

## Why CAS in the IB system?

The IB student chooses six subjects to study and in addition they are met with three requirements:

- **TOK** (the interdisciplinary course which is designed to give a background for learning and understanding of the academic areas in the programme together with an appreciation of other cultural perspectives)
- **EXTENDED ESSAY** of some 4000 words offers the opportunity to investigate a topic of special interest and acquaints students with the independent research and writing skills expected at university
- **CAS** a counterbalance to the world of scholarship, an invitation to participate in activities destined to develop **attitudes and values**, which transcend barriers of religion, race, class, gender or politics. The idea is to encourage young people to use their energies in cooperation with others and at the same time give service to the community whether local, national or international. **C** (creativity), **A** (action), **S** (service) are integrated in the 150 hours required for CAS/ 3-4 hours per week. They should play an equal part in any CAS programme and the students are expected to participate in the planning and designing of their own programme together with the initiatives from the school. Each student is invited to evaluate his or her activities as a preparation for the final self-evaluation at the end of the two-year. The school will record and evaluate the student's CAS work, which will be a part of the diploma.

The students are the most important ones in CAS, and it's important to emphasize that they have a strong voice in the development of the CAS programme. They should see themselves as active in the process and it's important that they are involved in finding solutions to meet the requirements. The positive thing about CAS is that the students have rich opportunities to broaden their horizons, improve talents, develop social skills etc. The negative point is of course that it is seen by some students as time consuming and that it can be hard to find activities. The CAS coordinator will help for each student construct a personal programme that they find satisfactory for their own development.