



The IB Diploma Program

The nature of creativity, action, service

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"...if you believe in something, you must not just think or talk or write, but must act."

Peterson (2003)

The CAS programme has changed slightly and below are the details relevant to students graduating May 2010 and beyond. As parents, you too could become involved in CAS activities with or without your children, as the personal rewards and help you give those in need are immeasurable.

Creativity, action, service (CAS) is at the heart of the Diploma Programme. It involves students in a range of activities alongside their academic studies throughout the Diploma Programme. The three strands of CAS, which are often interwoven with particular activities, are characterized as follows:

Creativity: arts, and other experiences that involve creative thinking, such as learning a musical instrument, creating innovative fundraising ideas, etc.

Action: physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme. This need not only involve sport. Digging and bricklaying for Habitat for Humanity in building houses for the poor is another example.

Service: an unpaid and voluntary exchange that has a learning benefit for the student helping those in need.

The CAS enables your children to enhance their personal and interpersonal development through experiential learning. At the same time, it provides an important counterbalance to the academic pressures of the rest of the Diploma Programme. When your child is near the completion of year 12, we will ask him/her:

- Have you increased your awareness of your own strengths and areas for growth?

- Did you undertake new challenges? A new challenge may be an unfamiliar activity, or an extension to an existing one.
- Did you plan and initiate any activities? (e.g. environmental awareness)
- Did you work collaboratively with others? (e.g. team sports, MUN)
- Have you shown perseverance and commitment in your activities?
- Have you engaged with issues of global importance?
- Have you developed new skills?

All outcomes must be present for a student to complete the CAS requirement. Some may be demonstrated many times, in a variety of activities, but completion requires only that there is some evidence for every outcome.

Responsibilities of the student

The relevant section of the IB Programme standards and practices document states that students should have opportunities to choose their own CAS activities and to undertake activities in a local and international context as appropriate. This means that, as far as possible, students should "own" their personal CAS programmes. With guidance from their mentors/advisers, students should choose activities for themselves, initiating new ones where appropriate.

Students are required to:

- self-review at the beginning of their CAS experience and set personal goals for what they hope to achieve through their CAS programme
- plan, do and reflect (plan activities, carry them out and reflect on what they have learned)
- undertake at least one interim review and a final review with their CAS adviser
- take part in a range of activities, including at least one project, some of which they have initiated themselves
- keep records of their activities and achievements, including a list of the principal activities undertaken
- show evidence of achievement of the eight CAS learning outcomes.

