



KAUNO JONO JABLONSKIO
GIMNAZIJA

WHAT IS CAS? A SHORT INFORMATION GUIDE

CAS Coordinator: Jūratė Zybartienė
jurate.zybartiene@jablonskis.kaunas.lm.lt
mobile +370 683 70328

CAS in short

“Creativity, Action, Service (CAS) is at the heart of the IB Diploma Programme. It involves students in a range of activities alongside their academic studies throughout the Diploma Programme. It enables students to enhance their personal and interpersonal development through experimental learning.

A good CAS programme should be both challenging and enjoyable, a personal journey of self-discovery.” (IB Diploma Programme CAS, 2017, p.18)

CAS is non-academic, experimental learning promoting holistic development. Students therefore devise their own CAS programme tailored to their inclinations and ambitions. While CAS advisors and the CAS co-ordinator are there to help them, guide them and can support with suggestions, ideally the students come up with their own ideas.

Before they start a project or experience, they consult their CAS advisor to make sure that their project fulfils all the CAS regulations.

From the planning phase onwards, students record descriptions and reflections of experiences and projects on Moodle in their CAS journal. Although there will be no grades awarded for CAS, progress will be commented on in the reports. The CAS programme can make a student stand out in their university applications and it gives them the chance to show what kind of person they are and what they care about.

Successful completion of CAS is a requirement for the award of the IB Diploma!

What does CAS stand for?

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.



What are the aims of the CAS programme?

IBDP students should...

- enjoy and find significance in a range of CAS experiences;
- purposefully reflect upon their experiences;
- identify goals, develop strategies and determine further actions for personal growth;
- explore new possibilities, embrace new challenges and adapt to new roles;
- actively participate in planned, sustained, and collaborative CAS projects;
- understand that they are members of local and global communities with responsibilities towards each other and the environment.

To meet the requirements for CAS, IBDP students...

- choose a balanced programme of a variety of experiences in all three strands for 18 months,
- determine personal goals and challenge themselves,
- initiate and plan one collaborative CAS project, length: at least one month,
- maintain a CAS portfolio online on Moodle that includes reflections and evidence of achieving the 7 CAS learning outcomes,
- find adult supervisors (ideally not related to them) to complete the supervisors' reviews,
- meet regularly with the CAS coordinator or advisor (CAS period, 3 CAS interviews).

What are the CAS Learning Outcomes?

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



What is a CAS experience?

- It can be any one-off or ongoing experience that fits within one or more of the CAS strands.
- It should be based on personal interest, talent, skill or opportunity for growth and should provide new challenges.
- It provides opportunities to develop the attributes of the IB learner profile and meet the CAS learning outcomes.
- It cannot be used or included in the IB Diploma course requirements.
- It should be enjoyable!



Here are some examples of experiences in the different areas:

Creativity: debate, music (choir/ band), photography, drama production, web design...

Activity: JYG team sports, going to the gym, dance....

Service: tutoring, volunteering, collecting clothes donations, helping out at a charity concert...

What is not a CAS experience?

- everything that is already part of the IB Diploma Programme;
- work experience, family support or paid work;
- religious service;
- political or other activities that can create factions or frictions;
- simple, tedious and repetitive work;
- appreciation of the efforts of others (e.g. going to a concert or football match).

What is a CAS project?

A CAS project can address any single strand of CAS or combine two or all three strands and needs to be at least one month long from start of planning to completion. It requires active planning using the CAS stages (investigation – preparation – action – reflection – demonstration) as a framework. The student(s) leading the project must be involved in collaborative teamwork - a project cannot be done alone. CAS students must complete at least one CAS project during their CAS programme. Projects have to be approved before they are started and need to be reflected on.

Examples of CAS projects: organising a charity event, running a youth meeting / seminar, making a film, planning and organising a sponsored event, leading an after-school-club or coaching a sports team, a performance production for a community retirement home...

Ethical Considerations

- Often CAS experiences and projects take place out of school. The responsibility for choosing these lies with the student and they must make sure they are safe, appropriate and fulfil regulations. Kaunas Jonas Jablonskis Gymnasium is not responsible for the students' safety when they are not on school grounds.
- If a project or experience involves fundraising or a collection of donations (e.g. toys, clothes, sports equipment), students are responsible that the complete amount of money or donations reaches the designated cause. For this, exact bookkeeping is required, money needs to be handled and stored safely, and receipts need to be kept, shown and archived as proof.
- When organising a project, students need to make sure it is appropriate and safe for all participants, including themselves. They need to make sure they always ask all necessary permissions before starting with a project.

CAS Malpractice

CAS malpractice can lead to the student failing the IB!

In the final submission for CAS, if a record is deemed falsified, the student will have no recourse for correction. Their name will immediately be submitted to the IBO for malpractice and their IB diplomas will consequently be withheld. This is non-negotiable. The student cited for malpractice will bear full responsibility for his/her own actions, as well as for the resulting withholding of the IB Diploma.

Here are some possible examples of malpractice:

- changes, alterations, corrections to names, hours, signatures or dates;
- photocopies or faxes of forms, instead of originals, since a) they cannot be authenticated, and b) it is an IBO regulation that all CAS Forms are originals;
- signatures that do not match;
- a supervisor who has no knowledge of the student when contacted;
- a supervisor who says the student has had less participation than documented on the forms.

CAS activities off school:

- Individual sports (subject to approval)
- Volunteering at NGO's
- Youth in Action projects
- Individual's challenging courses
- Individual's leadership in various groups, courses, unions
- Sport coaching
- Work for Social Service Organisations:
 - Elderly people and retirees
 - Blind people
 - Orphanage
 - Handicapped people, etc

All CAS activities must be approved by the CAS Coordinator before they are begun.

Sources

[https://resources.ibo.org/dp/subject-group/Creativity-activity-service/?](https://resources.ibo.org/dp/subject-group/Creativity-activity-service/)

CAS online Workshop, 2018

Pictures from unsplash.com