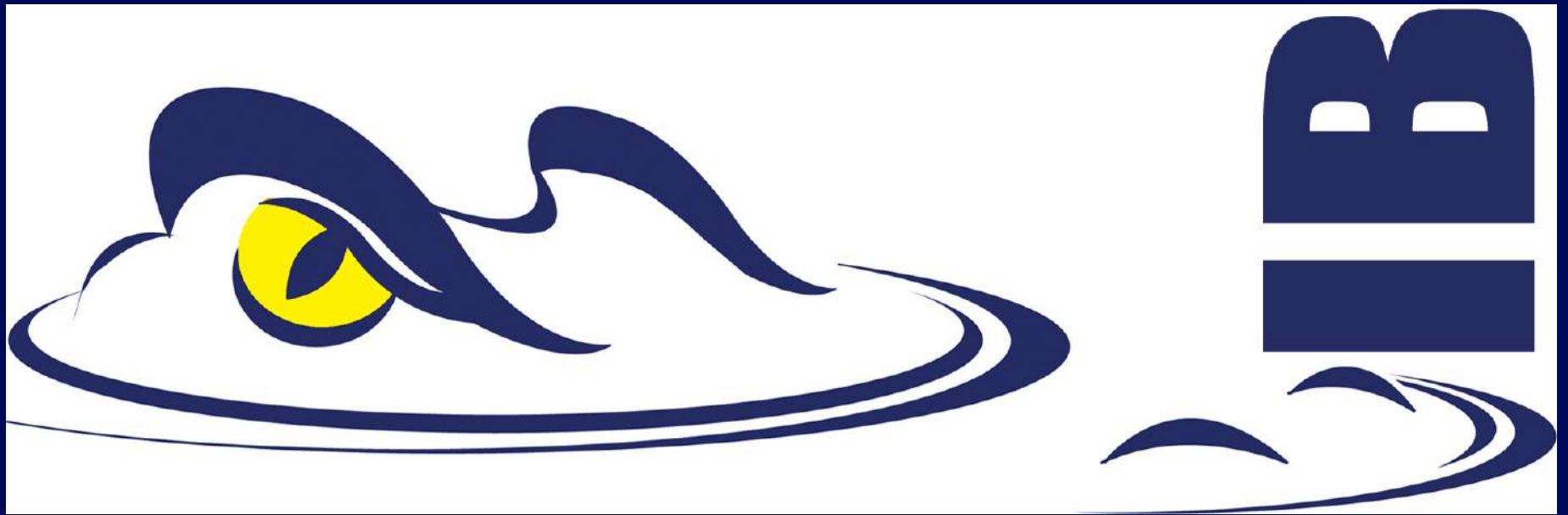


# **Land O' Lakes High School**

## **International Baccalaureate Programme**



**CAS**

**Creativity-Action-Service**



## Our Compelling Why

### **District School Board of Pasco County Vision**

Our vision is to create a community which works together so all Pasco County students will reach their highest potential.

### **Land O' Lakes High School Mission**

Land O' Lakes High School graduates emerge prepared for lifelong learning, personal and civic responsibility, global understanding, and respect for the uniqueness of the individual.



# IB Mission

- The International Baccalaureate aims to develop **inquiring**, **knowledgeable** and **caring** young people who help to create a better and more peaceful world through intercultural **understanding** and **respect**.
- To this end the organization works with schools, governments and international organizations to develop challenging programmes of **international education** and **rigorous assessment**.
- These programmes encourage students across the world to become active, **compassionate** and **lifelong learners** who understand that other people, with their differences, can also be right.



