experience or an extension of an existing one. The newly acquired or developed skills may be shown through experiences that the student has not previously undertaken or through increased expertise in an established area.*

- LO 3 Demonstrate how to initiate and plan a CAS experience

Descriptor *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.*

- LO 4 Show commitment to and perseverance in CAS experiences

Descriptor *Students demonstrate regular involvement and active engagement in CAS.*

- LO 5 Demonstrate the skills and recognize the benefits of working collaboratively

Descriptor *Students are able to identify, demonstrate and critically discuss the benefits and challenges of collaboration gained through CAS experiences.*

- LO 6 Demonstrate engagement with issues of global significance

Descriptor *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.*

- LO 7 Recognize and consider the ethics of choices and actions

Descriptor *Students show awareness of the consequences of choices and actions in planning and carrying out CAS experiences.*

How do I reflect?

Record experiences, supervisors, and reflections in **Managebac**. Be creative. Managebac allows you to use videos, upload links, presentations, and more. This is CAS Database Experience Database

Think about why you chose the activity. Was it what you expected? Do you want to explore and learn more about it? How was it purposeful? What personal skills did it help you develop?

Use the Learning Outcomes as your guide to writing reflections. Use the CAS framework of investigation, preparation, action, and demonstration.

SENIORS: MUST complete entries in **both** ManageBAC and on the “7 Learning Outcome” document on Google Classroom in order to receive credit for completing CAS. Incomplete ManageBAC entries and the “7 Learning Outcome” document will result in the candidate being ineligible for IB Diploma consideration. Completion deadline is 15 April of senior year.



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