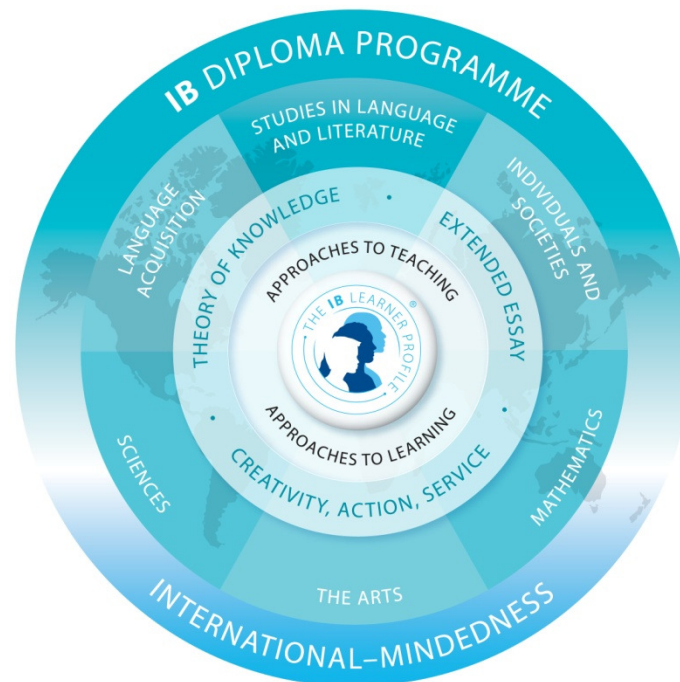


10th Grade CAS Meeting

CAS Coordinator: Ms Patience

IB Coordinator: Ms McCahon

May 19th, 2016



CAS Requirements

Please note IB continuously updates the CAS requirements.

Thus, your CAS requirements may be different than classes preceding you

We will notify you of any CAS updates/ changes.

CAS

- **Creativity:** Arts, and other experiences that involve creative thinking, original thinking and expression. “Exploring and extending ideas leading to an original or interpretive product or performance.”
- **Activity:** A physical activity- “physical exertion contributing to a healthy lifestyle.”
- **Service:** an unpaid and voluntary exchange that has a learning benefit for the student. A “collaborative and reciprocal engagement with the community in response to an authentic need.”

~IB CAS Guide

CAS enables students to enhance their personal and interpersonal development through experiential learning.

Examples of CAS Experiences & Activities

- **Creativity:**
 - “Visual and performing arts, digital design, writing, film, culinary arts, crafts and composition” ~*CAS Guide*
 - “A recording, a presentation, an exhibition, social media or shared discussion” ~*CAS Guide*
 - Leads to a product or performance
 - Develop a website
 - Create a community art piece or mural
 - Compose/ learn a music piece and perform it or record on YouTube
 - Participate in a school or community play
 - Write a fiction story, a children's book etc.
 - Create a lesson plan for a tutoring session
- **Activity:**
 - Should be an ongoing activity and not a one time physical activity
 - Part of a sports teams, identify areas in need and design a personal training program around growth areas
 - Join a running club or start a running club
 - Take a dance class
 - Create individual physical experiences with goals: example: gym, biking, running etc. Progress/ goals must be monitored by supervisor
- **Service:**
 - Commitment over time- not one time occurrences. Building a relationship with the people you interact with
 - School Based: school clubs, AVID tutoring etc.
 - Community Based: food banks, library, tutoring, schools, retirement home, hospitals, animal shelters etc.
 - Websites to help connect you with opportunities:
 - <http://www.volunteermatch.org/>
 - <http://govoluntr.com/>
 - <http://www.volunteerinfo.org/>

CAS Activities CANNOT:

- Result in school credits
- Earn payment or stipends
- Be used for a school course
- Be used for another IB requirement
- Be unsafe
- Cause or worsen social divisions
- Be trivial, mundane or repetitive
- Be religious.
 - You can earn hours through activities done with your church/ religious group as long as they are serving the larger community.
 - “ The general rule is that religious devotion, and any activity that can be interpreted as proselytizing, does not count as CAS” (*CAS Additional Guidance, 2012*)

CAS Requirements:

