

CAS

Mt. Rainier HS



What is CAS

The participation in experiences over your junior and senior year.
Experiences must be in one of these strands

- CREATIVITY art, music, dance, drama, writing
- ACTIVITY sports, physical labor, dance
- SERVICE volunteer work
 - Direct
 - Indirect
 - Advocacy
 - Research

Your personal CAS program should genuinely engage you.

- You should feel that you “own” it.
- It should be built on experiences that are:
 - Meaningful to you
 - Allow for PERSONAL GROWTH
 - Take you outside your comfort zone and normal experiences

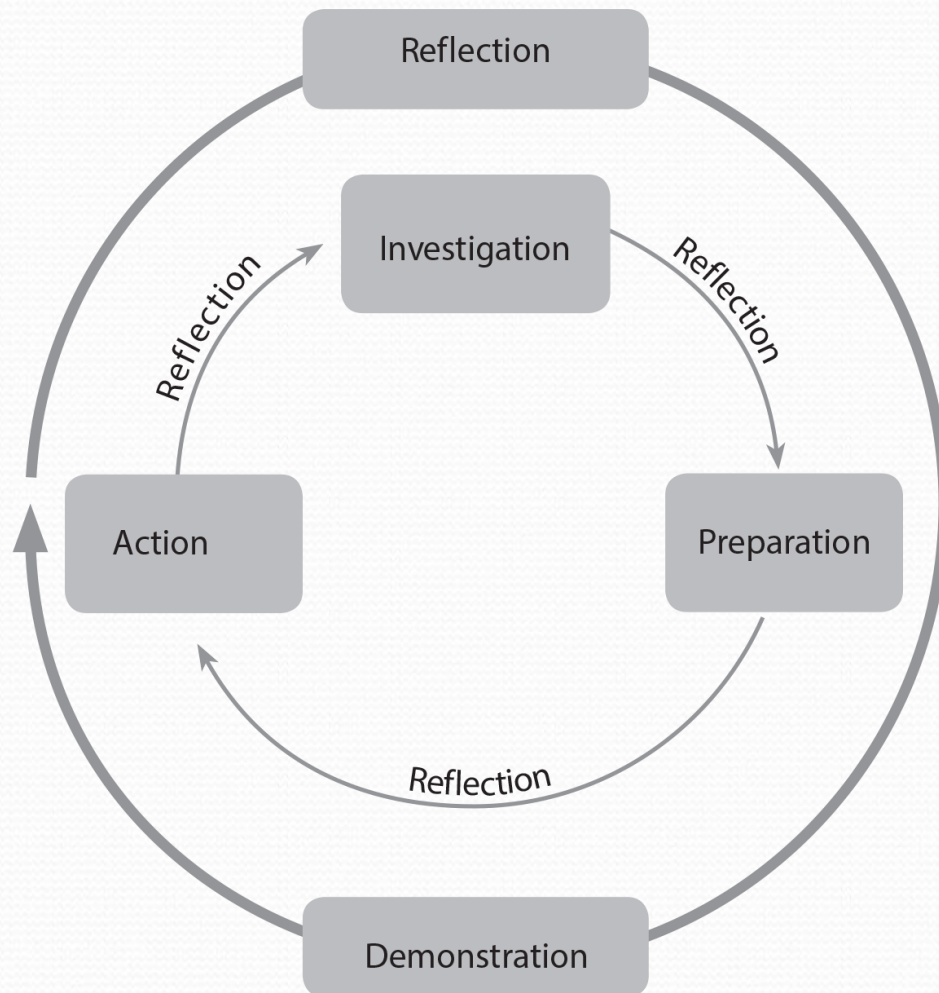
Can I do....?

- Sports YES
- School Clubs YES
- Activities alone NO
- Something I get paid for NO
- Something I am getting credit for YES (as long as you are not testing IB in it)
- Religious teachings etc. NO

Does your experience meet these requirements?

- Real, purposeful experiences with significant outcomes
- Personal challenges – the task must extend you and be achievable in scope
- Thoughtful consideration, such as planning, reviewing progress and reporting
 - CAS Stages
 - Activity lasts min. of 2 or 3 months
 - 2 months – daily activity
 - 3 months – weekly activity

CAS STAGES





If you have done the activity before

- Set NEW goals

or

- Do something else

CAS BIG PICTURE

- Self-review and set personal goals
- Address Learning Outcomes
- Plan, do, and REFLECT
- Take part in C, A, and S each school year
- CAS 3-4 hours a week, every week
- Journal as learning occurs, min. once a month
- Participate in a group project
- Participate in activities through out Jr. and Sr. yr.

