

CAS at Littleton High School for IB Diploma Program students



Creativity — **Activity** — Service

Why do CAS? Creativity, Activity and Service involvement is at the very heart of the IB diploma program. CAS is one of three core components of IB (Theory of Knowledge and the Extended Essay are the other two). CAS is intended to enrich a student's academic experience as well as that of the greater community.

When? Students begin participating in CAS activities, and logging their involvement and reflections (using the online ManageBac platform) August 1 of junior year. They participate and log a wide variety of efforts throughout their junior and into their senior years. Students must complete CAS by March 1 of senior year, though we encourage students to finish all CAS activities and reflections during the fall (due to other academic and post-graduate obligations).

What else? In CAS, the emphasis is on learning by doing real tasks that have real consequences, and reflecting on those involvements over time. The IB goal of educating the whole person and fostering a more compassionate citizenry comes alive in an immediate and potentially life-changing way when students reach beyond themselves and their books.

The numbers: Students must accrue **150 CAS hours** over the 18-month period. These include a **50-hour integrated project** that the student designs and implements. The integrated project must be at least 50 percent 'service.' Beyond the integrated project, students must participate in **100 additional hours (33 each of CREATIVITY, ACTIVITY, and SERVICE)**. They must have **at least three different activities for each category**, and no more than 25 hours for any one activity. These may include a maximum of 10 hours of non-academic LHS courses or activities (eg: art class for creative; PE class for action) beyond those required for graduation.

A good CAS program should be both challenging and enjoyable, a personal journey of self-discovery.

What CAS is:

Creativity: *art, theater, dance, music, writing, and similar pursuits that involve creative thinking and doing*

Activity: *physical exertion that contributes to a healthy lifestyle and complements academic work in the IB program (if you're not sweating, it's not an active endeavor)*

Service: *an unpaid, voluntary exchange that has a learning benefit for the IB student; the rights, dignity and autonomy of all involved are respected*

What CAS is NOT:

- ◆ *More of the same (more practice, more concerts, more shows) but it could be an extension of activities that the student is already doing*
- ◆ *Passive pursuits; merely attending, but not actively participating in, an event (concert, museum exhibit, sporting event) is not a CAS activity*
- ◆ *Any activities for which the student receives income or academic credit*

Using the *IB Learner Profile*

Inquirers
Knowledgeable
Thinkers
Communicators
Principled
Open-minded
Caring
Risk-takers
Balanced
Reflective



The IB Learner traits infuse and enhance CAS activities and reflections.

Need help or inspiration?

The CAS coordinator is available Monday through Thursday for brainstorming and other support. She provides ideas on the IB/CAS section of the school website, the bulletin board outside the IB office, and the ManageBac online platform (see the Groups tab).

Here are some websites that have interesting ideas for CAS involvement and integrated projects:

Metrovolunteers.org

Volunteermatch.org

Idealist.org

Philanthropyfieldtrips.org

Voc.org (Volunteers for Outdoor Colorado)

Theactioncenterco.org

Greatnonprofits.org

Habitatmetrodenver.org

Projectcure.org

Projectangelheart.org

Cottonwoodinstitute.org

Globalworkstravel.com

See the IB CAS page of the LHS website for more.

For student development to occur, CAS should involve:

- ◆ Real, purposeful activities with significant outcomes
- ◆ Personal challenge with tasks that extend the student while being achievable in scope
- ◆ Thoughtful consideration such as planning, reviewing progress, and reporting
- ◆ Detailed and frequent reflection on outcomes and personal learning



Students do not have to travel abroad or spend lots of money to serve others. There are hundreds of organizations and thousands of people in the Littleton and greater Denver communities who need, and want, your time, energy and enthusiasm!

Any student who does not sincerely and actively participate in the CAS program, including regular, ongoing documentation and reflection on ManageBac, will not be eligible for the IB diploma.

The CAS Coordinator (Mrs. Stulock) must approve, in advance, every student's 50-hour integrated project. Be sure to discuss your project with her before you begin!

