

## CAS

Is a **diploma requirement** and failure to meet the requirement will result in no diploma being awarded. A minimum of **150 hours** during the two years, i.e. 3 to 4 hours per week with time distributed evenly among creativity, action and service.

**Creativity** understood to involve a wide range of arts and other activities and the creativity of the student to design and carry out service projects



**Action** can include participation in expeditions, individual and team sports and physical training as well as carrying out creative and service projects and training for service



**Service** is community or social service (environmental, international projects, tutoring, youth groups within Red Cross etc.)



Each activity or project must be monitored for **appropriateness, quality and student participation**. The CAS coordinator will help you to decide whether or not an activity can be accepted. Evaluation by the activity leader or the school and self-evaluation by the student is demanded. Participation in CAS and the comments could be used in references.

**WHY CAS?** Because life is more than scholarship and the student needs a counterbalance to the academic world. Participation in theater productions, sports and community service activities encourages young people to complement the academic disciplines of the curriculum and to provide balance to demands of scholarship placed

upon the IB student. According to the IB philosophy international education must go beyond the provision of information alone and include the development of attitudes and values, which transcend barriers of race, class, religion, gender or politics.

**Interesting CAS stories are featured regularly in IB World**, the magazine of the International Baccalaureate Organization that you'll find in the library. Also check the school's homepage.

**A critical self-evaluation.** Each activity should be reported on a CAS form where you indicate the amount of time spent on each activity and your **activity leader** and **yourself** evaluate the activity in a critical way. (see your paper on CAS for further information on this). After the end of your CAS program you must make a final evaluation report, which should be a critical reflection on the student's CAS experience.

**Activities should be active** (not only attending films, taking lessons etc.) Emphasis is on the development of new skills but to a certain extent practicing already acquired skills is accepted.



Cooperation is the key to good CAS activities and personal development.