

Creativity, Activity, and Service (CAS)

CAS Introduction Presentation: https://www.canva.com/design/DAFtrfX5T-o/BnpywV1LT_sgJe0471AHPg/view?utm_content=DAFtrfX5T-o&utm_campaign=designshare&utm_medium=link&utm_source=publishsharelink

What is CAS?

CAS stands for “**C**reativity, **A**ctivity, **S**ervice” and is one of the three elements of the IB Diploma Programme Core that all IB students must complete to graduate from high school and earn their IB Diploma.

Participating in CAS allows students to develop characteristics of an IB Learner by exploring their interests and expressing their personalities outside of the classroom.

What is required of a student to successfully complete CAS?

- Demonstrate **CONSISTENT** engagement with CAS over the course of at least 18 months between 11th and 12th grade
- Engage in all three strands (creativity, activity, and service)
- Complete a CAS Project

What are some examples of creativity?

- Creativity in CAS provides students with the opportunity to explore their own sense of original thinking and expression.
- This may include visual and performing arts, digital design, writing, film, culinary arts, crafts, and composition.
- Some examples of students in previous years include
 - Cooking family recipes
 - Practicing an instrument that a student already plays or learning a new instrument
 - Participating in the Thespian Society
 - Taking Dance classes at a local dance school
 - Learning origami
 - Making friendship bracelets
 - Crocheting/Knitting
 - Sewing

What are some examples of activity?

The aim of the “Activity” strand is to promote lifelong healthy habits related to physical well-being. Pursuits may include individual and team sports, aerobic exercise, dance, outdoor recreation, fitness training, and any other form of physical exertion that purposefully contributes to a healthy lifestyle.

- Some examples of students in previous years include
 - Joining a school or club sports team
 - Going to a gym
 - Doing yoga videos at home
 - Biking around the neighborhood

What are some examples of service?

The aim of the “Service” strand is for students to understand their capacity to make a meaningful contribution to their community and society. Through service, students develop and apply personal and social skills in real-life situations involving decision-making, problem-solving, initiative, responsibility, and accountability for their actions.

- Some examples of students in previous years include
 - Volunteering school sporting events (basketball concession stands, swim timers, etc.)
 - Volunteering at IB events (Choice Night, Incoming 9th Grade Student Night, 10th Grade Curriculum Night, etc.)
 - Volunteering with school clubs
 - Ecology Clubs
 - Roots & Shoots
 - Math Honor Society
 - National Honor Society
 - Beta Club
 - Key Club
 - Volunteering with community organizations

- Osceola County Library
- Give Kids the World
- Boys & Girls Club
- Second Harvest Food Bank
- Animal Services

Do I need to complete separate service hours for CAS and Bright Futures?

- Although you do not need to earn a specific number of hours for IB/CAS, you still need to earn 100 hours for Bright Futures.
- Your hours must be documented using an hour log (Gateway organization) or letterhead (community organization).
- Additionally, you must complete the District/State Bright Futures form for each organization you volunteer with.

What is the CAS Project?

- Students must engage in at least one CAS Project during 11th and 12th grade.
- An experience is considered a CAS Project if it demonstrates initiative and collaboration. In other words, students must work together to accomplish a common goal. Ideally, students will demonstrate cooperation, problem-solving, and decision-making skills.
- Some examples of students in previous years include
 - Hosting a bottle rocket science lab for students in a self-contained ESE classroom
 - Making masks for Gateway teachers during the height of the Covid-19 pandemic
 - Hosting a bake sale to buy supplies for a women’s shelter
 - Creating clubs for various student interests including Chess, Baking, Health, Fitness, and jobs in the medical field.
 - Hosting a cupcake decorating competition.

How do I prove consistent engagement with CAS?

- Students in Gateway are responsible for recording consistent engagement in one CAS experience per quarter.
- Students must upload one photo/video/audio recording and caption per week to the SAME CAS experience in Managebac.
- These will be checked weekly by your assigned CAS supervisor.
- At the end of the quarter, you will write a brief paragraph reflection about the experience.
- Students will also meet with their assigned CAS supervisor once per semester for a “CAS Interview.”
 - IB Senior Interviews: 1st and 3rd Quarters
 - IB Junior Interviews: 2nd and 4th Quarters