



IB CAS Overview at ISC

Creativity, Activity, and Service



What is CAS?

It is a required component of the IB Diploma Program and IB Certificate.

It provides opportunities for meaningful experiences outside the classroom. Fosters personal growth, social responsibility, and active citizenship.

CAS stands for Creativity, Activity, and Service.

Creativity:

- Engage in artistic pursuits or creative projects (e.g., music, visual arts, drama).

Activity:

- Participate in physical endeavors promoting a healthy lifestyle (e.g., sports teams, fitness programs, outdoor adventures).

Service:

- Involvement in community projects or volunteer activities aimed at making a positive difference.

Aims of CAS

- Take part in various CAS experiences that are enjoyable and meaningful
- Thoughtfully reflect on each experience
- Set personal goals, create strategies, and decide on future steps for self-improvement
- Discover new opportunities, face challenges with enthusiasm, and be open to different roles
- Engage actively in well-organized, ongoing, and team-based CAS projects
- Recognize their role and responsibilities within both local and global communities, including caring for the environment

Eligibility for CAS

Who Can Participate:

- Students enrolled in the full IB Diploma Program or the IB Certificate at ISC.

Certification:

- Students can earn their CAS certificate upon successful completion of the CAS requirements.



Learning Outcomes

Overview:

Students must engage in experiences that meet the seven CAS learning outcomes three times throughout the 18-month CAS period.

Learning Outcomes:

1. Identify own strengths and develop areas for growth.
2. Demonstrate that challenges have been undertaken, developing new skills.
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. Engage with issues of global significance.
7. Recognize and consider the ethics of choices and actions.

Aspects of CAS.

- The CAS programme formally begins at the start of the Diploma Programme and continues regularly, for at least 18 months with a reasonable balance between creativity, activity, and service.
- Completion of CAS is based on student achievement of the seven CAS learning outcomes on three separate occasions.
- Through their CAS portfolio, students provide the school with evidence demonstrating achievement of each learning outcome.
- 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.

CAS project

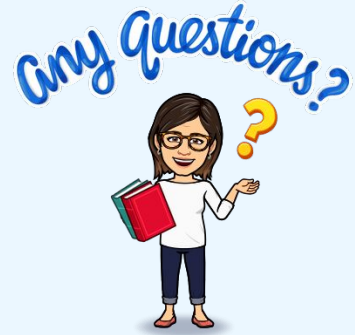
- Students complete a CAS project lasting at least one month
- The project can focus on one CAS strand or combine two or all three strands.
- Students use the CAS stages—investigation, preparation, action, reflection, and demonstration—as a guide for their CAS experiences and project.
- Students must have three formal interviews with their CAS coordinator/advisor.
- Reflection is central to the CAS experience, allowing students to recognize their development, evaluate their strengths and areas for improvement, and consider ways to use their learning in different contexts.



To wrap up, CAS gives our students a chance to grow personally and socially, allowing them to engage in meaningful experiences, reflect on what they've learned, and set goals for their development.

By taking on new challenges, trying different roles, and working with others, our students gain a better understanding of their responsibilities to both local and global communities.

Finally, CAS helps them become more aware of themselves and their impact on the world around them.



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Sources:

International Baccalaureate. (2015). *Creativity, activity, service guide: For students graduating in 2017 and after*. International Baccalaureate Organization.

CAS Trips. (n.d.). *Teacher resources*. CAS Trips.

<https://www.castrips.org/teacher-resources/>