# IB Learner Profile

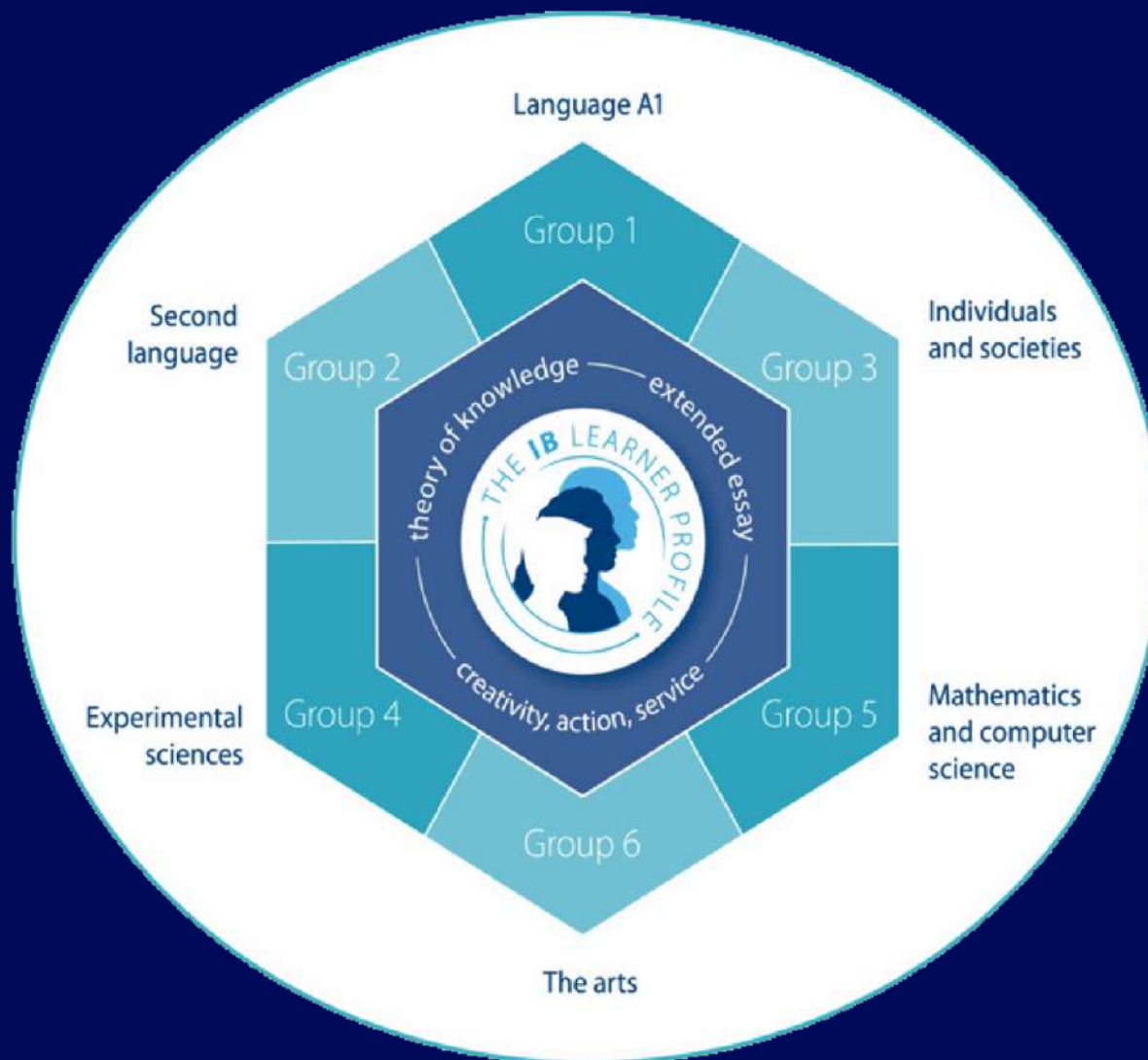
- Inquirers
- Thinker
- Principled
- Caring
- Balanced
- Knowledgeable
- Communicators
- Open-minded
- Risk-takers
- Reflective

## Creativity-Action-Service

Demonstrate your personal growth with regard to these characteristics of the successful, caring, global citizen.



# The IB Hegaxon





# Earning the IB Diploma: Elements

- All course and point requirements PLUS
- You cannot earn the IB Diploma without



**Theory of Knowledge**  
**Extended Essay**  
**and**  
**CAS**

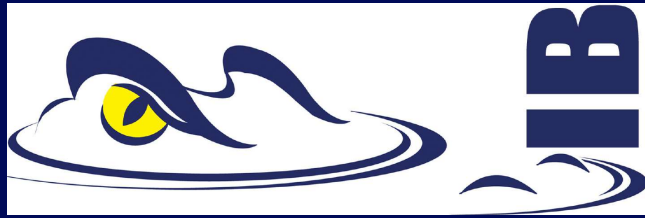
**Creativity-Action-Service**



## Earning the IB Diploma: CAS

“...creativity, action, and service should now be things that you do because you enjoy them. And you enjoy them because they allow you to actually recharge ...”

-Nicole Naar, LOLHS IB class of 2003



# Learning Outcomes

- Increase awareness of your own strengths and areas for growth
- Undertake new challenges
- Plan and initiate activities
- Work collaboratively with others
- Show perseverance and commitment in activities





## Learning Outcomes (con' t)

- Engage with issues of global importance
- Consider ethical implications of their actions
- Develop new skills



# What Is CAS?

- Creativity
  - Thinking, designing projects
- Action
  - Participation in expeditions, sports, physical activity
- Service
  - Interaction with groups, community; building a link



# What Is CAS? (con't)

- CAS is either an ACTIVITY or a PROJECT.
- **ACTIVITY**: Something that is short or longer in duration, and addresses *either* Creativity *or* Action *or* Service.
- **PROJECT**: Something conducted over an extensive period of time (months); has a combination of two or more aspects of Creativity *and* Action *and* Service. Must have positive international/global impact.
- Students must complete at least one PROJECT of international impact.



