

# IB CREATIVITY, ACTION, SERVICE (CAS)

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## Core Subject: CAS

### What is CAS?

CAS is experiential education. CAS is doing!

### CREATIVITY:

To be able to utilise resources to make something beautiful in order to make people feel good! Examples could include drama, music, art, photography, writing activities or other experiences that involve creative thinking.

### ACTION:

To be able to take initiative in order to improve your physical well being in order to be able to help others to feel good! Examples could include team sports, dance, physical exertion conducted on a regular basis so as to contribute to a healthy lifestyle.

### SERVICE:

To actively and creatively help other people feel good about themselves and the environment they live in! Social unpaid exchange such as volunteering work which is mutually beneficial, implying learning benefit and personal development opportunities for the student.

CAS is there as a counterbalance to the academic self-absorption. Through CAS, and above all through Service, knowledge is undertaken outside the classrooms and places students into the real world. CAS challenges and develops the student's personal, interpersonal, social and human skills.

### What are the benefits of undertaking CAS?

Good CAS is when the activities are:

- Involving
- Challenging
- Novel
- Lead to personal development

Good CAS must allow the person doing it to develop through:

➔ EXPERIENCE,

and more importantly through:

➔ REFLECTION!

Reflection must be guided by the CAS Co-ordinator in co-operation with:

- ➔ IB Co-ordinator
- ➔ Relevant members of staff
- ➔ CAS Advisors
- ➔ External supervisions and experts

### The main aims of CAS?

The aims of the CAS programme are to enable the student to develop:

- an appreciation of the potential of the human mind and spirit
- knowledge, skills and understanding
- an awareness of humanitarian issues across the world
- a recognition that education imposes lifelong ethical responsibilities
- a willingness to inquire and an enjoyment of discovery
- confidence in your ability to initiate change, both individually and collaboratively
- autonomy and self-reliance
- an appreciation of your own and others' talents.

### What will CAS lessons involve?

Each student will have dedicated CAS lessons once a week. The CAS Co-ordinator will be able to assess the viability of a CAS challenge and provide guidance. Also, during these sessions students will be able to provide the evaluation and evidence materials necessary to pass this key element of the IB curriculum.

However, the majority of CAS activities will usually be conducted outside of these sessions, either after school or during the weekends.