

# LHS IB & Honors CAS

“To develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect”



**“If you are dreading  
CAS,  
you are doing it wrong!”**

- Choice
- Enjoyment
- Meaningful experiences
- Mutual benefits to student and community
- Chance to do something student always wanted to do but had not yet taken the time/risk



Involve one or more of the CAS strands:

- Creativity – creative thinking &/or performance
- Activity – physical activity toward healthy living
- Service – service learning in the community
- Be a chance for personal growth through a new challenge
- Give students a chance to demonstrate some of the qualities and attributes of the learner profile
- Give students a chance to have fun
- Not be Diploma Program credits

**Aims of CAS**



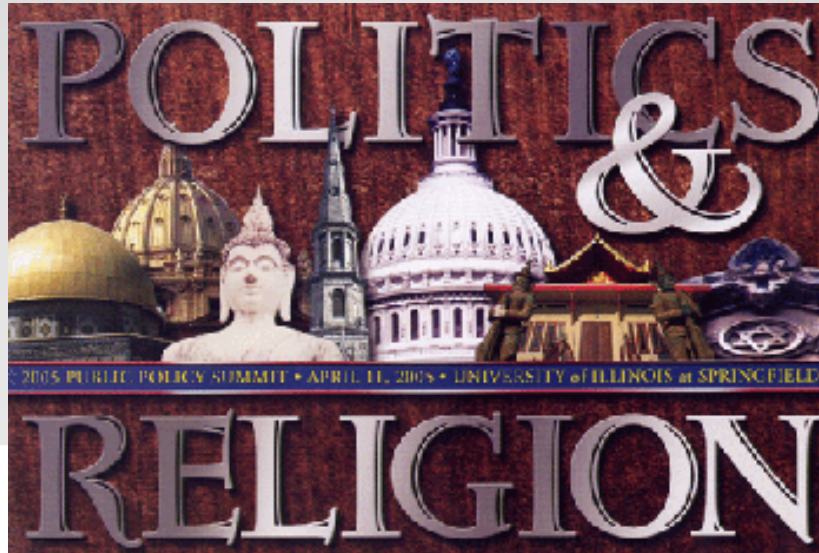
- **CAS is not a points-scoring or hour counting exercise.**
- any class, activity or project that is already part of the Diploma Program
- any team or activity in which you have already been participating, unless you set new growth goals for yourself and your achievements that can transform you into an active, reflective participant
- an activity for personal reward (financial or benefit-in-kind)
- simple, tedious and repetitive work
- a passive pursuit, such as museum, theater, exhibition, and concert visits
- an activity where there is no responsible adult on site to evaluate your performance
- working with underserved populations, foundations, or organizations when you:
  - have no idea of how the organization operates
  - have no idea of the issues involved
  - have no contact at all with the underserved populations or those being served by the foundation or organization

# What CAS is not



# Guidelines

- Though a student's personal political or religious conviction is valued, the IB expressly **prohibits activities that create divisions between people or activities that seek to proselytize others.** Given the nature of political or religious activity, it is important to evaluate these two areas when planning a CAS activity or project that involves political or religious implications



**CAS** and **RELIGION** activity

- Under discussion

A word cloud graphic on a white background. The words are in various shades of blue and green. The largest words are 'FRESHMAN' and 'SOPHOMORE'. Other words include 'GRADES', 'PLANNING', 'TRANSITIONS', 'PSAT', 'COMMUNITY', 'AP', 'HONORS', and 'ACTIVITIES'.

**CAS for Honors 9<sup>th</sup> and 10<sup>th</sup>**



# CAS is a Diploma Requirement!

Students are expected to:

- \*participate in all 3 CAS Strands

- \*meet all 7 learner outcomes

- \*Participate consistently throughout the 18 month Diploma Program (*from the beginning of junior year to Spring of senior year*)

- \*Complete the One Month Project requirements

- \*Submit a CAS Portfolio in the Spring of each year and a final Portfolio early Spring of Senior year



## IB Diploma Requirements

- Identify your own strength and develop areas for growth
- Demonstrate that challenges have been undertaken, developing new skills in the process
- Demonstrate how to initiate and plan a CAS experiences
- Show commitment to and perseverance in CAS experiences
- Demonstrate the skills and recognize the benefits of working collaboratively
- Demonstrate engagement with issues of global significance
- Recognize and consider the ethics of choices and actions



## 7 Learner Outcomes



## Senior CAS Portfolio includes the following:

- The **Learning Outcome List**- showing CAS experiences which have met each of the learning outcomes as well as the dates of the activities.
- **Final Reflection** - a brief essay that includes answers to the following questions:
  - What did CAS mean to you?
  - What did you learn from CAS? How did CAS change your perspective or give you new skills?
  - What value was there in CAS for you, your team, or for others?
  - How did you develop in each of the seven learning outcomes? (Specifically, identify the activity or activities that helped you develop for each outcome.), and what its value was both to the community and to your own personal growth in meeting the 7 outcomes
- **Evidence** in form of photos, blogs, pamphlets, reflections, etc

# The CAS Portfolio

- More information at

<http://lhstigerib.weebly.com/>



**Where to find ideas/information**