



Westlake Academy CAS Programme



An Introduction

What is CAS?

- Consists of:
 - Creativity
 - Action
 - Service
- CAS is often called the “Heart” of the IB Diploma Programme.
- CAS is a framework for experiential learning, designed to involve students in new roles.

Requirements

- At least 150 Hours (This IS do-able!! Averages only about 3 hours/week.)
- 50 hours in each Creativity, Action, Service
- Reflection on each activity, which you write immediately after you complete the activity.
- In-depth, detailed and thorough reflection on your entire CAS experience.
- Up-to-date and complete CAS binder...include PHOTOS!

Guiding Questions

- These questions may help you determine whether or not an activity qualifies as CAS:
- Is the activity a new role for me?
- Is it a real task that I am going to undertake?
- Does it have real consequences for other people and for me?
- What do I hope to learn from getting involved?
- How can this activity benefit other people?
- What can I reflect on during this activity?


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Creativity

- Creativity covers a wide range of arts and activities outside the normal curriculum.
- Includes creative thinking in the design and carrying out of service projects.
- This could involve doing dance, theatre, music and art, for example.
- Student should be engaged in group activities, and especially in new roles.



Creativity


- EXAMPLES:
 - Learning to paint watercolour landscapes
 - Performing Violin Etude No 3 on a Fender Stratocaster
 - Organizing student participation in, and raising funds for, MUN
 - Creating and managing a CAS website
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Action

- Includes, but is not limited to, participation in expeditions, individual and team sports, and physical activities outside the normal curriculum.
- Includes physical activity involved in carrying out creative and service projects.
- Students are encouraged to participate in group and team activities and undertake new roles.
- An individual commitment is acceptable where the general requirements of CAS are met: goals are set and the student reflects on progress.



Action

- EXAMPLES:
 - Joining a running club
 - Learning to scuba dive
 - Teaching children with disabilities to swim
 - Gymnastics
 - Designing and constructing a notice board for other students with messages that encourage reflection about important subjects
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Service

- Service projects and activities are often the most transforming aspect of the Diploma Programme for the individual student.
- Involves interaction and building relationships within the community.
- Community could include the school, the local area, or it could exist on a national or international level. (You are strongly encouraged to include all levels.)
- Instead of only doing things for others, service activities should also involve doing things with others and developing a real commitment with them.

What do I turn in?

- CAS Proposal and Pre-Approval Form
- Supervisor Evaluation Form
- Reflection Form--for each activity as well as Final CAS Reflection Piece

What do I turn in?

- A record **MUST** be kept of **EVERY** CAS activity undertaken. All CAS related forms and reflections are to be kept in a well-maintained binder.
- You also must meet with Mrs. Jenkins on a regular basis to discuss your activities and progress.



For more information

- Contact Mrs. Jenkins, your CAS Coordinator.
 - Email: cjenkins@westlakeacademy.org
 - Or in person