Four types of service

Direct Service: Student interaction involves people the environment or animals

Indirect Service: Student does not see the recipient but has verified that their actions will benefit the community or environment

Advocacy: Student speaks of behalf of a cause or concern to promote action on an issue of public interest

Research: Student collects information through varied sources , analyses data and reports on a topic of importance to influence policy or practice.

In other words.....

- Direct - you give sandwiches to the homeless, face-to-face
- Indirect - you make sandwiches that someone else goes out to give to the homeless
- Advocacy - you raise awareness about the causes of homelessness and the need for shelters and other services
- Research - you collect data on the number of homeless people living on the street, which the Union Gospel Mission uses to inform their practice to help the homeless

Learning Outcomes

- Identify own strengths and develop areas for growth
- Demonstrate that challenges have been undertaken, developing new skills in the process
- Demonstrate how to initiate and plan a CAS experience
- Show commitment and perseverance in CAS experiences
- Demonstrate the skills and recognize the benefits of working collaboratively
- Demonstrate engagement with issues of global significance
- Recognize and consider the ethics of choices and actions

Ethics of choices and actions

- Integrity
- Reasoned decisions
- Attitudes
- Behaviors
- Obligations
- Conflict resolution

Global Significance

“Think Globally, Act Locally”

- Hunger, homelessness, violence, intolerance, minority issues, the environment, war, oppression, education, access to information, censorship...
 - Raise awareness
 - Work directly with an issue on the local level that is faced globally
 - Organize and lead actions
 - Letter writing
 - Supply collection and distribution
 - Boycotts and picketing

What a group project is:

- Three or more IB students collaborating as leaders
 - Leader –initiator, problem solver – group project
 - Worker – follows plan set by leader - experience
- Three month minimum
- Of a scale* to allow each leader to take charge of one aspect of the project
 - *complex, sophisticated, extensive, considerable

What a group project is not:

- Three or more IB students doing the same activity at the same time
- Showing up to participate in an event that someone else has already planned

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STEPS to BIG PICTURE

- Complete Description and Goals in ManageBac
- Participate in CAS experiences and group project
- JOURNAL to record reflections
- Collect physical evidence of experiences
 - E-mails
 - Programs or schedules
 - Ticket stubs
 - Receipts
 - Etc.

BEFORE: Description and Goals

Guiding Questions

- What is the task?
- What are your personal goals for this activity?
- Does this task allow for the CAS Stages? Explain?
- How will the task extend you as a person?
- What are the planning steps for the activity?
- How will you review your progress in the activity?

What goes in the JOURNAL

- Thoughts about personal goals and student learning objectives
- Plan for each experience or project
- Objective details about experience progress
- Description of how learning objectives have been achieved
- Any physical evidence of your activity
- REFLECTION on each activity
 - Before
 - During
 - After

DURING: Journal REFLECTION

- Describing what happened
 - Memorable moments
 - Identify what was important or influential
 - What went well or was difficult. What do you hope to accomplish? What have you accomplished so far?
- Express feelings
 - Emotional response to the experience
- Generating Ideas
 - Rethinking or examining choices and actions to...
 - Increase awareness about self and situations
- Asking questions
 - People, processes or issues to prompt thinking and inquiry

AFTER: Final REFLECTION

- Required:
- What Learning Outcomes did you achieve?
- What personal goals did you accomplish?
- How will/can you apply what you learned to a new situation?
- Optional:
- Did any of your perspectives change?

Format of Journal and IB reqs.

- ManageBac
- All entries done on line with the ManageBac site
- Journal updated a min of once a month
- All evidence will be scanned and downloaded. 3-D evidence will need to be photographed
- CAS coordinator will check your acct. periodically to verify progress

Comments by students

- CAS has made me stronger internally and a much more confident individual.
- Before being involved in working on the lighting, I tended only to care about the cast members on stage. I was surprised and amazed by the amount of work the backstage crew put in. I've also gained a skill I hope to continue to use.

Comments cont'd.

- I wasn't sure I wanted to play basketball this year because I have a lot of work for IB but I'd like to become better at the sport and I don't want to become lazy. I find that exercise after school allows me to think better.
- At first I was scared to go to the kindergarten. It's hard to communicate but the kids are so cute.

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E-mail me if you can't find me around school