

CAS REQUIREMENTS

Guide

CHOOSING A CAS EXPERIENCE

- Fit within one or more of the CAS Strands
- Meets at least one LO (Learning Outcome)
- Provide opportunities to develop the attributes of the IB learner profile
- Not to be used or included in the student's Diploma course requirements
- Must have a supervisor (non-family)
- No Payment received
- **Students MUST have a minimum of 10 CAS experiences to fulfill the IB Diploma requirement.**

OPENING AN EXPERIENCE (PRE-REFLECTION)

- Brief description of the experience.
- Discuss your expectations of what will happen, potential difficulties, & what you hope to gain from the experience.
- Discuss how the experience aligns to the learning goals you identified.
- Must be 3-4 sentences long.

REFLECTIVE EVIDENCE

What counts as evidence?

- 150-word written reflection.
- Picture/Video of you engaging in your experience (You MUST be in the photo/video).
- Journal/ Blog
- Work Product

JOURNAL ENTRIES

- 300 word minimum
- Briefly discuss what you have done in this experience so far.
- Reflect on the high and low points of the experience so far.
- Reflect on how you are going to/or did achieve learning goals.

CLOSING AN EXPERIENCE

- Must be completed 2 weeks after you have completed the experience
- **WRITE A "FINAL REFLECTION" INCLUDING:**
 - o Remarks on success/failure regarding progress of the goals and why.
 - o What you learned with the experience
 - o The high and low points of the experience
 - o Obstacles that were faced and how you overcame them - or not.
 - o What could you have done differently?
 - o Thoughts on the Global Importance and Ethical Considerations
- **Answer the CAS questions, providing examples for how each 'proposed' Learning Objective was addressed.**
- Send an email to your supervisor through ManageBAC to close out your experience.

CAS REQUIREMENTS

Guide

IS IT CAS?

- Fit within one or more of the CAS Strands
- Meets at least one LO (Learning Outcome)
- Provide opportunities to develop the attributes of the IB learner profile
- Not to be used or included in the student's Diploma course requirements
- Must have a supervisor (non-family)
- No Payment recieved

CHOOSING AN 18 MONTH CAS EXPERIENCE

- Students **MUST** participate in 18 months of **CONTINUOUS SERVICE** with the same organization in the community.
- The title of your experience needs to reflect that this experience is "18 Months of Service". **Example: 18 Months of Service: Feeding the Fosters.**
- If you have to change the organization of your 18 Months of Service, you **MUST** get approval from Tancrell Jrs./Kluis Srs. and provide a short-written entry explaining your reason for doing so.

PUTTING AN EXPERIENCE "ON BREAK"

- There may be times where instead of concluding an experience, you choose to put it on break, leaving it open to pick up at another time (for example, if your season ends for a sport but you intend to pick it up again next season).
- Edit the title of your experience to reflect that this experience is "ON BREAK".
Example: ON BREAK: Soccer
- Provide a short-written entry explaining your reason for doing so.

CAS BOARD EVENT REQUIREMENTS

- A board of your peers creating events for you to diversify your portfolio or help you with a strand that is weaker.
- Students **MUST** attend 1 CAS Board Event per semester.
- Minimum of four CAS Board Events by graduation
- Board members are a resource for you.
 - <https://phuhsca1.wixsite.com/phucas>
 - Instagram: phucasboard

CAS PROJECT

Purpose:

- Real, purposeful activities, with significant outcomes
- Personal challenge
- Thoughtful consideration, such as planning, reviewing progress, reporting
- Reflection on outcomes and personal learning
- Benefits the community and provides a learning experience

Requirements:

- At least one month
- Covers one or more strand
- CAS Paperwork found on Managebac
- APPROVAL from Juniors: Tancrell & Seniors: Kluis
- 6 Learning Outcomes
- Reflections and Stages
- Must be completed by the end of 1st semester of Senior year.
 - **NO DONATION DRIVES!**