

# RMHS CAS

## International Baccalaureate Creativity, Activity, and Service

“Think globally, act locally.”

This document draws its authority from *IB Learner Profile Booklet* and the *Creativity, Activity, and Service Guide* (for students graduating in 2017 and thereafter)

**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. The rights, dignity, and autonomy of all those involved are respected.

For student development to occur, CAS should involve:

All proposed CAS experiences need to meet these 4 criteria.

- Real, purposeful experiences, with significant outcomes.
- Personal challenge - tasks must extend the student and be achievable in scope.
- Thoughtful consideration, such as planning, reviewing progress, reporting.
- Reflection on outcomes and personal learning.

**Learning Outcomes:** As a result of a student's entire two-year CAS experience, including his or her reflections, there should be \*evidence that a student has:

▪ **Identified their own strengths and developed areas for growth.**

They are able to see themselves as individuals with various skills and abilities, some more developed than others, and understand that they can make choices about how they wish to move forward.

▪ **Demonstrated that challenges have been undertaken, developing new skills in the process.**

A new challenge may be an unfamiliar activity, or an extension to an existing one. New skills may be shown through experiences that have not been previously undertaken, or through increased expertise in an established area.

▪ **Demonstrated how to initiate and plan a CAS experience.**

Students should be able to articulate the stages from conceiving an idea to executing a plan for a CAS experience or a series of CAS experiences. This may be accomplished in collaboration with other participants (fellow CAS students and/or community members).

▪ **Shown perseverance and commitment in their experiences.**

At a minimum, this implies attending regularly and accepting a share of the responsibility for dealing with problems that arise in the course of CAS experiences.

▪ **Demonstrated the skills and recognized the benefits of working collaboratively.**

Students should be able to identify, demonstrate, and critically discuss the benefits and challenges of working collaboratively.

▪ **Engaged with issues of global importance.**

Students may be involved in international projects but there are many global issues that can be acted upon locally or nationally (for example, environmental concerns, caring for the elderly, etc.).

▪ **Recognized and considered the ethical implications of their actions.**

Ethical decisions arise in almost any CAS experience (for example, on the sports field, in musical composition, in relationships with others involved in service activities). Evidence of thinking about ethical issues can be shown in various ways, including journal entries and conversations with a CAS adviser.

\*completion requires that there is SOME evidence for every outcome - some may be demonstrated more than others

## Responsibilities of the Student:

- Students must **OWN** their CAS participation. This means that students must select their own CAS experiences - the role of the RMHS CAS adviser is to *GUIDE* students, *NOT* to *ASSIGN* experiences to students.
- The guideline for the minimum amount of CAS activity is approximately the equivalent of half a day per school week (three to four hours per week) or approximately 150 hours in total.
- Students must achieve a reasonable balance between creativity, activity, and service.
- Students must **SELF-REVIEW** at the beginning of their CAS participation **AND SET PERSONAL GOALS** for what they hope to achieve through their CAS program.
- Students must **PLAN, DO, and REFLECT** (plan experiences, carry them out, and reflect on what they have learned).
- Students must participate in at least one interim review and a final review with their CAS adviser.
- Students must take part in a wide range of experiences, including at least one collaborative project, some of which they have initiated themselves.
- Students must show evidence of achievement of the seven (7) CAS learning outcomes delineated in this document.
- Student must keep records of their experiences and achievements by **REGULARLY** updating their ManageBac.com account. This should include **TIMELY** reflections, completed once within two days of the completion of a short-term or one-time experience **OR** multiple times at reasonable periods during a long-term or repeated experience (such as participation in a sport or long-term service).

## Responsibilities of the School:

- Develop, explain, and maintain CAS policies
- Provide a CAS supervisor

- Publicize achievements
- Report CAS achievement to IBO
- Record keeping
- Mentor/advise CAS students
- Monitor student progress - including, but not limited to, regular verification of CAS activities via ManageBac, one interim, and one final face-to-face meeting with CAS students