

CAS

Creativity, Action, Service

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

WHAT IS CAS?

- CREATIVITY - music / arts / drama / literature etc OR learning a new skill. CANNOT be part of student's DP HL or SL courses
- ACTION - physical exertion (breaking a sweat)
- SERVICE - doing something for others that the 'recipient' cannot pay for or do for themselves or access. *Unpaid.*
- The best activities cover 2 or 3 of these areas

IB DP REQUIREMENTS

- approximately 3-4 hours per week for *at least* 18 months of the DP + achieve the 8 CAS learning outcomes and complete all the required reflections and evidence
- Students MUST...
- 1. PLAN (set goals, find activities, plan what you will do)
- 2. DO (be committed and follow through)
- 3. REFLECT (write about the experience, what you have learned)

CAS SHOULD INVOLVE

- real, *purposeful* activities with significant outcomes
- personal *challenge* - tasks must extend the student be achievable in scope
- *thoughtful* consideration, such as planning, reviewing progress, reporting
- *reflection* on outcomes and personal learning

LINKS TO MYP

- students have subject experience in arts, technology, PE - continue and extend on this
- C&S and ATL - strong CAS connections
- C&S - growing involvement in service to the community and increased importance of student-initiated activities in CAS
- ATL - reflect in increasingly sophisticated ways

AIMS OF CAS...DEVELOP STUDENTS WHO ARE -

- reflective thinkers - understand strengths, weaknesses, limitations, identify goals and strategies for personal growth
- willing to accept new challenges and roles
- aware of themselves as members of communities with responsibilities towards each other and the environment

AIMS OF CAS...DEVELOP STUDENTS WHO ARE -

- *active participants* in sustained, collaborative projects
- *balanced* - students enjoy and find significance in a range of activities involving intellectual, physical, creative and emotional experiences

8 CAS LEARNING OUTCOMES

- As a result of *the student's* individual CAS programme as a whole, including their reflections, there should be EVIDENCE that students have...
- increased awareness of their own strengths and personal growth
- undertaken new challenges

8 CAS LEARNING OUTCOMES

- worked collaboratively with others
- shown perseverance and commitment in their activities
- engaged with issues of global importance
- considered the ethical implications of their actions
- developed new skills

- ALL 8 learning outcomes MUST be present in *their* programme for a student to complete CAS
- *quality* of CAS is the most important factor!!!
- if they have *quality* activities then the learning outcomes will be achieved EASILY
- EVIDENCE is found in their reflections, paperwork and interviews - VERY IMPORTANT

WHAT IS CAS?

- CREATIVITY - theatre, music ensembles, art, dance, teaching, learning a new language, cooking courses, debating, planning and organising events, sports coaching,...
- ACTION - any sport SUPERVISED by an ADULT (**not a family member!**), dance, yoga, martial arts, gym, HKAYP, other activities involving physical effort),...
- SERVICE - local service projects, coaching, helping in the College community,...

WHAT IS NOT CAS?

- music lessons with no goals, theatre visits, *passive* attendance at meetings
- *unsupervised* jogging, swimming, hiking, gym
- babysitting and anything they receive payment for, work experience / internships **unless** in a charity or NGO
- anything they do BEFORE the start of Year 12
- anything involving religious teaching
- anything that counts towards their subjects for the DP

STUDENT RESPONSIBILITIES

- they have completed a 'self-review' and set personal goals for what they hope to achieve through their CAS programme
- 'plan, do, reflect' - using Gateway
- be prepared for and participate in CAS interviews (formal and informal) with CAS Advisors, CAS Counsellors and CAS Coordinator
- take part in a range of activities, including at least one project, some of which they have initiated themselves
- show evidence of achievement of the 8 CAS learning outcomes (based on reflections, photos, videos, certificates)
- REMEMBER it is their CAS programme, not their parents, Advisors or CAS Coordinator...THEY need to take ownership!

