

Creativity, activity, service

IB DP CAS core component full package

1. CAS at a glance

CAS at a glance

IB CAS: a continuing programme of experiences in three strands over the diploma, one collaborative project of at least a month, and a portfolio evidencing each of the seven learning outcomes at least once.

Must-know: three strands (creativity, activity, service); seven outcomes; the project student-conceived and collaborative; reflection during, after and later; the portfolio showing evidence over assertion.

2. Strands and outcomes

Strands and outcomes

Creativity (making, performing, thinking new), activity (physical exertion for a healthy lifestyle), service (reciprocal engagement with a real community need, school-approved). Completion is judged on the seven outcomes: strengths and growth; new challenges; initiating and planning; commitment and perseverance; collaboration; global engagement; ethics of choices.

Worked: play lighting (creativity, new skill), weekly swim (activity, perseverance), library reading scheme (service, planned with the librarians' real need).

3. Project and portfolio

Project and portfolio

The project is collaborative, engages others, lasts at least a month, and is conceived by the students. The portfolio is the evidence trail: plans, records, reflections organized so each outcome is visible at least once: evidence over assertion, coverage over quantity.

Worked: the month-long repair cafe: four students, fifteen volunteer fixers, stages from proposal to evaluation each evidenced against the collaborative and ethical outcomes.

4. Reflection

Reflection

Ongoing and meaningful: during (what is this asking of me?), after (what did I learn?), later (how did it change what I did next?). Failure modes: the diary, the alibi sentence, the end-of-course dump. The strongest reflections name a real decision and its consequence.

Worked: twenty visitors planned, six came; school-only advertising traced, posters moved to the community centre, next numbers compared.

Check yourself

Check yourself

Three strands over the programme.

Seven outcomes, each evidenced once.

One student-owned collaborative month.

Reflection during, after, later.