

Creativity, Activity, Service – CAS

Nature of CAS

CAS enables students to demonstrate attributes of the IB learner profile in real and practical ways, to grow as unique individuals and to recognize their role in relation to others. Students develop skills, attitudes and dispositions through a variety of individual and group experiences that provide students with opportunities to explore their interests and express their passions, personalities and perspectives. CAS complements a challenging academic programme in a holistic way, providing opportunities for self-determination, collaboration, accomplishment and enjoyment.

CAS is organized around the three strands of creativity, activity and service defined as follows.

- **Creativity**—exploring and extending ideas leading to an original or interpretive product or performance
- **Activity**—physical exertion contributing to a healthy lifestyle
- **Service**—collaborative and reciprocal engagement with the community in response to an authentic need

Teaching Approach

Students are expected to regularly participate in the CAS program, ideally on a weekly basis, for at least 18 months with a reasonable balance between creativity, activity, and service.

Students are expected to maintain and complete a CAS portfolio as evidence of their engagement with CAS. This includes reflection which informs students' learning and growth by allowing students to explore ideas, skills, strengths, limitations and areas for further development and consider how they may use prior learning in new contexts.

Students engage in CAS experiences involving one or more of the three CAS strands. A CAS experience can be a single event or may be an extended series of events. Further, students undertake a CAS project of at least one month's duration that challenges them to show initiative, demonstrate perseverance, and develop skills such as collaboration, problem-solving, and decision-making.

Students use the CAS stages (investigation, preparation, action, reflection and demonstration) as a framework for CAS experiences and the CAS project.

There are three formal documented interviews students must have with their CAS coordinator/adviser. The first interview is at the beginning of the CAS programme, the second at the end of the first year, and the third interview is at the end of the CAS programme.

Completion of CAS is based on student achievement of the seven CAS learning outcomes.

Where does it lead to?

Participation in the CAS program provides students with the necessary tools to lead a balanced lifestyle. It encourages students to be well rounded individuals, develop goals and reflect on their actions. Students with CAS experience develop skills and understandings that are valuable to a wide range of further study pathways and careers.