

“If you believe in something, you must not just think or talk or write, but must act.” Peterson - 2003

Notes on CAS:

Creativity: Arts, and other experiences that involve creative thinking.

Action: Physical exertion contributing to a healthy lifestyle (this can complement academic work elsewhere in the program)

Service: An unpaid and voluntary exchange that has a learning benefit for the student. The rights, dignity and autonomy of all those involved are respected.

CAS should involve activities that are:

- Real, purposeful activities, with significant outcomes
- Personal challenge – tasks must extend the student and be achievable in scope
- Thoughtful consideration, such as planning, reviewing progress, reporting
- Reflection on outcomes and personal learning

Key Points:

- CAS activities should continue on a regular basis throughout the program.
- Successful completion of CAS is required for the IB Diploma.
- Students need to document their activities and provide evidence that they have achieved eight key learning outcomes.
- CAS work must include at least 150 hours of service, with a reasonable balance between creativity, action, and service.