



Things to Remember

At each stage of each CAS experience, you will write a reflective self-evaluation that must cover topics such as:

- The extent to which you have developed personally as a result of the experience.
- The understanding, skills, and values that you have acquired.
- The benefit that you consider the experience had or may have to others.
- How creativity, activity and/or service were incorporated into the experience.

The person who will attest to your participation in the experience will be asked to comment on your performance with reference to the following criteria:

- Your attendance, punctuality, and time spent on the experience.
- Evidence of your initiative, planning, and organization.
- The amount of effort and commitment made by you.
- Your personal achievement and development.

Suggested CAS Timeline

	10th Spring	10th-11th Summer	11th Fall	11th Spring	11th-12th Summer	12th Fall
Minimum Hours	0	30	30	30	30	30
CREATIVITY	None	10	10	10	10	10
ACTIVITY	None	10	10	10	10	10
SERVICE	None	10	10	10	10	10
Maintain Portfolio on ManageBac	Not Yet	Now	Now	Now	Now	Now

A minimum of 30 CAS hours per session is encouraged, since it is important that your CAS efforts are spread over the five sessions. However, there is no cap on the number of hours you may accumulate. It is also important that you are completing hours in each strand, each session.

CAS hours **must** be balanced among creativity, activity, and service.

All CAS planning, reflecting, and evidence will be completed and stored using the ManageBac website.

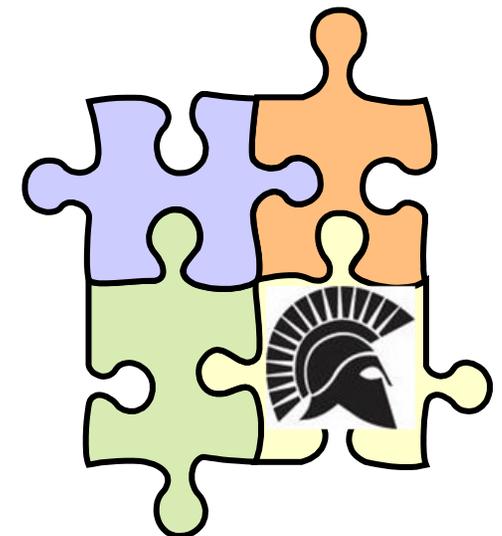
QUESTIONS?

CAS Coordinator
Ingrid Brennan
ingrid.brennan@ouhsd.k12.ca.us

IB Programme Site Coordinator
Lori Wrout
Lori.wrout@ouhsd.k12.ca.us

Creativity Activity Service

(CAS)



CAS Requirements

18 Months of Continuous

Participation Your CAS hours should begin during the summer after your sophomore year, continue your entire junior year (including summer), and conclude by the end of the fall of your senior year.

Perform Equally in the 3 CAS Strands

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.”

Use the CAS Stages Model in Planning *Investigation, Preparation, Action, Reflection, Demonstration*

Engage in (at Least) One

Collaborative CAS Project This project must be undertaken with another diploma candidate.

Build a CAS Portfolio Using ManageBac (a web-based program), reflect upon your CAS experiences and build a portfolio relating to your experiences.

Learning Outcomes

A student’s CAS Portfolio must show that each of the learning outcomes has been met at least once.

LO1. Identify your own strengths and develop areas for growth.

LO2. Demonstrate that challenges have been undertaken, developing new skills in the process.

LO3. Demonstrate how to initiate and plan a CAS experience.

LO4. Show commitment and perseverance in CAS experiences.

LO5. Demonstrate the skills and recognize the benefits of working collaboratively.

LO6. Demonstrate engagement with issues of global significance.

LO7. Recognize and consider the ethics of choices and actions.



CAS Examples

- Being a member of a performing arts group, school-sponsored club, or sports team
- Volunteering at a hospital or nursing home
- Teaching basic literacy
- Organizing a blood drive for the Red Cross
- Organizing and performing environmental restoration and protection
- Executing an awareness campaign on campus about a social issue
- Undergoing a self-designed fitness program with concrete goals

What is *not* CAS

- *Any* class or activity that is already part of your Diploma Programme
- An activity for which you are personally rewarded either financially or with some benefit
- All forms of duty within the family
- Religious devotion and any activity that can be interpreted as proselytizing
- Privately-arranged tutoring