Creativity ~~~

Learning to play a musical instrument * Taking a pottery class *
Participating in a writers' group * Taking a photography class *
Playing in a music group at school, church, or in the community *
Learning to dance (country line dancing, swing, two-step, ballroom...) *
Painting a mural * Learning how to bake, or perfecting new culinary skills (then sharing your efforts at church or with the school faculty) *
Designing marketing materials for a nonprofit organization's fundraiser

Activity...

Hiking a fourteener (or two or three) * Biking in a local race (Elephant Rock, Ride the Rockies, Moonlight Classic, MS 150) *
Training and participating in a full or half-marathon * Learning to ski, snowboard or snowshoe, and putting those new skills into practice *
Skating on a mountain lake * Joining the LHS Unified Basketball team * Building a school or house with a church or youth group, or a study-abroad organization * Learning to kayak

Involvement in CAS nurtures and molds global citizens while creating links between individuals or groups in the community.

Service:

Building a house with Habitat for Humanity * Volunteering at a local hospital once a week or during the summer * Teaching a newcomer to speak English * Making and then serving meals at a local shelter *
Stocking shelves and assisting participants at a food bank * Going on a service trip with your church or a non-profit * Gathering gently used books for a local school or shelter * Volunteering at one of Colorado's camps for ill or disabled children * Tutoring children or adults: opportunities are listed on the IB/CAS page of the website:

littleton.littletonpublicschools.net

Student responsibilities throughout the CAS experience:

SET GOALS for what you hope to achieve; how will the involvement benefit others?

PLAN your CAS activities AND 50-hour integrated project; **DO** the activities and project; **REFLECT** on all activities and the project on ManageBac.

COMMUNICATE with the school's CAS coordinator regularly via ManageBac and in person.

PARTICIPATE in a variety of activities including many that are unfamiliar and/or new experiences for you.

DOCUMENT activities and achievements on ManageBac; write timely, thoughtful reflections for all activities and the 50-hour integrated project.

SHOW evidence of those achievements as they relate to the seven CAS learning outcomes (see right).

SEND SUPERVISOR reviews *after* you have completed and reflected upon every activity and your integrated project.

STAY ON TOP OF YOUR INVOLVEMENTS!

The most meaningful CAS experience comes from spending time with others to build relationships and develop self-worth for both the server and the served.

Act as if what you do makes a difference. It does.

~ William James,
philosopher

CAS LEARNING OUTCOMES

Each CAS activity must meet **at least one** of the following learning outcomes. All learning outcomes must be covered by the entire CAS experience, and by the 50-hour integrated project. There should be evidence that all students:

Identify own strengths and develop areas for growth:

Students are able to see themselves as individuals with various abilities and skills, of which some are more developed than others.

Demonstrate that challenges have been undertaken, developing new skills in the process: A new challenge may be an unfamiliar experience or an extension of an existing one. The newly acquired or developed skills may be shown through experiences that the student has not previously undertaken, or through increased expertise in an established area.

Demonstrate how to initiate and plan a CAS experience: Students can articulate the stages from conceiving an idea to executing a plan for a CAS experience or series of CAS experiences. This may be accomplished in collaboration with other participants. Students may show their knowledge and awareness by building on a previous experience, or by launching a new idea or process.

Show commitment and perseverance in CAS experiences: Students demonstrate regular involvement and active engagement in CAS.

Demonstrate the skills and recognize the benefits of working collaboratively: Students are able to identify, demonstrate and critically discuss the benefits and challenges of collaboration gained through CAS experiences.

Demonstrate engagement with issues of global significance: Students are able to identify and demonstrate their understanding of global issues, make responsible decisions, and take appropriate action in response to the issue either locally, nationally or internationally.

Recognize and consider the ethics of choices and actions: Students show awareness of the consequences of choices and actions in planning and carrying out CAS experiences.

From the IBO's CAS guide



Littleton High School International Baccalaureate Diploma Program

Creativity, Activity & Service program: lhsib.managebac.com

Kaia Stulock, coordinator: kstulock@lps.k12.co.us; 303-347-3740

