



## What is not CAS?

Ask yourself the following questions to see if your experience qualifies as a CAS...



Remember, CAS Experiences should **NOT** be:

- ▶ Passive experience (such as attending a concert or museum)
- ▶ Habitual (family duties, religious devotion)
- ▶ Financial rewards (babysitting, work)
- ▶ Internship or work experience
- ▶ Simple or repetitive (household chores or school chores)
- ▶ Activities that cause division among people or community

# CAS GUIDE

*for students*

**1** During IB DP you will undertake a variety of CAS Experiences and at least ONE CAS project.

**2** You undertake CAS Experiences CONTINUOUSLY for at least 18 months.

**3** 3 x INTERVIEWS + CAS Portfolio



**4**

Exploring and extending ideas leading to an original product or performance

- ▶ ongoing creativity
- ▶ school-based creativity
- ▶ community-based creativity
- ▶ individual creativity



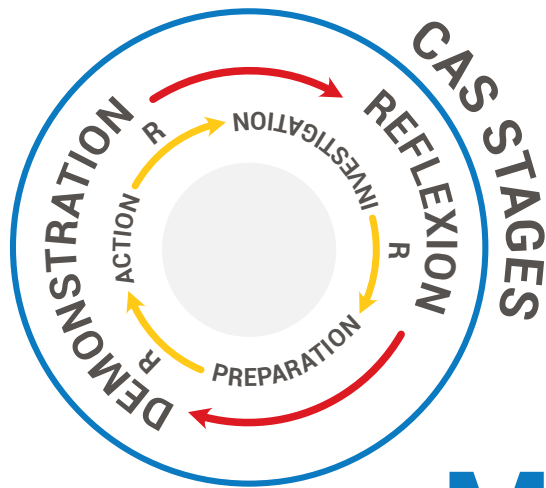
Collaborative engagement with the community

▶ physical exertion contributing to a healthy lifestyle

- ▶ direct service
- ▶ indirect service
- ▶ advocacy
- ▶ research



*for students*



**5**

## 7 Learning Outcomes

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- 1 • Strength and growth
  - 2 • Challenge and skills
  - 3 • Initiative and planning
  - 4 • Commitment and perseverance
  - 5 • Collaborative skills
  - 6 • Global engagement
  - 7 • Ethics of choices and actions

INTERVIEWS 3X AND CHECK

**6**

## Must be met during your CAS

- ▶ The Learning Outcomes all have equal importance
- ▶ You have to achieve all of them at least once
- ▶ CAS is about development - not about doing everything perfectly
- ▶ CAS is about improving not just repeating

**7**

## CAS PROJECT at least 1 month

- ▶ You work with others, towards a stated goal
- ▶ You must undertake at least ONE project
- ▶ It should have a DEFINED GOAL
- ▶ Individually you should identify one or more Learning Outcome