

IB CAS Requirements

Creativity: arts, and other experiences that involve creative thinking.

Action: physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme.

Service: an unpaid and voluntary exchange that has a learning benefit for the student. The rights, dignity and autonomy of all those involved are respected.

CAS should involve:

- Real, purposeful activities, with significant outcomes personal challenge—tasks must extend you and be achievable in scope thoughtful consideration, such as planning, reviewing progress, reporting reflection on outcomes and personal learning.
- You will also choose learning outcomes that you hope to gain from your CAS activity. When done with the activity, you will have to say or prove how you met the outcomes.
- Learning outcomes
 1. increased your awareness of your own strengths and areas for growth
 2. undertaken new challenges
 3. planned and initiated activities
 4. worked collaboratively with others
 5. shown perseverance and commitment in their activities
 6. engaged with issues of global importance
 7. considered the ethical implications of their actions
 8. developed new skills

The guideline for the minimum amount of CAS activity is or approximately 150 hours balanced between creativity, action and service due before April 2012.

It's not just hour counting but also reflection on the activity.

Responsibilities of the student

1. self review
2. set personal goals
3. plan, do and reflect
4. communicate with your CAS advisor
5. obtain supervisor and feedback from that supervisor
6. take part in a range of activities,
7. keep records of their activities and achievements, including a list of the principal activities undertaken
8. show evidence of achievement of the eight CAS learning outcomes

All of this will be done through the CAS Manager <https://watkinsmill.managecas.com/login>

Problems? Email Mr. Joy at [Mitchell_joy@mcpsmd.org](mailto:joy@mcpsmd.org)