



# SHS CAS Guide



## Experiences

How many experiences should I have?

Students should have a **MINIMUM** of one experience per month over the course of **18 continuous months of activity**. This means, at the end of case you should bare minimum have **EIGHTEEN** experiences documented.

How many entries do I need in each CAS category? (Creativity, Activity, and Service)

The ultimate goal is to have a balance of entries, and you will likely trend towards one area of CAS more than others, but you will need a **MINIMUM** of **SIX** entries in each of the categories.

What can serve as evidence for CAS?

Evidence can take many forms with the most common being a picture of yourself at/doing the experience. However, there are many other ways to document your experience such as: writing a journal entry expanding on your experience, recording yourself at/doing the experience or talking about it after the fact, etc.

Do I need evidence for every experience?

**YES. EVERY SINGLE ONE.** They do not all have to be the same type of evidence however.



# SHS CAS Guide



## Reflections

### What is a reflection?

A reflection is a piece of writing consisting of approximately **TWO PARAGRAPHS** in which you look back on a CAS experience and evaluate it through the lens of one of the seven Learning Outcomes.

### What should a reflection look like?

While there are no specific guidelines for what a CAS reflection has to look like, a simple format for a reflection would be the following:

2-3 Sentences explaining what the experiences was

2-3 Sentences explaining the impact of the experience on yourself

4-6 Sentences explaining why your experience relates to the selected learning outcome.

### Student Example Commitment and Perseverance Reflection

“Marching practices took place on a daily basis up until the season was cancelled due to the risk of Covid 19. There were multiple points during almost every practice that everyone wanted to give up; we were running full sets of music and marching in 95-degree weather with few water breaks. However, my commitment to persevering through some of these difficulties in turn made me a better performer. By pushing through block and marching, I strengthened my technique and playing abilities, which would not have improved if I had decided to constantly sit out during practice to avoid putting in the work necessary to put on a great show. Though our season was cut short this year, I feel as though any improvement that I experienced in this year’s marching season will most likely carry onto next season, where I can use my improvement this year to improve and grow to be even better during next marching



# SHS CAS Guide



season. Overall, I learned through this experience that I needed a progressive and persevering attitude when practicing and marching in order to be the best performer that I can be.”

How many reflections do I need?

**AT LEAST ONE** in each of the seven learning outcomes. A rule of thumb should be **MINIMUM ONE/9 weeks**.

Do reflections have to be written?

No actually. You could record your reflection in written, audio, or video form. Whatever works best for you.



# SHS CAS Guide



## Learning Outcomes

### What are the Learning Outcomes? (LOs)

LOs are the seven core concepts at the heart of CAS' goal of creating a well-rounded student and person. They are meant to be reflected on along your CAS journey. They consist of:

**Strength and Growth:** Refers to any experiences that lead to physical strength/growth (Ex. Working out, training for a marathon, etc.), or personal growth (Ex. you reflected on how an experience made you a better or more well-rounded person perhaps)

**Challenges and Skills:** Refers to any experiences where you overcame an obstacle and/or improved at a skill (Ex. You perfected a new technique in dance or cheer, learned how to compose or play a new song, found a way to beat a particular level or challenge in a videogame, etc.)

**Initiative and Planning:** Refers to an experience that required forethought and effort on your end to make possible, or an experience you assisted in the creation of (Ex. You planned a fundraiser or a party, you helped decide and set the agenda for your community service club, etc.)

**Commitment and Perseverance:** Refers to an experience where in the face of adversity you push through to complete the experience and/or an experience that lasts over a period of time requiring consistent effort (Ex. Participation in a club or sport, doing a 5k, a long term community service engagement, etc.)



# SHS CAS Guide



**Collaborative Skills:** Refers to an experience where working with others is core to the experience and critical to making it possible (Ex. Club or Sport team, community service event, fundraiser, cooking with a group, etc.)

**Global Engagement:** Refers to an experience which helps fulfill United Nations goals (Ex. A food drive for the homeless, tutoring, helping environmental efforts, etc.)

<https://www.un.org/sustainabledevelopment/>

**Ethics of Choices and Actions:** Refers to a reflection where the focus is on the impact an experience had on you, other stakeholders involved in the experience, and/or the broader community (Ex. A reflection that questions the safety or a morality of an experiences, like “Where there proper safety precautions in place prior to this experience and how could that have impacted people?”

