

Abbotsford Senior CAS Handbook



What is CAS?

CAS is at the heart of the Diploma Programme. With its holistic approach, CAS is designed to strengthen and extend students' personal and interpersonal learning. CAS is organized around the three strands of creativity, activity and service. CAS allows 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 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.

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.

Creativity, Activity, Service (CAS) is a collection of enjoyable and challenging experiences to extend your abilities and achieve the following **outcomes**:

1. Identify your strengths and where the need to develop for personal growth may be.
2. Demonstrate that you have undertaken challenged and developed new skills as a result.
3. Demonstrate how to initiate and plan a CAS experience.
4. Show commitment and perseverance in your CAS experiences.
5. Demonstrate the skills and recognize the benefits of working in a group setting.
6. Demonstrate engagement with issues of global significance.
7. Recognize and consider the ethics of choices and actions.

What is a CAS experience?

In order for an experience to qualify as CAS, the experience should:

1. involve one or more of the CAS strands - C, A, or S
2. be a chance for personal growth through a new challenge
3. give you a chance to demonstrate some of the qualities and attributes of the learner profile
4. give you a chance to have fun
5. cannot be an activity that can be interpreted as proselytizing
6. not be something you do for credits or personal reimbursement

What is a CAS project?

Students must be involved in at least one CAS project during their diploma. The project must cover the following:

- Be a collaborative “team” effort with other students or members of the community.
- Contain a series of CAS experiences.
- Last minimum one month from planning to completion.
- Involve one or more of the three strands of CAS.
- Use the CAS stages as a framework.
- Challenges students to show initiative.
- Demonstrate perseverance/commitment.
- Develop skills of cooperation, problem solving, and decision making.

Examples of CAS projects:

- Creativity: A student group plans, designs and creates a mural.
- Activity: Students organize and participate in a sports team including training sessions and matches against other teams.
- Service: Students set up and conduct tutoring for people in need.
- Creativity and activity: Students choreograph a routine for their marching band.
- Service and activity: Students plan and participate in the planting and maintenance of a garden with members of the local community.
- Service and creativity: Students identify that children at a local school need backpacks and subsequently design and make the backpacks out of recycled materials.
- Creativity, activity, and service: Students rehearse and perform a dance production for a community retirement home.

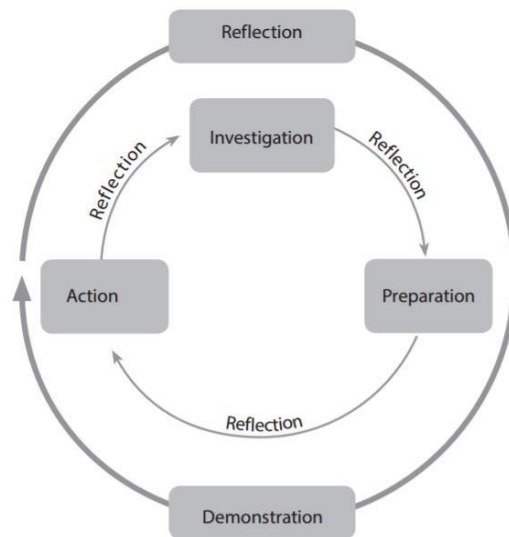
What are my responsibilities as a CAS student?

1. Know your timelines and what is expected!
2. Meet with your CAS coordinator (Mrs. Craig) according to the timeline (at least *three interviews* over your Programme).
3. Base your choices on your interests, skills, talents, and areas for growth to stay motivated. Challenge yourself!
4. Balance your activities between Creativity, Activity and Service.
5. Complete at least one **CAS project** – this is a collaborative project (with other CAS students or not), that extends over at least one month.
6. Use the CAS stages below when considering, planning, and undertaking your CAS experiences. Make sure to apply these to service and the CAS project.
7. **KEEP YOUR PORTFOLIO ON MANAGEBAC UP TO DATE!**
8. Keep your reflections on Managebac meaningful – these are a way to capture your experiences and summarize your evidence linked with the learning outcomes.
9. **HAVE FUN!** This is key! These experiences are meant to assist your personal growth and offer you a world of opportunities.

CAS Stages

The CAS stages provide a framework that enables students to:

1. increase self-awareness
2. learn about learning
3. explore new and unfamiliar challenges
4. employ different learning styles
5. develop their ability to communicate and collaborate with others
6. experience and recognize personal development
7. develop attributes of the IB learner profile.



1. Investigation: Identify your interests, skills and talents when choosing your experiences. Investigate what you would like to do and see if it applies to CAS in a purposeful way.

2. Preparation: Identify roles and responsibilities, develop a plan of actions to be taken, identify specific resources and timelines, and acquire any skills as needed to engage in the CAS experience.

3. Action: Students implement their idea or plan. This often requires decision-making and problem solving. Students may work individually, with partners, or in groups.

4. Reflection: Students describe what happened, express feelings, generate ideas, and raise questions. Reflection can occur at any time during CAS to further understanding, to assist with revising plans, to learn from the experience, and to make explicit connections between their growth, accomplishments, and the learning outcomes for personal awareness. Reflection may lead to new action.

5. Demonstration: Students make explicit what and how they learned and what they have accomplished, for example, by sharing their CAS experience through their CAS portfolio or

with others in an informal or formal manner. Through demonstration and communication, students solidify their understanding and evoke response from others.

For singular CAS experiences, students may begin with investigation, preparation, or action. For ongoing CAS experiences, beginning with investigation is advised. In these ongoing experiences, the action stage may lead students back to investigation or preparation as they further develop, expand and implement new or related ideas.

How will I be assessed?

Your portfolio on Managebac is your main means of reporting for the CAS programme. Mrs. Craig will evaluate your progress for each term based on the outcomes met through your reflections. Throughout the course of CAS, a mark based on the scale below, will be recorded for reporting periods.

CAS grade: 5 = 100%. Progress is Excellent

CAS grade: 4 = 90%. Progress is On-Track.

CAS grade: 3 = 75%. Progress is On-Track.

CAS grade: 2 = 60%. Progress is Minimally On-Track.

CAS grade: 1 = 40%. Progress is Concerning.

At the end of your CAS programme, all outcomes must be met and recorded through managebac, as well as all three interviews completed, in order for students to have CAS completed. ***NOTE: CAS takes place of Graduation Transitions. If Diploma is dropped at any point, the student is responsible for completing Grad Transitions with Mr. Grell.***

Volunteer Opportunities

City of Abbotsford-

http://www.abbotsford.ca/city_hall/human_resources/volunteering.htm

Abbotsford Community Services -

<https://www.abbotsfordcommunityservices.com/get-involved/volunteer>

Fraser Health - <http://www.fraserhealth.ca/about-us/volunteer/>

*GoVolunteer – complete list of local volunteer opportunities-<http://www.govolunteer.ca/>

Abbotsford Youth Commission - <http://www.abbyyouth.com/about-us/job-opportunities>

Abbotsford Food Bank - <https://www.abbotsfordfoodbank.com/volunteer/>

PLUS – Ask your counsellor about other possible volunteer opportunities within the community. See Mrs. Craig regarding in school volunteer opportunities and programs already established by previous CAS students.