- Self-review at the beginning of the CAS experience and set personal goals for what you hope to achieve through your CAS program
- Plan, do and reflect (plan experiences/ activities based on goals, carry them out and reflect on what they have learned)
- Take part in a range of activities, some of which you have initiated yourself
- Complete a minimum of 50 hours in each category: C, A and S
 - A “reasonable” balance between the three areas
 - IB does not focus on hour counting
- Complete CAS throughout the entire IB Program (2 years)
- Expectation: Complete 3-4 CAS hours each week. Log hours
- Complete at least one CAS Project.
- CAS Stages: “Students use the CAS stages (investigation, preparation, action, reflection and demonstration) as a framework for CAS experiences and the CAS project.” ~*CAS Guide*
- Interviews with CAS Coordinator & IB Coordinator
- Demonstrate completion of 7 Learner Outcomes through reflections and evidence
- CAS Portfolio: Through Managebac show evidence and reflections throughout

CAS Project

- Must involve team work
- Must integrate two or more of creativity, action and service
- Must be “of significant duration.”
 - At least one month
- Must involve planning & reflection
- “.....challenges students to show initiative, demonstrate perseverance, and develop skills such as collaboration, problem-solving, and decision-making.” ~*CAS Guide*

Planning/ Goal Setting

- What activities would you like to do?
- What new skills would you like to develop?
- What new challenges would you like to engage in?
- How can you make this activity different to what you have done before in this area?
- What are your passions or areas you are interested in?
- What part of your community do you want to be involved in? What are the needs of your community?
- What groups of people do you want to learn more about, work with and collaborate together with?
- What is the projected end goal?
- How will you go about reaching the goal?
- What ideas do you have for CAS activities?
- Why do you think these activities are suitable for you?
- What do you want to achieve from your participation in this activity?

CAS Learner Outcomes

- 1. Identify own strengths and develop areas for growth**
- 2. Demonstrate that challenges have been undertaken, developing new skills in the process**
- 3. Demonstrate how to initiate and plan a CAS experience**
- 4. Shown commitment to and perseverance in CAS experiences**
- 5. Demonstrate the skills and recognize the benefits of working collaboratively**
- 6. Demonstrate engagement with issues of global importance**
- 7. Recognize and consider the ethics of choices and actions**

All seven outcomes must be present for a student to complete the CAS requirement. Some may be demonstrated many times, in a variety of experiences and activities, but completion requires only that there is **some** evidence for every outcome.

Learner Outcomes

- All activities must be connected to a Learner Outcome(s).
- Students must identify what Learner Outcome each CAS activity aims to meet on both their CAS Activity Plan and their CAS Logs.
- Students must demonstrate how they have met the Learner Outcomes through CAS activities in their reflections/ journals and evidence.

How to Demonstrate Learner Outcomes

1. Identify own strengths and develop areas for growth

- What are your specific strengths in this activity and how have you demonstrated them?
- What are the areas you are working on AND how are you working on them through this activity?

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

- A challenge is something outside your comfort zone
- Either a brand new challenging activity or you undertake a new challenge within an activity you have been doing. (Ex: Been in a club but never had a leadership role so challenge yourself to take on role)
- Identify what the specific skills are and evidence of them being demonstrated through the activity

3. Demonstrate how to initiate and plan a CAS experience

- NOT just attended an event but part of the actual planning. Must demonstrate your role in what you specifically did to plan/ organize.
- “Articulate the stages from conceiving an idea to executing a plan” ~CAS Guide

4. Shown commitment to and perseverance in CAS experiences

- Regularly attending AND “accepting a share of the responsibility for dealing with problems that arise” (From IB)

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

- Evidence of working with others
- What was required of you to work with others?
- What were the benefits and challenges of working with others in this experience?

6. Demonstrate engagement with issues of global importance

- Be able to identify:
 1. What is the global issue? (Must be dealing with it in a global context so how it impacts communities globally)
 2. What have you learned about this issue in a global context through this activity?
 3. What is this activity doing to address this issue? Can take action on a local, national or international level
- “Think Globally Act Locally” – you do not need to travel

7. Recognize and consider the ethics of choices and actions

- The activity itself may deal with a larger ethical issue OR an ethical issue may arise in any activity (on the sports field, in a club etc.). Ethical deals with morals and what is right and wrong. What is the issue and how are you addressing it?
- What are the consequences of your choices and actions in this experience? On yourself, others & the larger community?

