



Creativity Action Service

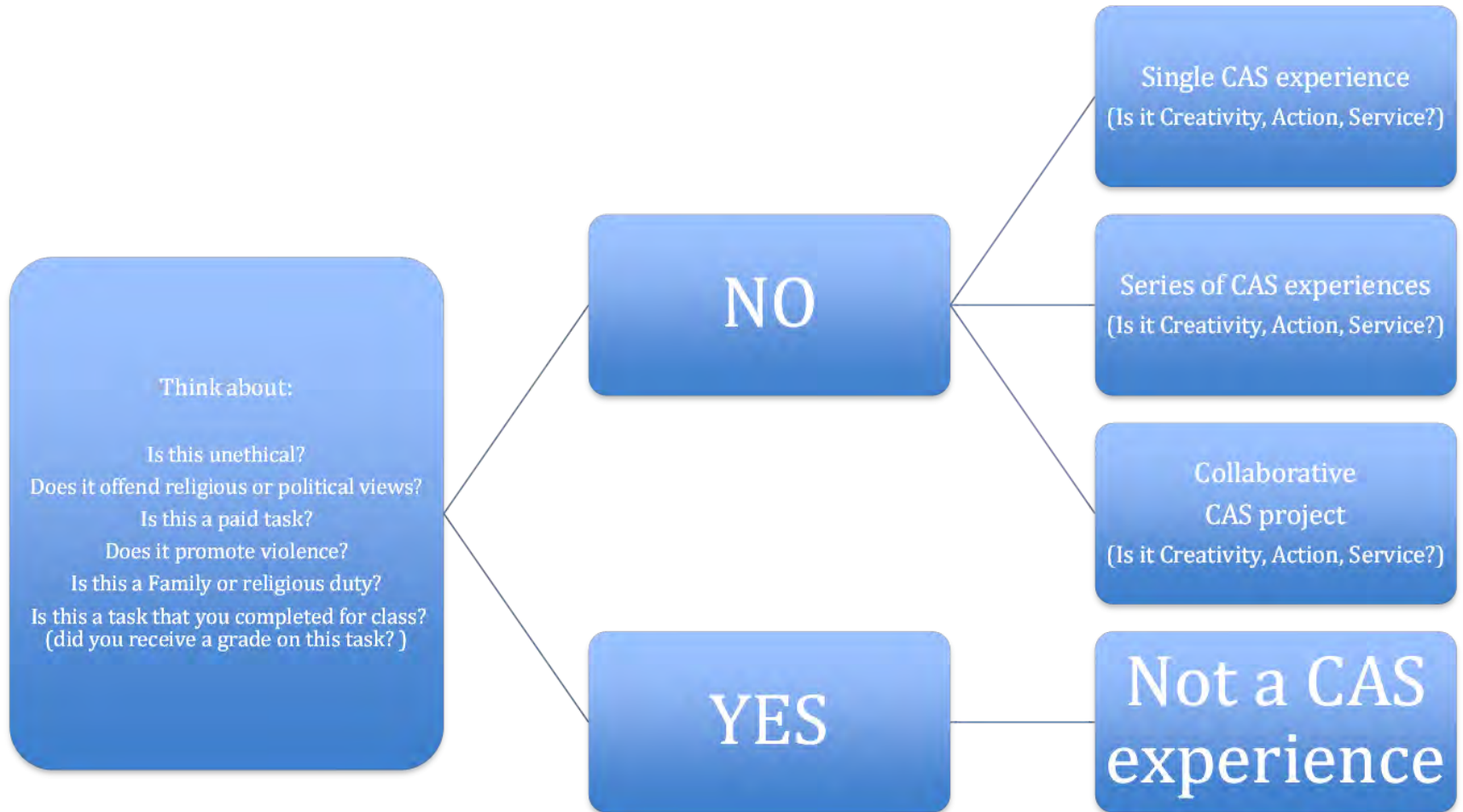
For IB Diploma Candidates



Two Categories of CAS at ISC

Non-Diploma Students Grades 9 – 12	Diploma Candidates Grades 11 & 12
Grades 9 & 10 = 30 hours/year 10 hours in each category	No longer required to count hours.
Grades 11 & 12 Certificate & ISC students 50 hours/year Encouraged to engage in all 3 categories.	<p style="text-align: center;">CAS Experiences:</p> <ul style="list-style-type: none"> •Can be single or ongoing •Should be a weekly occurrence •Should continue over a minimum of 18 months with regular written reflections that connect to the learning outcomes.
	<p style="text-align: center;">CAS Project:</p> <ul style="list-style-type: none"> •Minimum of one •One month minimum duration •Can address any strand or strands
	<p style="text-align: center;">CAS Interviews:</p> <p>Minimum of 3 with Coordinator</p>
	<p style="text-align: center;">Digital CAS Portfolio:</p> <ul style="list-style-type: none"> •Contains regular reflections. •Can be written and/or use photos, drawings, music to convey what you have learned and how you have grown.