# What Is *NOT* CAS?

- Any activity for class
- Any activity with personal reward, such as getting preferential benefits for yourself or getting paid
- Simple, tedious, repetitive work
- Passive pursuits
- All forms of duty within family
- Religious devotion/proselytizing



# What Is *NOT* CAS? (con't)

- Work experience that only benefits the student
- Fund-raising with no clearly defined end
- Any activity with no leader or adult supervisor
- Any activity that causes or underscores division between groups in the community (such as a specific political candidate/party)



# What Time Counts for CAS?

- Often students volunteer for an activity, event, or organization for many hours each day, or over a summer vacation.
- Typically, only a portion of these hours are truly dedicated to the particular CAS element(s).
- Students may count only the hours authentically spent on Creativity-Action-Service.
- Example: It is unlikely that all hours of an 8-hour day as a volunteer summer camp counselor are actually focused on CAS.



# Guiding Questions

- Is the activity a new role for me?
- Is it a real task that I am going to undertake?
- Does it have real [and positive] 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?



# The Reflection

- Who? What? Where? When? How?
- Extent to which you have developed personally
- Understanding, skills, and ethical values acquired
- How others may have benefited
- Extent to which you are aware of your own strengths/weaknesses
- Any international/global impact





# The Final Reflection

Clear and complete  
critical reflection of the  
entire CAS experience



# Student Responsibility for CAS

- Set personal goals for what they hope to achieve through CAS
- Plan, do, document with evidence, and reflect
- Participate in at least one interim review scheduled by the CAS Coordinator (during April/May of junior year) and a final review (during December/January of senior year)



## Student Responsibility for CAS (con't)

- Take part in a range of activities\*, including at least one project, some of which they have initiated themselves
- Keep records of their activities and achievements on ManageBac
- Show evidence of achievement of the eight (8) CAS learning outcomes

*[\* Six (6) activities permit students to evidence the learning outcomes.]*



# Timetable

- Begin the junior year (as an IB candidate)  
CAS Orientation in the classroom Quarter 1
- Parent CAS Night Semester 1
- Expectation is for CAS efforts each week
- Minimum of 50 reflected hours due in May  
(end of junior year)
- Second 50 reflected hours due in August  
(beginning of senior year)
- All CAS requirements **DUE** January  
(end of first semester of senior year)



# ManageBac

<https://landolakes.managebac.com/login>

- Allows students to add CAS activities, complete reflections and evidence, obtain supervisor reviews, and track student progress with CAS completion.
- Allows parents and CAS coordinator to track student progress
- *100% of postings must be authentic and will be verified by the CAS Coordinator*



# ManageBac (con't)

<https://landolakes.managebac.com/login>

- Students must **plan** their activities/projects and create new entries on ManageBac.
- The CAS Coordinator will pre-approve plans.
- Students must **document** their efforts, provide **evidence**, identify an **adult who supervises** the efforts, receive and upload **signed supervisor reviews**, and reflect upon their efforts through the **CAS questions and reflection**.



# CAS Quiz

Kris takes weekly tennis lessons at the rec center, practices regularly, and gets involved in occasional matches with other learners.

**Action:** Physical activity

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*



# CAS Quiz

Rena volunteers at the library shelving books and assisting patrons setting up accounts, email service, and navigating sites online.

**Service:** She assists others and interacts with them in a way that benefits them.  
(Shelving books alone would not qualify for CAS because it does not involve interacting with others.)

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*





# CAS Quiz

Sitara sings in the school chorus, but her parents will not permit her to participate in concerts after school hours.

**No:** CAS must be completed outside of the school day schedule.



# CAS Quiz

Through the IB Relay for Life Club, Cassandra participated in the American Cancer Society's Relay for Life. She raised money, helped to create a campsite, and took turns walking the track. She reflected that her efforts help people locally and impact research that benefit mankind.

**Creativity:** Decorating the campsite *and*

**Action:** Walking *and*

**Service:** Raising money for non-profit

*\*This is a PROJECT with international impact and addresses Creativity-Action-Service*



# CAS Quiz

Ari tutors Lorena, a student who is an English Language Learner and whose family just emigrated from Cuba. They meet in the Media Center after school and Ari makes diagrams and quizzes to help her learn coursework and English.

**Creativity:** Making learning resources

**OR**

**Service:** Tutoring / interacting to help another person learn

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*



# CAS Quiz

Niko plays soccer on the LOLHS Boys Soccer team.

**Action:** Physical activity in support of a team's goals

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*



# CAS Quiz

Elhud goes biking every afternoon and weekend mornings. He has recently met a father and two kids who are starting out on the trail and is working with them to develop healthy fitness habits.

