

CAS Overview – IB Diploma Candidates 2010

CAS is an acronym for Creativity, Action and Service. It is one of three core diploma requirements. Along with Theory of Knowledge and the Extended Essay, CAS is not intended to be an “add on” to the six required academic subjects and should not be viewed as such. Rather, these three serve to complement, enrich and bring unity to the rigorous coursework required in IB classes. They are an essential part of the IB’s mission statement:

“The International Baccalaureate Organization aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect. To this end the IBO works with schools, governments and international organizations to develop challenging programs of international education and rigorous assessment. These programs encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.”

The CAS Program is intended to incorporate experiential learning and reflective practice while offsetting the heavy academic load of an IB Diploma Candidate. Every five to seven years, the International Baccalaureate reviews each of the requirements for the IB Diploma and makes changes to the curriculum guides based on feedback from teachers and coordinators around the world. The class of 2010 will be the first class to complete their CAS requirements under the new guidelines. This is a summary of the major changes:

1. Students will be required to meet with the CAS Coordinator at least three to four times over the course of their Junior and Senior Year.
2. Students will be keeping a portfolio detailing their CAS experiences. This portfolio should be kept in a three-ring binder. It will contain:
 - a. All CAS instructions and guidelines.
 - b. Record log of the hours spent participating in CAS activities. This will include the name of the activity, where the activity took place, the times of the activity and the contact information for the supervisor. All CAS activities must have adult supervisors.
 - c. CAS activity supervisor’s evaluation and verification of hours.
 - d. Student’s own, ongoing reflection of CAS activities. These will not be on the traditional question and answer forms that have been used in the past. Reflection will be required at the end of each activity OR every eight or so hours. It can take different forms but will most often be written and address the following points:
 - i. How an activity made a student feel
 - ii. What a student perceived about an activity
 - iii. What a student thought about an activity
 - iv. What the activity meant to the student
 - v. What the value of the activity was
 - vi. What the student learned from the activity and how this learning might apply more widely in the student’s life.
 - e. Any physical evidence of CAS activities – photos, recordings, print materials, etc.
 - f. CAS Progress Form and Learning Outcome Student Completion form (to be completed as activities conclude).