

C

A

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What is CAS?

Creativity, Activity, Service (CAS) is the
of the IB Diploma Program.



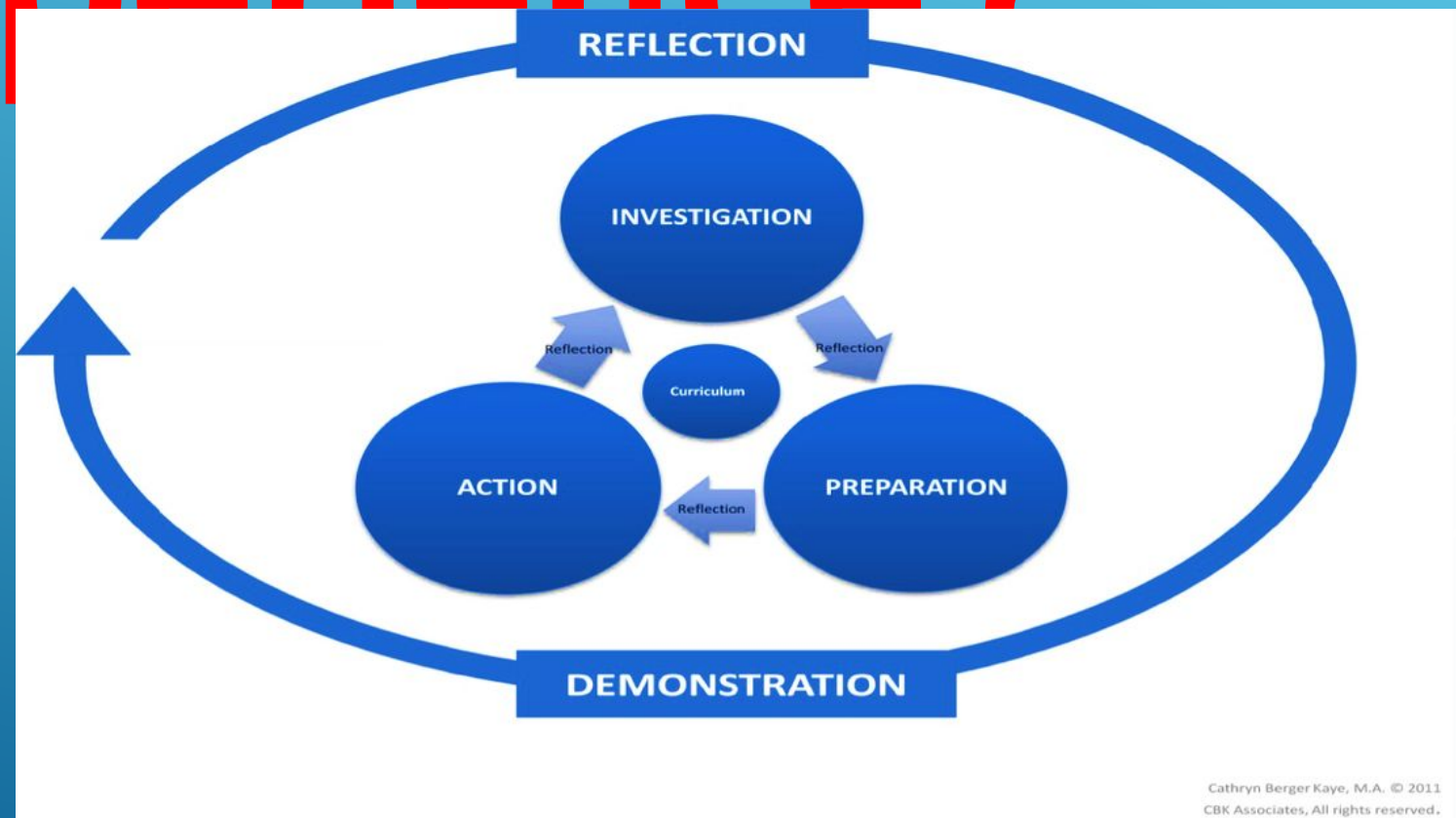
You should know that the education of the heart is very important. This will distinguish you from others. Educating oneself is easy, but educating ourselves to help other human beings to help the community is much more difficult. – Cesar W. Chavez, social activist

What is a CAS

Experience?

Students plan

1. Investigation
2. Preparation
3. Plan of Action
4. Reflection
5. Demonstration



What is Creativity?

Exploring and extending ideas leading to an original or interpretive product or performance

*Some painters transform the sun into a yellow spot, others transform a yellow spot into the sun.
– Pablo Picasso, artist*

*We have to reinvent the wheel every once in a while, not because we need a lot of wheels;
but because we need a lot of inventors. - Bruce Joyce, educator*







What is Activity?