CAS Stages

- 1. Investigation:** Students identify their interests, skills and talents to be used in considering opportunities for CAS experiences, as well as areas for personal growth and development. Students investigate what they want to do and determine the purpose for their CAS experience. In the case of service, students identify a need they want to address
- 2. Preparation:** Students clarify roles and responsibilities, develop a plan of actions to be taken, identify specified resources and timelines, and acquire any skills as needed to engage in the CAS experience
- 3. Action:** Students implement their idea or plan. This often requires decision-making and problem-solving. Students may work individually, with partners, or in groups
- 4. Reflection:** Students describe what happened, express feelings, generate ideas, and raise questions. Reflection can occur at any time during CAS to further understanding, to assist with revising plans, to learn from the experience, and to make explicit connections between their growth, accomplishments, and the learning outcomes for personal awareness. Reflection may lead to a new action.
- 5. Demonstration:** Students make explicit what and how they learned and what they have accomplished, for example, by sharing their CAS experience through their CAS portfolio or with others in an informal or formal manner. Through demonstration and communication, students solidify their understanding and evoke response from others

~CAS Stages quoted directly from CAS Guide

CAS Timeline

- Create Activity Plan over summer and submit to Ms Patience
 - Submit hard copy: August 1st - September 15th
 - Final deadline: September 15th: FINAL DEADLINE to declare Diploma Candidacy
- Attend the Fall Managebac lunch CAS meeting & get account in September. Dates to be announced (sign up for one lunch meeting)
 - Managebac is the CAS computer software all CAS students must use to complete CAS
- Input all activities on Activity Plan from hard copy to Managebac
- Add new activities directly to Managebac account
- Complete 3-4 CAS hours per week
- Upload CAS log by the 1st of the following month on Managebac (Ex: Sept CAS actives log due Oct 1st)
- Complete required items on Managebac throughout CAS (reflections, evidence, CAS questions).
- Meet with IB Coordinator for CAS interview twice
 - January 11th grade
 - October/ November 12th grade

Throughout CAS on Managebac:

- 1. Add to Activity Plan:** Continue to add any new activities for approval on Managebac with the Learner Outcomes identified
- 2. CAS Question #1:** Identify goals and plan for each activity at the start of the activity (Answer CAS question #1 on Managebac):
 1. What do you plan to get out of this activity? Your specific goals?
 2. What is your specific plan to achieve these goals?
- 3. Monthly CAS Logs:** Track hours and submit electronic monthly CAS Logs with your hours (Due the 1st of the following month. Uploaded to Managebac)
- 4. Reflections:** Journal on ALL your activities on Managebac minimum once a month. Each reflection must demonstrate at least one Learner Outcome
- 5. Evidence:** Add other evidence to demonstrate how the Learner Outcomes were met and participation in the activity. Each piece of evidence must demonstrate at least one Learner Outcome
 - Youtube videos, websites, files etc.

Tips on Reflection

- Be specific- don't use statements that are too general and could apply to any activity
 - Ex of what not to do: The day went well. The event was successful.
 - Go deeper: What specifically went well? Why?
- If you discuss what you do as a group (club, sports team etc) make sure you move beyond the “we” to “I” discussing your specific role
- Example reflections questions (*Resource CAS Guide*):
 - How do you feel about this activity?
 - What is going well? Why?
 - What is not going well? Why? What are you doing about it?
 - What does this activity mean to you?
 - What have you learned from this activity? How does this learning apply more widely?
 - What did you perceive?
 - Why did I make this particular choice?
 - How did this experience reflect my personal ideas and values?
 - In what ways am I being challenged to think differently about myself and others?
 - How did I feel about the challenges?
 - What happened that prompted particular feelings?
 - What choices might have resulted in different feelings and outcomes?

Supervisors

- All activities must have an adult supervisor
- They cannot be a family member
- You MUST ask them before adding the activity to Managebac if they are willing to be your supervisor
- Inform them they will be completing a Supervisor review at the end of the activity. They will confirm your hours and provide feedback on your participation.
- After you complete all your final reflections & evidence for the activity, you will send them a Supervisor Review request. You must contact them prior so they know to expect it. Once they have completed the review, the activity will automatically close out on ManageBac.