## Student Example Ethics of Choices reflection

“Yesterday I played airsoft with my dad, brother, and two of our friends...

Throughout the day, I kept asking myself if it was really ethical to play airsoft. The game consists of people who are in military gear running around and shooting each other with plastic BBs. While not a true military simulation, it is sort of like a video game in real life, and there has been much debate over whether or not "violent" videogames have an impact on the mental health of teenagers. Airsoft is not gory, but it is still an adrenaline high from strategy, trying not to "die," etcetera. Personally, if played safely, I really don't see a huge issue with playing airsoft. However...

I did wake up in the middle of the night last night thinking about how I would explain the large bruise on my arm to my friends, some of whom I think would look down upon my decision to play airsoft. If I am having this much anxiety over playing



# **SHS CAS Guide**



airsoft and explaining it to friends who wouldn't agree with my choices, is it really ethical to play? Or is it just a product of a climate where everyone wants to be liked and accepted so they stuff their real selves away to fit a mold? I think that I am my own person, but I need to be more comfortable being who I am and not who others say I am.”



# SHS CAS Guide



## CAS Project

What should the CAS project consist of?

A CAS needs to have the following features:

**Collaboration** (with other students IB and/or non-IB, other community members, etc.)

**Takes place over the course of AT LEAST ONE MONTH** (from planning to execution of the project)

**The student must serve in a “leadership role” in the project** (Ex. Coordinating the marketing for a fundraiser, planning the games for a field day, handling interactions with other collaborators, etc.)

When should the CAS project be completed?

There is a soft deadline of December of your Senior year to complete your CAS project. Anyone wishing to do an event LATER than that December needs to get the permission of their CAS coordinator to do so. CAS projects are an involved process over time, and therefore need plenty of that time in order to be completed in a quality manner.

Does a CAS project have to be a fundraiser?

NO. Emphatically no. While the fundraiser format often does lend itself to a CAS project, it is not a requirement to raise donations for a cause, organization, or charity to have a successful CAS project. There are plenty examples of non-fundraiser CAS projects, from efforts to beautify campus, students working to create gardens in their communities, creating clubs to fulfill needs of the student body or the community, etc. Please DO NOT feel limited to doing a fundraiser.



# SHS CAS Guide



## Can I work with other IB students on a CAS project?

Yes. BUT, there is a limit of THREE IB students to one CAS project, because more than three students would make it impossible for them to all have a leadership role in it. Other IB students can be involved or participate in some capacity and be able to log it as a CAS experience however.

Ex. Three students organize an IB field day as a CAS project and have done all the planning and set up to make it possible. But the other participating students could still log it as an experience.

## Do I have to do a reflection on a CAS project?

Yes it is **REQUIRED** to do one of your reflections on your CAS project. Additionally, since a CAS project is an event that takes place over an extended period of time, it should also feature multiple pieces of evidence throughout the process of planning, organizing, and executing the project.

## General CAS FAQs

### What counts for CAS?

Almost everything. An easy way to think about CAS is “If it’s not for cash, and not for class, it’s probably CAS!” As long as you are not being compensated for your participation in an experience monetarily, and that experience is not in a class that is a part of your Diploma Programme, many, MANY things count for CAS.

### I am not an artist, so how do I do Creativity? (or “I am not athletic so how do I complete Activity?” etc.)

An important part of CAS is broadening your horizons, and looking at your daily life in new ways. This very much applies to how you can complete CAS for the categories





# SHS CAS Guide



you personally struggle with. Not a traditional artist? Try whipping up a new recipe in the kitchen to flex your creativity. Can't catch a cold, let alone a football? Go for a brisk walk in this magical place called Outside™. Not involved in one of school's gazillion community service organizations? Tutor a struggling classmate, or help the kind old lady next door with some yard work. The opportunities are there, just look!

What are some resources nearby that could help me find CAS experiences?

**Creativity:** Art, Creative Writing, or DnD club, a friendly Minecraft server, i.e. things that result in a “product” whether physical or otherwise

**Activity:** Sports teams (either @SHS or travel leagues), gyms, a friendly dog looking for a nice walk, etc.

**Service:** Beta, Coastal, or Interact club(s), NHS, local charitable organizations, etc.