Physical exertion contributing to a healthy lifestyle

He who has health has hope, and he who has hope has everything.
– Arabian proverb

From what we get, we can make a living; what we give, however, makes a life.
– Arthur Ashe, athlete









What is Service?

Collaborative and reciprocal engagement with the community in response to an authentic need.

How wonderful it is that no one need wait a single moment before starting to change the world.
- Anne Frank, diarist

We need your service, right now, at this moment in history. I'm not going to tell you what your role should be; that's for you to discover. But I am asking you to stand up and play your part. I am asking you to help change history's course.
- President Barack Obama









**Aren't some CAS
Experiences more than one
category?**

YE



Creativity & Activity

Working on the Butterfly Garden is **Activity** - physical work with a true “sweat factor”. It is **Service** - the goal of this project is to improve the local environment for the RMHS community. Designing the Butterfly Garden is **Creativity** - learning and using intellectual skill and curiosity to plan and implement a project.

Activi ty

Swimming is **Activity** that promotes a healthy lifestyle.



Teaching, mentoring and sharing your skills and enthusiasm for a sport with kids is **Service**.

Serv ice

Creativity & Service



When you are involved in a club like Robotics that is **Creativity**. When you share what you know to inspire and educate others, that is **Service**.

e

Activity & Creativity

Dance is **Activity** like an athlete, and Dance is **Creativity** as an artist expressing emotion and intent.



Photo by George Newcomb

Quiz: What is Working on The Tide



Creativity – yes 😊

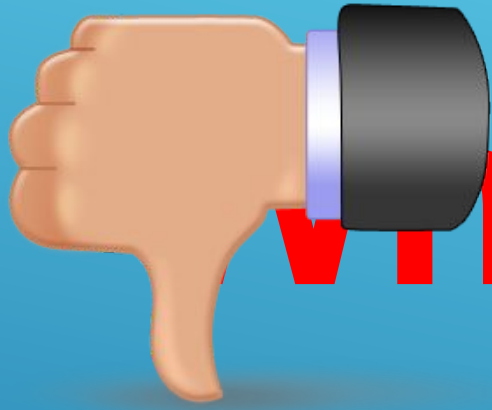
Writers, Editors, Photographers, Layout, Etc.

Service – yes 😊

Producing The Tide is a service of information to the school and contributing to a unified school climate.

Activity – no 😞

Not physical action leading to a healthy lifestyle.



What is **NOT** CAS?

- ✓ Activities that are trivial or rote
- ✓ IB class assignments
- ✓ Paid positions
- ✓ Causes or worsens social divisions
- ✓ Unsafe
- ✓ Proselytizing

What are CAS



**CAS Interviews happen in
TOK Class.**

- # Interviews?
1. First Interview: Learn about CAS and Plan
 2. Second Interview: Assess your Progress
 3. Third Interview: Evaluate your CAS experience

How do I Get

"PUT YOUR CAS HOURS ON
MANAGEBAC"



WHAT'S A
MANAGEBAC?

EIGH SCHOOL MEMES

?



Welcome to ManageBac

Dear Suzie,

Your student account has been created.

Important Account Information

Login:

cynthia_m_montgomery@mcpsmd.org

**Please click the link below to set your
password and sign-in:**

[Click to set password](#)

Your school address:

<https://rmib.managebac.com>

Thanks for choosing ManageBac!

Sincerely,



The Team at Faria Systems Inc.

 Need Help?

**Check-out our
[online help tutorials](#)**

Email us:


Setup & Support:
support@managebac.com

Call us:

 +1 866 297 7022

 +44 208 133 7489

 +852 8175 8152

 +61 02 8006 2335

How do I use ManageBac?

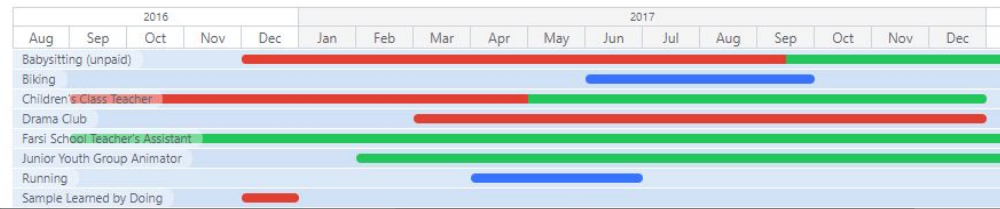
1. Add your CAS *Experience*
2. Answer CAS *Questions*
3. Write your *Reflection*
4. Upload *Documentation*

