Creativity, activity, service

IB DP CAS core component full package

Creativity, activity, service

- describe the three strands and the rules for completing CAS;
- link your experiences to the seven learning outcomes;
- plan a **collaborative CAS project** that meets a real **need**;

Creativity, activity, service (2)

- keep a portfolio of evidence, not claims;
- write reflections that change your next decision.

The three strands

- Service must respond to a real **need** that you have investigated with the community, not one you imagine for them.
- Check the conditions before using the result.

The seven learning outcomes

- Your portfolio must show each of these **learning outcomes** at least once:
- 1.
- Identify your own strengths and areas for growth. 2.
- Show that you have taken on challenges and developed new skills. 3.

The CAS project and the portfolio

- The **CAS project** is **collaborative** : you work with others, you plan it yourselves, and it lasts at least one month.
- The repair café is a project in two strands at once (service and creativity).
- Your portfolio holds the evidence: plans, photos, records and reflections.
- Evidence is better than claims: show the attendance list and the moved posters, not just "I learned to work in a team".

Reflection

- **Reflection** is thinking about what you did and what you learned.
- Do it during an experience, straight after it, and later, when you can see how it changed you.
- **A second example.** A student runs a weekly reading scheme for younger students.
- Attendance falls from nine readers to five.

Sources for this lesson

- International Baccalaureate, *Creativity, activity, service guide* (for students graduating in 2017 and after).
- Repair Café International Foundation, "About Repair Café", on the first café opened by Martine Postma in Amsterdam (18 October 2009).

Common errors

- Choosing service that meets a **need** you imagine, without investigating it with the community.
- Doing everything in one strand and leaving the others until the last months.
- Writing a diary of what happened, with no learning.

Common errors (2)

- One line of "I grew a lot" under a photo, with no evidence.
- Writing all the reflections at the end of the course.
- A "project" that one student plans alone or that lasts only a weekend.

Key terms

- **CAS experience**: an activity in one or more of the three strands.
- **Strand**: one of the three parts of CAS: creativity, activity and service.
- **Learning outcome**: one of the seven things the portfolio must show at least once.

Key terms (2)

- **CAS project**: a **collaborative** experience, planned by students, that lasts at least one month.
- **Portfolio**: the collection of plans, photos, records and reflections that is evidence of your CAS.
- **Reflection**: thinking about what you did and what you learned, during, after and later.

Check yourself

- 1.
- For how long do you take part in CAS, and how many interviews do you have? 2.
- Name the three strands and give one example of each. 3.
- Which two strands does the repair café project cover? 4.