

**International Baccalaureate Program-DIP**  
**XV. gimnazija, Zagreb, Croatia (0618)**  
**Creativity, Action, Service**

## **THE OBJECTIVES OF CAS**

- ❖ To provide a balance to the demands of scholarship and address the development of “the whole person” in an experiential way.
- ❖ To challenge and extend the individual by developing a spirit of discovery, self-reliance, responsibility, initiative, and empathy.
- ❖ To encourage the development of the student’s individual skills and interests.
- ❖ To develop the ability to work cooperatively with others.
- ❖ To foster more caring and socially responsible attitudes, including the habit of volunteerism.
- ❖ To learn to reflect on one’s actions and trace changes in attitudes and values.

## **WHAT IS CAS?**

### **CREATIVITY**

This covers the performances of music, dance, choir, theatre, debate, and the creation of art. It also includes activities that may include creative planning or design of other projects. One could make a documentary over a serious topic or make something for sale to raise funds for a charity.

### **ACTION**

Includes projects involving physical exertion such as hikes, individual and team sports, or the activity involved in carrying out creative and service projects. This can include coaching, a “labour day” for an adult service organization, planting trees or organized cleanup projects.

## SERVICE

Involves doing things for others in school, community, national, or international projects. **It should involve interaction with others.** General examples are visiting elderly people in *Dormitory Maksimir and Medveščak*, visiting children without family in *Nazorova dormitory*, visiting children in the kindergartens *Little Prince* and *Little Star*, visiting disabled student, helping families in the nearby community–*Maksimir moj kvart*, caring and helping with abandoned cats & dogs–*Noina Arka*, fundraising for a charity, tutoring, and etc.

## THE REQUIREMENTS OF CAS

International Baccalaureate **Diploma** candidates must complete at least **150 hours** of approved activities in each of the three categories (Creativity, Action, Service). They must complete a minimum of **50 hours in each category**. Be careful to count the hours attentively. You may only count hours when you are actively engaged in the activity.

TRY TO AVOID THE NOTION OF COLLECTING „CAS HOURS“. WE ARE PRIMARILY AFTER THE QUALITY OF THE ACTIVITIES AND NOT THE QUANTITY.

- ❖ Candidates must keep a **record** of their CAS hours for each activity and must submit **CAS DIARY**
- ❖ Candidates must submit a brief reflection on the month's CAS activities (CAS Attendance Sheet)
- ❖ Candidates must write a **learning outcomes reflection** for each activity at the conclusion of that activity using the **Activity Evaluation Form (AEF) & CAS completion form & CAS progress form**
- ❖ Candidates must also get the signature and a short evaluation from a **supervising adult** for each activity.
- ❖ All hours must be completed by **April 1 of the end of year 12.**
- ❖ Candidates must submit the **Student Final Summary (SFS Form)** and meet with the CAS Coordinator who will complete

the **Candidate's Final Evaluation (CFE Form)**. The candidate must demonstrate **adequate performance** in all five CAS Performance Criteria.

## **IMPLEMENTATION OF THE REQUIREMENTS**

- ❖ All activities must be pre-approved. You should plan to devote three to four hours per school week to CAS projects, planning, and reflection/evaluation.
- ❖ Your reflection/evaluation for SHORT TERM PROJECTS should be done **within two weeks** of completion of an activity so that the impressions made will be fresh in your mind.
- ❖ At the conclusion of the year 11 and 12, the CAS Coordinator evaluates each candidate. The hours are verified and the candidate is rated according to the Performance Criteria. Inadequate hours or inadequate performance will prevent awarding of the Diploma.
- ❖ For your information, the International Baccalaureate Organization requires that the CAS Coordinator maintain current records of the candidates' activities. These are available for random visitations from IB officials or for possible checking of candidates' CAS records by the Regional Office.

## **GENERAL CAS GUIDELINES**

**In general, a project may be acceptable if:**

- ❖ The candidate is active, not passive.
- ❖ The project has social merit or some aspect of personal growth.
- ❖ It's a new experience for the candidate.
- ❖ It's done with a non-profit organization.
- ❖ You are in a position of responsibility requiring planning and thought.
- ❖ It has real consequences or benefits for other people.

### **Unacceptable projects include:**

- ❖ Anything for which money is paid or other credit is given.
- ❖ Time spent on drudge work (simple, tedious, repetitive) such as pencil sharpening, replacing books on library shelves, club meetings, and routine activities.
- ❖ Family duties, religious devotions
- ❖ Passive pursuits such as dog walking, visits to sports events, exhibits, concerts or museums.
- ❖ Activities where there is no responsible adult on site to evaluate and confirm the candidate's performance.
- ❖ Any course that is part of your IB Diploma Program.

### **SAMPLES OF GOOD CAS ACTIVITIES**

- ❖ Teaching children with disabilities to play basketball (A & S)
- ❖ Coaching a softball team (A & S)
- ❖ Teaching guitar to a younger class (C & S)
- ❖ Writing for the school newspaper (C)
- ❖ Playing, singing, teaching a language to children in the kindergarten (S)
- ❖ Inter-generational learning and friendship (C & S)
- ❖ Leading an expedition (A & S)
- ❖ Cleaning a park or lake/river
- ❖ Organizing a beneficial event (C & A & S)
- ❖ Raising funds for a non-profit (C & S)
- ❖ Creating a web site as a service to others (C)
- ❖ Volunteering with a local non-profit or other organization (C & A & S)
- ❖ Tutoring younger students (S)
- ❖ Starting and implementing a recycling project (C & A & S)
- ❖ Writing & performing a play (C & A & S)
- ❖ Planting trees/ flowers (A & S)

## **CAS PERFORMANCE CRITERIA**

Your final evaluation by the CAS Coordinator will be based on these criteria that were developed by the International Baccalaureate Organization.

### **Criterion A: Personal Achievement**

The student demonstrates: the ability to meet challenges, regular participation, awareness of personal limitations, progress in the new role, learning from experience and helping to solve community problem

### **Criterion B: Personal Skills**

The student demonstrates the abilities of: thinking creatively, researching community needs, planning and organization, resource management, identifying success and failure.

### **Criterion C: Personal Qualities**

The student demonstrates: perseverance, self-confidence, a degree of humility, responsibility, punctuality, commitment, reliability and initiative.

### **Criterion D: Interpersonal Qualities**

The student demonstrates: adaptability, collaboration, empathy, respect, a sense of justice and fair play.

### **Criterion E: Awareness of Global Issues**

The student demonstrates an ethical appreciation of: humanitarian and environmental issues to guide choices of action from local, national and international perspectives.