STUDENT WORKSHEET

List of Experiences

- Biking** (A) Individual
Over the summer and into the fall, I hope to lead a plan which will involve contributing different days to go biking. I plan on biking on different trails, each time trying to improve the goals I will set and try to involve as many people from the...
- Children's Class Teacher** (C) (S) Ongoing Community-based Direct
I teach a weekly neighborhood class for children ages 4-9 where children from various backgrounds and religions come together for spiritual and moral lessons. The class consists of games, stories, coloring, and quote memorization, with each week r...
- Drama Club** (C) School-based
I have been a part of different school productions and I have helped add creative ideas to the set-making process. By being on the set decoration and construction committees, as we prepare the set for the shows, I have been able to learn how to co...
- Farsi School Teacher's Assistant** (S) Ongoing Community-based Direct
Every Saturday morning, I work at an Iran cultural and educational center in order assist in the teaching reading, writing, and communication skills in Farsi to 25 second grade students on a weekly basis. I plan and reflect with a team of three te...
- Junior Youth Group Animator** (S) Ongoing Community-based Direct
I lead a group of Junior Youth, ages 11-14, in my neighborhood that meets once a week and I assist them in undertaking service projects and solving problems that they identify in their community. The group is meant to empower the junior youth to i...
- Running** (A) Individual
I will plan days for running with people from my neighborhood, aiming to achieve our set goals. This will require collaborative planing, in order to make it successfully work out and it will additionally challenge the people involved to work as ha...
- Sample Learned by Doing** (C) School-based 1 reflection
Activity to introduce us to CAS
- Tutoring** (S) Ongoing Direct
Throughout the school year, I help a 7 year old from a low income family on a weekly basis with math as well as reading comprehension homework. I aim to help her in the development of basic skills in reading and math, and will accomplish this by s...
- Volunteering with Autistic Children** (S) Ongoing Community-based Direct
Over the summer, I will be volunteering at an Extended School Year program for children ages 4-8 with autism spectrum disorders, as I have been doing for the past 4 summers at College Gardens Elementary School. During the program, I engage in usin...

Timeline



Progress Indicators

OVERALL CAS PROGRESS

To Be Determined

CAS ADVISOR

Julie Dean

[View All Reflections & Evidence](#)

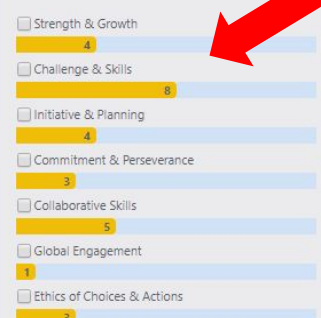
[Generate Reports](#)

[Approve all Experiences](#)

LEGEND

- Approved
- Complete
- Rejected
- Needs Approval
- CAS Project

OUTCOMES



Total Reflections: 1

Student has completed the CAS Programme

Progress Indicators

ADD YOUR CAS EXPERIENCE

FILL OUT THIS WORKSHEET COMPLETELY

LaunchPad ManageBac Subject Centre Logout Everywhere

Richard Montgomery High School
IB Diploma Class of 2019 (IB Diploma Grade 11)

132 Blog Dashboard Profile IB Manager Classes Groups Settings Help

Overview Plans CAS EE ToK Messages Calendar Files Members

Edit CAS Experience

Experience Name* CAS Project

Strands: Creativity Activity Service

Approaches: Ongoing School-based Community-based Individual

Type of Service Action: Direct Indirect Advocacy Research

Start Date* End Date*

Supervisor Name Supervisor Title

Description and Goals:

Supervisor E-mail Supervisor Contact #

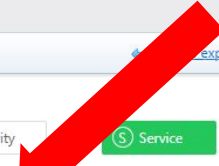
Please select your targeted learning outcomes:

<input type="checkbox"/> Strength & Growth	<input type="checkbox"/> Challenge & Skills
<input checked="" type="checkbox"/> Initiative & Planning	<input type="checkbox"/> Commitment & Perseverance
<input checked="" type="checkbox"/> Collaborative Skills	<input type="checkbox"/> Global Engagement
<input checked="" type="checkbox"/> Ethics of Choices & Actions	

or

WHAT IS A CAS PROJECT?
A CAS experience of at least one month's duration that challenges students to show initiative, demonstrate perseverance, and develop skills such as collaboration, problem-solving, and decision-making. The CAS project can address any single strand of CAS, or combine two or all three strands.

Learning Outcomes Choose 3-4



What are CAS Questions?

CAS Questions demonstrate 3 Stages of Planning:

1. Investigation
2. Preparation
3. Plan of Action

CAS QUESTIONS – PLANNING STAGE

1. Investigation
2. Preparation
3. Plan of Action

The screenshot shows the 'CAS' section of the IB Diploma Class of 2019 (IB Diploma Grade 11) interface. The user is logged in as Cynthia Montgomery. The main content area displays the 'Knitting Club for Shelter' activity, which is ongoing, school-based, community-based, and direct. The activity was created on August 15, 2017, and ends on December 10, 2017. The 'CAS Questions' section is active, with the following text:

Explain why this activity is a CAS activity. A CAS activity is 1) a real, purposeful activity with significant outcomes; 2) a personal challenge; 3) requires a planning process; 4) lends itself to reflection and learning.

