

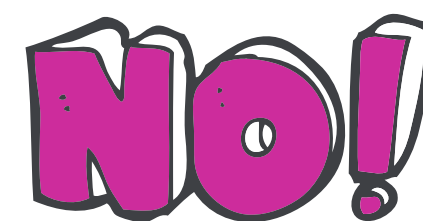
Is this CAS?

I want to

Try again - brainstorm with friends, family or check in with your teachers for some other ideas



Will your experience strengthen and extend your learning?



Which strand does my experience fit into? (It could fit 1, 2 or all 3 strands)

CREATIVITY

Exploring and extending ideas leading to an original or interpretive product or performance

ACTIVITY

Physical exertion contributing to a healthy lifestyle

SERVICE

Collaborative and reciprocal engagement with the community in response to an authentic need

Am I doing an experience or a project?

EXPERIENCE

- Single event or series of events
 - Based on interests, skills, talents and opportunity for growth
 - Develop the IB Learner Profile
 - Not connected to requirements of a DP course but can be inspired by DP course content
- A series of experiences can make up a project

PROJECT

- Must be at least 1 month long
- Shows initiative & perseverance
- Develops your skills such as critical thinking
- Follows the 5 CAS stages

You have to do at least 1 project as part of CAS.

Which outcomes are you working towards? Select one or more

1. Identify own strengths and develop areas for growth
2. Demonstrate that challenges have been undertaken, developing new skills in the process
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions

Got this far?



Sounds like you have a great idea for your CAS!