Creativity, Activity, Service

International Baccalaureate Program

J.R. Tucker High School

Henrico, Virginia

Name_____

Class of_____

Mrs. Ellie Harper, JRT IB Coordinator

Mr. Art Raymond, Head of School

Mrs. April Craver, IB Programs Educational Specialist

CAS in the Diploma Program

Building on your experience with CAS in MYP, you will continue to be involved in **three experiences** and **one project** during your junior and senior years. As you select your experiences, goals and project, keep in mind that you must show evidence of achieving the seven CAS learning outcomes.

The CAS programme aims to develop students who:

- Enjoy and find significance in a range of CAS experiences
- Purposefully reflect upon their experiences
- Identify goals, develop strategies and determine further actions for personal growth
- Explore new possibilities, embrace new challenges and adapt to new roles
- Actively participate in planned, sustained, and collaborative CAS projects
- Understand they are members of a local and global communities with responsibilities towards each other and the environment.

Creativity—exploring and extending ideas leading to an original or interpretive product or performance

- If students are accomplished in a particular creative form, they may choose to extend their involvement and deepen their skill level and define new challenges
- Students may showcase their product or performance in a variety of ways (ex. A recording, a presentation, an exhibition, social media or shared discussion)
- Creativity is not met by the appreciation of the creative efforts of others

Activity—physical exertion contributing to a healthy lifestyle

- Pursuits may include individual and team sports, dance, outdoor recreation, fitness training, etc.
- Students who regularly participate in suitable activity experiences are encouraged to develop and extend their participation.
- Students could expand personal goals, explore different training models or become involved in a new sport

Service—collaborative and reciprocal engagement with the community in response to an authentic need

- The aim is for students to understand their capacity to make a meaningful contribution to the community and society.
- Service benefits all involved: students learn as they identify and address authentic community needs, and the community benefits through reciprocal collaboration
- Service fosters development of abilities, attitudes and values in the IB mission statement and the IB learner profile

Meetings with DP CAS Coordinator

Three formal documented meetings are required with the CAS Coordinator throughout your time in the Diploma Program: twice in year one, and once in year two. A Google document will be sent to you so that you can sign up for an appointment.

Approval from the CAS Coordinator and the signed risk assessment form is required before you begin. The DP CAS coordinator will need to document your learning, give feedback and verify evidence for each learning outcome.

Finally, the CAS coordinator, in consultation with the school's IB coordinator, will evaluate whether you have met the CAS requirement for the IB diploma

CAS Experiences

The CAS experiences should:

- Be short-term, and involve approximately 15-20 hours.
- Involve each of the three CAS strands at least once
- Be based on personal interest, skill, talent for opportunity for growth
- **Include at least 2 written reflections and 4 examples of evidence--actions you took to achieve your goal--posted in ManageBac for EACH experience. Entries are to be made regularly throughout the entire span of your participation**

Choose three experiences that are meaningful to you, that you are invested in, and will look forward to participating. The experiences may involve a new endeavor or an extension of something you already do. You may also set personal goals such a weight loss, improving your skill at playing a musical instrument, becoming more comfortable with public speaking, taking on a task or responsibility that is outside your normal "comfort zone," interacting with an individual or group of people who are different from you in some way, etc.

Post each experience in ManageBac. Be sure to complete all the information.

- Experience name
- Do not check the "CAS Project Box". This is only for the project.
- Approach: ongoing, school-based, individual, or community-based
- Strand: Creativity, Activity or Service (indicate approximate number of hours)
- Type of Service (if applicable): Direct, Indirect, Advocacy, Research
- Start date and end date
- Select targeted learning outcomes appropriate for the experience
- Description (see below)
- The supervisor is an adult who can vouch for your efforts. If no one else, indicate Mrs. Harper, DP CAS Coordinator. E-mail emharper@henrico.k12.va.us Contact #: 804-967-2320

In the "Description" section include the following:

1. Brief summary of the experience and why you selected it.
2. The learning outcomes that best fit and that you intend to meet. Explain how they relate to your project.
3. CAS Stages: Describe how you will use each of the CAS stages to help you plan and engage in the CAS service experience.
4. If applicable, the name of a mentor or advisor who will assist you or monitor your activity.

In the "Aims & Goals" section include:

1. What you intend to accomplish through this experience
2. If this is the same experience as in previous years, how are you aiming to deepen your knowledge or strengthen your skills, etc.?

CAS Project

The CAS project should do the following:

- Span months, beginning in October of the junior year through the spring.
- Integrate two of the three CAS categories.
- Collaboration with other people. NOTE: collaboration does not have to be with other Tucker students.
- Take on a leadership role
- **Include at least one written reflection EACH month for a minimum of 10, and post 3 examples of evidence -- actions you have taken to achieve your goal.**

Choose a project that is meaningful to you, that you are invested in, and will look forward to participating. You will need to take on a leadership role and collaborate with others. They can be students (at Tucker or another school) and/or adults. By the end of October, you will need to have a the plan in place and entered in ManageBac. Efforts should span through the spring.

Post your project in ManageBac and include the following information:

- Experience (Project) name
- Check the "CAS Project Box"
- Approach: School-based, individual, or community-based
- Strand: Creativity, Activity or Service (indicate approximate number of hours)
- Start date and end date
- Select targeted learning outcomes appropriate for the experience
- Description (see below)
- The supervisor is an adult who can vouch for your efforts. If no one else, indicate Mrs. Harper, DP CAS Coordinator. E-mail emharper@henrico.k12.va.us Contact #: 804-967-2320

In the "Description" section include the following:

1. Summary of the project, who will work with, how the 2 CAS strands are incorporated, etc.
2. The learning outcomes that best fit and that you intend to meet. Explain how they relate to your project.
3. CAS Stages: Describe how you will use each of the CAS stages to help you plan and engage in the CAS project
4. If applicable, the name of a mentor or advisor who will assist you or monitor your activity.

In the "Aims & Goals" section include:

1. What you intend to accomplish through this project
2. The plan for making the project a success