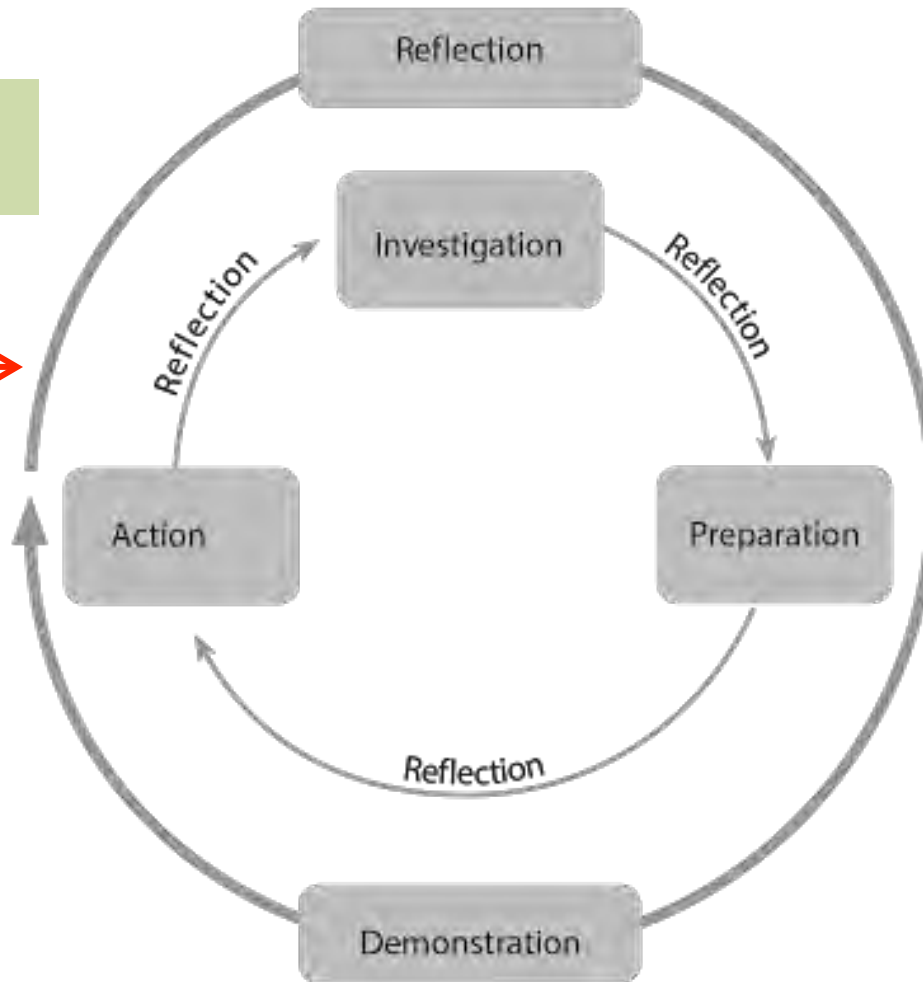
WHAT IS A CAS EXPERIENCE?



The CAS Project

Follows the CAS Stages

You must clearly demonstrate how the stages were followed ...



Is a **collaboration** between a group of students or with members of the wider community.

Reflections ...

Describe what happened

Express feelings

Generate ideas

Ask questions

Reflect when ...

You discover something

You master a skill

You confront a challenge

You feel emotional

You celebrate an achievement

The CAS Portfolio

You will create a portfolio, to be submitted to the IB Coordinator, that shows evidence of your CAS experiences, your CAS project, the learning outcomes and your reflections of these activities over 18 months.

Organizing Your CAS Portfolio

Your portfolio could be ...

- a google doc
- a website
- a digital scrap book
- a blog



You could organize your portfolio in the following way:

Section 1 – Personal Profile

- Your goals, interests, skills, talents and plans for your CAS program.
- How you are meeting or plan to meet each of the **learning outcomes**.

Section 2 – Experiences

A chronicle of your CAS journey incorporating how you've used the CAS stages including your reflections.

Section 3 – Project

Documents, letters, emails, certificates, photos, videos etc.

You could organize your portfolio according to the 7 Learning Outcomes.

- Identify strengths & develop areas for personal growth.
- Undertake new challenges & develop new skills in the process.
- Demonstrate how to plan and initiate a CAS experience.
- Show commitment to and perseverance in CAS experiences.
- Demonstrate the skills & recognize the benefits to working collaboratively.
- Demonstrate engagement with issues of global significance.
- Recognize and consider the ethics of choices and actions.

Or you could organize it based on each of the CAS strands.

- Creativity
- Activity
- Service