YEAR 12 CAS WEEK 2011

- November 14-18 (some trips will be from 11th / 12th til 19th / 20th)
- Please do not make doctor / dentist etc appointments during that week
- Collapse the curriculum for Year 12 for an entire week so students can complete some meaningful and sustained CAS - ONE activity / experience for the whole week

CAS PROJECT

- advised, but not essential, to complete in Year 12 - must be completed at some stage though
- must be a MAJOR activity that involves at LEAST 2 of C/A/S
- must lead & initiate at least some significant part of it
- must involve collaborating with others
- e.g. Famine 24, Ingenium talent show, Inter-House Volleyball Competition

PAPERWORK

- **BEFORE** they start an activity - especially with a supervisor from outside school - **CAS Activity Supervisor form**
- **Enter details on Gateway** - include their goal, supervisor, times / duration etc - activity to be approved by CAS Advisor / Counsellor / Coordinator
- **Reflect** at beginning, at significant times, conclusion - in other words for ongoing activities they need to reflect regularly!

MORE ON PAPERWORK

- **CAS Activity Supervisor Report** - when they complete an activity (within 2 weeks)
- also any photos, videos, blogs, certificates can be added in their file or on Gateway
- all forms can be found at the CAS Office - 4th floor or on RCHK web-site

TIPS FOR PLANNING

- students need to organise their out of school 'life' (tutoring, music lessons, sports, etc), so they know what days / times they are available to commit to CAS activities
- if they are planning on going on an overseas experience for CAS Week they will be required to be involved in preparation - possibly after school or some lunchtimes

STILL NOT SURE WHAT NEEDS TO BE DONE?

- if students are unsure of what is expected of them for the next 18 months in CAS, they need to ask for help!
- 1st - CAS Advisor
- 2nd - CAS Counsellors or myself
- parents should discuss with their child and refer to the documentation on the RCHK website

WHEN DOES CAS START?

- It started on 15th August, 2011 (for this year's Year 12)
- Anything they did in these holidays doesn't 'count', but if they are continuing with anything from then, we can start 'counting' from the first day of Year 12
- 1st step is make a plan! Students use their Self-Review to help and work with their Advisor to plan and implement *their* CAS programme

COMMUNICATION

- students need to check their emails, Gateway bulletin board and SS Bulletin EVERY DAY / NIGHT and the new CAS / C&S web-site
- lots of opportunities will be offered by staff and advertised through the above
- they need to keep appointments and meetings - follow through!

ACTIVITIES OFFERED WITHIN SCHOOL

- Staff will find and offer suitable activities throughout the school year
- Some students will use some of our After School Activities (ASA) as part of their individual CAS programme
- 1st Block of ASA began on Monday 5th September, 2011
- students need to check the new CAS/C&S web-site daily (a link will be posted on the College web-site) by Wednesday 14th September

BLACK KITES

- Season 1 has commenced and runs from 5th September - November 6th
- Volleyball, Swimming, Cross-Country, Rugby
- Check all notices for trials and if they commit to a team or sport, they must follow through
- Coaches can refuse to sign their forms if they do not attend the required number of trainings and games!
- exams, tutoring etc are NOT valid excuses for attending training and games

ACTIVITIES NOT OFFERED AT SCHOOL ?!?

- students MUST complete the External Supervisor form
- return to their Advisor *before* or *as soon as* they begin the activity
- Advisors need to approve and 'check-in' with the Activity Supervisor
- Please note it is the student and parents responsibilities to ensure the activity is safe and appropriate for them - it is physically impossible for us to visit all sites and carry out comprehensive risk assessments for every external activity found by every student around HK and overseas.

WHAT PARENTS CAN DO...

- be supportive of your children and their interests
- be aware that your children will need to complete *at least* some of their CAS *outside* of RCHK
- keep the lines of communication with your children open
- don't stress - we are here to help and support you and your children!

CAS SHOULD BE...

- (probably) the most enjoyable part of a student's IB DP
- a valuable and enjoyable *learning experience* - not 'wasting time that they should spend studying'
- a way of providing some balance to their lives and often an avenue of relieving stress

LASTLY...

- CAS is at the CORE of the IB Diploma Programme - along with Theory of Knowledge and Extended Essay
- it is this CORE of the DP that Universities and employers value and prefer the IB DP to many other curricula around the world
- *failing to fulfill the CAS requirements will result in failing the IB DP*