

CAS (Community, Action and Service) Requirements

A meaningful part of the IB Program is CAS. CAS is the 150 volunteer services hours required to graduate with your diploma in IB. You must begin these hours during your junior year and these must be **completed by April 1st of your senior year**. As part of this you will meet at least **twice in year 1** and **once in year 2** with your CAS advisor. Of course, you can always meet with me, the IB Coordinator.

You will need to log your service hours and where you served. Then, reflect in writing on the following **(before, during, and after the activity)**. Include the **date, place, and time as well as how long you served for each different entry**. These writings will be collected. You will also log this onto the Fairfax IB website.

- *How did you feel while volunteering?
- *What did you perceive during the activity?
- *What did this activity mean for you?
- *How did the activity benefit others?
- *How did the activity benefit you?
- *Did the activity change your perspective on your life or the lives of others, or a combination? Explain.
- *Did this CAS activity allow you to make connections with your future career of choice? How?

You must complete a progress form (form A in Appendices)

A completion form (see model form B in the Appendices)

Submit up to **10 sample pages of documentation from your log** that answers the above questions.

Additional requirement: the project:

You must be involved in at least **one team project** that integrate **2 or more of the creativity, action and service** and is of a significant duration. For example, leading a study group with students who need homework help every Wednesday for **two months**. Just tutoring someone one time would not be a project. As students, you will lead this project and the advisor will be here for consultation.

Here are the areas you will choose **a minimum of 2** to use in your project:

Creativity: This involves activities with a definite goal or outcome that might present a personal challenge. For example, if you are strong in math, take a risk and tutor students in English after studying more to assist them.

Action: This involves endurance such as long distance walking, a conquest of a personal fear (heights or speaking in public).

Service: Must benefit others. The hours you are serving **cannot be part of a class grade.** For example, being in the school play for fun to educate the community would count but writing a skit for a grade and performing it would not.