CAS Interviews

Official interviews with IB Coordinator:

- Spring 11th Grade January, 2017
- Fall 12th Grade, October/ November, 2017

For these interviews, students must be prepared to discuss:

- A review of your Managebac CAS reflections & evidence- Is it meeting IB expectations?
- The goals of their CAS activities
- Have you met your intended goals so far? If not, how will you change your approach? Or change your goals?
- General reflections about CAS activities so far
- Progress on the Learner Outcomes
- What's next for you in CAS?

CAS Activity Plan

CAS ACTIVITY PLAN WORKSHEET

NAME: _____

Activity	
CAS	
#1 Identify own strengths and develop areas for growth	
#2 Demonstrate that challenges have been undertaken, developing new skills in the process	
#3 Demonstrate how to initiate and plan a CAS experience	
#4 Shown commitment to and perseverance in CAS experiences	
#5 Demonstrate the skills and recognize the benefits of working collaboratively	
#6 Demonstrate engagement with issues of global importance	
#7 Recognize and consider the ethics of choices and actions	
Activity	
CAS	
#1 Identify own strengths and develop areas for growth	
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*Hard Copy done over the summer then inputted into Managebac.

CAS Logs (Page 1)

INTERNATIONAL BACCALAUREATE-SEQUOIA HIGH SCHOOL
CAS ACTIVITY LOG

Name _____ Month _____ Grade _____

Guidelines: CAS: Creativity, Action, Service

The emphasis of CAS is on experiential learning, designed to involve students in new roles. The emphasis is on learning by doing real tasks that have real consequences and then reflecting on these experiences over time. Students are expected to be involved for *the equivalent* of at least three to four hours a week over two years in either a balanced range of different activities or in a single project.

Creativity is interpreted as imaginatively as possible to cover a wide range of arts and other activities outside the normal curriculum and which can include creative thinking and expression by the individual student leading to an original or interpretive product or performance.

Action is a physically exerting activity leading to a healthy lifestyle and can include participation in expeditions, individual and team sports and physical activities outside the normal curriculum.

Service involves interaction, such as building of links with individuals or groups in the community. The community may be the school, the local district, or it may exist on national and international levels. Service activities should not only involve doing things *for* others but also doing things *with* others and developing a real commitment with them, thereby showing respect for the dignity and self-respect of others.

CREATIVITY

Date	Description of Activity	Learning Outcome(s) Met 1-7	Hours	Adult Sponsor	Phone Number

TOTAL CREATIVE HOURS _____

CAS Logs (Page 2)

ACTION

Date	Description of Activity	Learning Outcome(s) Met 1-7	Hours	Adult Sponsor	Phone Number

TOTAL ACTION HOURS _____

SERVICE

Date	Description of Activity	Learning Outcome(s) Met 1-7	Hours	Adult Sponsor	Phone Number

TOTAL SERVICE HOURS _____

Final CAS Portfolio

- The Final CAS Portfolio must demonstrate:
 - Evidence of how you met all the Learner Outcomes
 - What did you learn overall from participating in CAS?
 - Must include all of your reflection journal entries and evidence throughout your CAS experience.

Reflections and evidence can take the form of pictures, memorabilia from events, a scrapbook, memory box, essay, narrative writing, poetry, blog, a website, oral recordings, and video and so on. You can be creative

CAS Opportunities

- **AVID Tutorials**
 - 7th period
 - Once or twice a week
 - Tutor younger students by facilitating tutorial groups using the AVID model
 - Sign up in August by emailing Ms. Yeager at tyeager@seq.org
- **Sequoia Student Tutoring**
 - This school has many resources, but it is currently lacking a mentoring-style tutoring program to help underclassmen who are struggling. We are hoping to use your wisdom as a way to help them through their tough times. We are looking for dedicated juniors and seniors who would be able to commit to at least one hour a week, either after school or during your free period.
 - WHY:
 - You could get CAS Hours
 - You could further groom your resume and college application
 - You will be considered a leader and role model at the school
 - You will help battle the equity gap
 - You will be offering support that you wish you had when you struggled
 - HOW:
 - Contact Ms. Holst or Mr. Rosario if you are interested.