This is a CAS activity because I am taking a leadership role in planning this activity so it is successful. I hope my friends and the girls at the shelter get a lot out of it. I want to provide a social activity for the shelter girls as well as sharing a skill.

How did you investigate this activity?

When I went to the shelter with my church, I learned that there were several teenage girls living at the shelter. I also learned that they were pregnant and I wanted to do something to help them, and to give them a chance to just hang out with my friends.

How did you prepare for this activity?

I got a group of friends at school committed to the project. I contacted the shelter director for permission and a time when we could meet. I also presented my idea to the owner of a knit shop and got yarn and knitting needles donated. We found free, easy baby blanket patterns online.

What is your plan of action for this activity?

We will go to the shelter every Tuesday afternoon with our knitting materials. Each of our team will take a week and bring refreshments. We want to have completed projects by the December holidays.

The interface includes a 'Save Changes' button and a 'Cancel' button. The right sidebar shows the 'EXPERIENCE STATUS' as 'Approved', 'STUDENT INFO' for Mrs. Montgomery, and 'NEXT STEPS' including 'Request Supervisor Review'. The bottom of the screen shows a Windows taskbar with the time 11:32 AM on 8/15/2017.

What is a Reflection?



A reflection is when you WRITE about

- ✓ WHAT YOU DID
- ✓ WHY YOU DID IT
- ✓ WHAT YOU LEARNED
- ✓ HOW YOU FELT ABOUT IT
- ✓ HOW YOU MET YOUR LEARNING OBJECTIVES

What is Documentation?

Documentation Can be

- ✓ Photos and videos
- ✓ Emails and memos
- ✓ Team rosters, Event programs
- ✓ Certificates and awards

REFLECTION & DOCUMENTATION

The screenshot shows the CAS Reflections interface for a project titled "Knitting Club for Shelter". The interface includes a navigation bar with tabs for Overview, Plans, CAS, EE, ToK, Messages, Calendar, Files, and Members. The main content area displays the project details, including a description, a list of learning outcomes (All Learning Outcomes, Collaborative Skills, Commitment & Perseverance, Ethics of Choices & Actions, Initiative & Planning), and a grid of reflection entries. Each entry includes a photo, a title, and a timestamp. The right sidebar contains an "EXPERIENCE STATUS" section with a dropdown menu set to "Approved" and a button labeled "Add Reflections & Evidence". Below this is the "STUDENT INFO" section, which includes the student's name, email, and a "Request Supervisor Review" button. The bottom of the screen shows a Windows taskbar with various open applications and the system clock.



Choices for documentation



Use this button to add reflections & documentation

How do I know if an Activity is completed?

Your advisor will mark it completed when you have finished all the steps.

The Green Check means Completed

The screenshot shows a web browser window displaying the ManageBac interface for a user named Cynthia Montgomery. The page title is "IB Diploma Class of 2016 (IB Diploma Grade 12)". The main content area is titled "CAS" and lists four activities:

- And Then There Were None** (In-School): The Black Maskers program will put on a performance of Agatha Christie's suspense thriller And Then There Were None. Our goal is to put on a fantastic show, with consistent drama creating a very tense atmosphere with every character being suspect...
- Beauty and The Beast with Black Maskers** (In-School): We spend two months working hard to put on a beautiful production of Beauty and The Beast. We dance, sing, and act on stage for the enjoyment of the crowd four times in total, and we go to rehearsal after school every day to be able to put on the ...
- RM One Acts Festival 2014-15** (In-School): I am assistant producing this year's RM One Acts Festival. It is a performance that is completely student run, and as an assistant producer I help make the whole show happen. Four 30 minute one-act plays are directed by students in a spectacular p...
- RMHS Choir Europe Trip** (Out-of-School): We will sporadically rehearse for our trip to Europe for several months. We prepare for our performance, and then we sing our hour long program at three different locations in Europe. We have three concerts; one in Budapest, one in Vienna, and one...

Each activity has a green checkmark icon, indicating it is completed. The right sidebar shows "OVERALL CAS PROGRESS" as "On-track" and "CAS ADVISOR" as Cynthia Montgomery. A legend at the bottom right defines the status icons: Approved (thumbs up), Review Sent (envelope), Reviewed (pencil), Incomplete (hourglass), Complete (green check), Rejected (red X), Needs Approval (yellow warning), and CAS Project (colorful cube). A timeline at the bottom right shows progress bars for each activity across the months of August, September, October, November, and December.

Am I finished? CAS

Checklist:

- ✓ 10 CAS Experiences
 - ✓ 7 Learning Outcomes
 - ✓ Junior & Senior Year
 - ✓ CAS Project
 - ✓ CAS Interviews
- 
- A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.

