

International Baccalaureate

CAS Programme Policies and Requirements

Henry J. Kaiser High School

CAS and the IB Diploma

Failure to meet the CAS requirements will result in no diploma being awarded.

Reasons for CAS

CAS provides you with the opportunity to plan “your own curriculum”, to become involved with your school, local, and global communities, to further develop your skills, talents, and interests, and to learn about yourself and the world through *experience*, and not solely from prescribed books and classroom instruction.

The successful CAS student exemplifies all attributes of the IB Learner Profile, and it is largely for this reason that CAS is considered to be “at the heart of the Diploma Programme”.

As you embark on your CAS journey, always keep in mind that participation in CAS should involve:

- . *real, purposeful* activities which satisfy a personal goal and / or community need
- . personal *challenges* which are a stretch, yet achievable
- . *thoughtful attention* to planning, implementing, evaluating, and reporting
- . *quality reflections* on outcomes and personal learning

Responsibilities of the Diploma Programme Candidate

1. Complete the Self-Review Form at the beginning of your CAS experience in the junior year, and set personal goals for what you hope to achieve via the CAS Programme.
2. Schedule at least three appointments (interviews) with the CAS Coordinator to review your progress in CAS, according to the following schedule:
 - a) Interview #1---by the end of Fall Break of the junior year
 - b) Interview #2—by the end of May in the junior year
 - c) Interview #3—before the start of the second semester in the senior year

3. Select experiences in the three strands of Creativity, Activity, and Service
4. Complete a group project on an issue of global importance. Know, understand, and apply the CAS Stages (IPARD) to your group project.
5. Input activities, evidence, and meaningful reflections onto MangeBac by the 15th of each month. (IB mandates that you provide evidence of your CAS-work in a portfolio. MangeBac is that portfolio.)
6. Complete all CAS requirements by the end of March of your senior year.

Three STRANDS of CAS

Personally select experiences that fall within the following strands:

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

Seven LEARNING OUTCOMES

Your CAS activities are not to be randomly selected. They should address the Seven Learning Outcomes below, and relate to the areas for growth identified on the Self-Review Form you completed when you first began the IB CAS Programme.

Importantly, each CAS experience must show evidence of achieving at least one of the following seven **Learning Outcomes:**

- LO 1: Identify own strengths and develop areas for growth
- LO 2: Demonstrate that challenges have been undertaken, developing skills in the process
- LO 3: Demonstrate how to initiate and plan activities
- LO 4: Demonstrate commitment and perseverance in CAS experiences
- LO 5: Demonstrate the skills and recognize the benefits of working collaboratively
- LO 6: Demonstrate engagement with issues of global importance
- LO 7: Recognize and consider the ethics of choices and actions

MEANINGFUL REFLECTIONS

It is not enough to simply recount what you did. Your reflections should address the goals and learning outcomes you selected when you added your activity to ManageBac.

They should indicate whether you reached your goals, challenged or stretched yourself, filled an authentic need, collaborated well with others, learned something new about yourself, others, or an issue, generated new questions or ideas about your choices and actions, etc.

Before, during, and after a CAS experience and group project, use the five ways of knowing—sense, perception, language, reason, and emotions—to reflect on your learning and development.

The FIVE CAS STAGES

The Five “CAS Stages” (IPARD) are:

I Investigation

Doing research; collecting data, interviewing relevant people; contacting community organizations for information and/or collaboration; using collected information to establish an authentic need when planning a service project, etc.

P Preparation

Organizing; devising a plan; deciding what needs to be done by whom/when/where; partnering with others within the school and/or larger community; writing an agenda; developing a timeline that charts significant benchmarks you need to reach in order to successfully implement your project, etc.

A Action

Implementing your plan, activity, project

R Reflection (See “Meaningful Reflections above)

D Demonstration

Documenting your CAS experiences on ManageBac, or sharing your work through an informal or formal presentation or performance to students, faculty, or the larger community, writing an article for the school or local newspaper, creating a video/blog/photo journal, etc.

Frequently Asked Questions

Does CAS end once I reach 150 hours of activities?

No, you are expected to complete a ***minimum*** (*not total*) of 150 hours over the two years of the Diploma Programme. (The 150 includes your group project.) After reaching 150, you keep working on CAS until the end of March in your senior year.

Note that focusing solely on the acquisition of hours, and performing trivial rather than meaningful tasks to minimally satisfy time requirements, will undermine your opportunity for personal growth, satisfaction, and success in the CAS Programme.

How many hours must I have in each strand?

You must be involved in a ***balanced*** range of activities. Having at least 25 hours in each strand should satisfy this requirement. Also, your total CAS Programme of experiences should not be with one group or organization exclusively.

What are all the group project requirements?

The project must address an issue of global importance, relate to at least one of the three CAS strands, is initiated and planned by the group itself, and is of significant duration. Groups should have 2-5 members.

My DP science class will be doing a service project together. Can this count towards CAS?

Yes, if your science class is doing service as a voluntary act and without compensation of any kind. No, if your science teacher is requiring you to do it, and/or you are being compensated with a grade, extra credit, etc.

May I use my MYP personal project for CAS?

No, that would be considered malpractice under the school's academic honesty policy (duplication of work).

May I count in the Creativity strand of CAS, the artwork I've done for my IB Art class?

No, that again would be considered malpractice. However, if your IB Art class has inspired you to do art pieces on your own, and for which you are not compensated, then you may credit them to the Creativity strand of CAS.

I will be attending an IB conference and a club convention. May I get CAS credit for these events?

Passive participation, such as mere attendance at a meeting, convention, ceremony, convention, etc., does not constitute a CAS activity.

I teach Sunday school at my church, and also help my church spread the word of God at the homeless shelters downtown. Can this be a CAS service activity?

No. IB disallows religious activities that involve proselytizing, and also those that are done as a matter of duty. However, if you went with church members to provide and serve food at the homeless shelter (without the proselytizing), then you can count it in the Service strand. Also, teaching Sunday school is not IB service because it involves proselytizing, and because it benefits your own organization (the church).

Is it ok if my mom does my Supervisor Review?

No, family members are not allowed to serve as your activity supervisor. Your supervisor must be a non-related adult who has observed your work, and can account for its authenticity. If you cannot find such a person, please see your CAS Coordinator.

CAS Coordinator Contact Information

Mrs. Rinda Fernandes, IB DP ***CAS Coordinator***

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Revised 8/2016