

AICS CAS Programme (2018-2019)

CAS is Creativity, Activity, Service

At AICS, we value CAS as a means of educating students beyond the classroom. CAS experiences are not about counting hours. Engaging in CAS promotes international mindedness and harnesses a spirit of discovery.

CAS enables students to demonstrate attributes of the IB Learner Profile attributes and ATL skills in real and practical ways in order to grow as unique individuals and to recognize their role in relation to others. CAS also provides opportunities for self-determination, collaboration, accomplishment and enjoyment. Thus, a meaningful CAS programme is a journey of discovery of self and others.

The students at AICS must give CAS as much importance as any other element of the Diploma Programme and ensure sufficient time is allocated for engagement in the CAS programme.

CAS Aims

The CAS programme aims to develop students who:

- 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 they are members of local and global communities with responsibilities towards each other and the environment

CAS Requirements

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

- Student must demonstrate 18 months of dedication to CAS, shared among all three strands (Creativity, Activity and Service)
- Students must complete at least one CAS Project in this time
- Students must engage in an on-going experience over 18 months
- Students must meet the requirements of the seven Learning Outcomes (following the descriptors) during the 18 months
- Students must participate in three documented interviews about their CAS involvement
- Students must compile a CAS Portfolio documenting their CAS experiences and projects on ManageBac
- Students should refer to the following components (Learning Outcomes,

- Learner Profile attributes and ATL skills) in their reflections for their completed CAS experiences/projects
- Students are also responsible for collecting and uploading evidence like photographs, certificates, videos, blogs, audio recordings, journal entries and websites on ManageBac that demonstrates their participation

CAS Strands

The CAS strands of creativity, activity and service are defined as:

- **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.

CAS Evidence

For completed activities and projects, students could upload the following as evidence:

- Photographs
- Certificates
- Videos
- Blogs
- Audio recordings
- Journals
- Websites

Writing a CAS Reflection

Reflection is an essential element of CAS and one that is crucial to being able to demonstrate your progress towards the seven learning outcomes, how you are working towards your goals, how you develop the IB Learner Profile attributes and ATL skills.

Students should refer to the following components (Learning Outcomes descriptors, Learner Profile attributes and ATL skills) in their reflection to explore how their participation in their chosen CAS experiences/projects has allowed them to grow in these areas.

Obviously, students will not be able to respond to all of these questions for every CAS participation.

However, they should find that several of these elements could help to focus and guide their reflection.