**Service:** He works with the family for their lifelong benefit. (Were he only biking on his own, this may not qualify for CAS – not even under Action. Discuss with CAS Coordinator to see if other things apply.)

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*



# CAS Quiz

Marta participates in the school Marching Band and their performance at a holiday Bowl Game.

**Creativity:** Playing music; creating maneuvers

**OR**

**Action:** Marching in sync with others

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*



# CAS Quiz

John works all summer at his church's Vacation Bible School.

**Creativity:** This could be Creativity if he creates arts and crafts activities for the children to do that are separate from the specific faith elements. (Were he only engaged in the religious elements of the school, this would not qualify for CAS – not even under Service. CAS may not be for religious devotion/proselytizing.) Not all hours will count.

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*



# CAS Quiz

Cala volunteered for a candidate's campaign for public office.

**No:** CAS may not promote a particular political agenda.

(If Cala created posters to promote citizens' rights, and the responsibility to vote and participate in the community, this could be Creativity.)





# CAS Quiz

Serena spends every Saturday from 1pm to 5pm sorting food into boxes at the local food bank. She works under the direction of a team leader who guides her to set up the boxes for pick up by community members in need.

**Action:** She is part of an organization doing physical activity to provide for others' needs.

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*

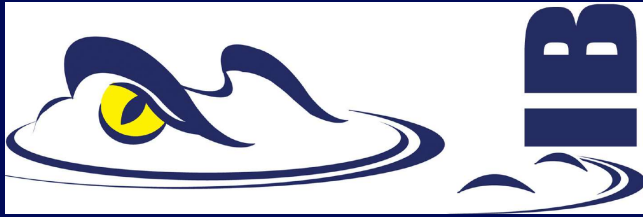


# CAS Quiz

Teodoro mows his neighbor's lawn for free all summer.

**No:** This is certainly nice of him, but it is not a structured CAS activity.

(If Teodoro organized a team of volunteers who helped senior citizens and the disabled maintain their property, and they spent time alleviating their isolation/loneliness, this could count as CAS.)



# CAS Quiz

Yasir filmed short video podcasts to demonstrate the features of the *IB Learner Profile* for posting on the LOLHS IB webpage and on YouTube.

**Creativity:** He has created unique video podcasts that reach a large audience and benefit other students and families.

*\*This is an ACTIVITY addressing one element of Creativity OR Action OR Service*



# CAS Quiz

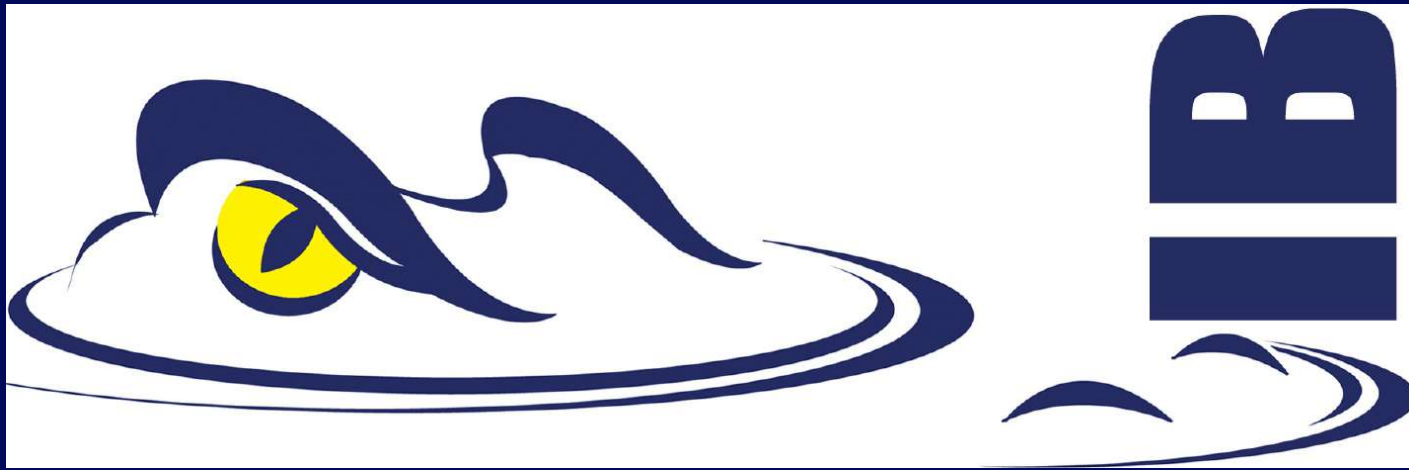
Alexia went to Ukraine and hiked the mountains with her uncles and cousins visiting ecologically fragile places. She took pictures and created a digital portfolio and blog site with photos and videos, descriptive posts, and a project page for people to contribute to ecological repair in the region.

**Creativity:** Site creation and content *and*

**Action:** Hiking *and*

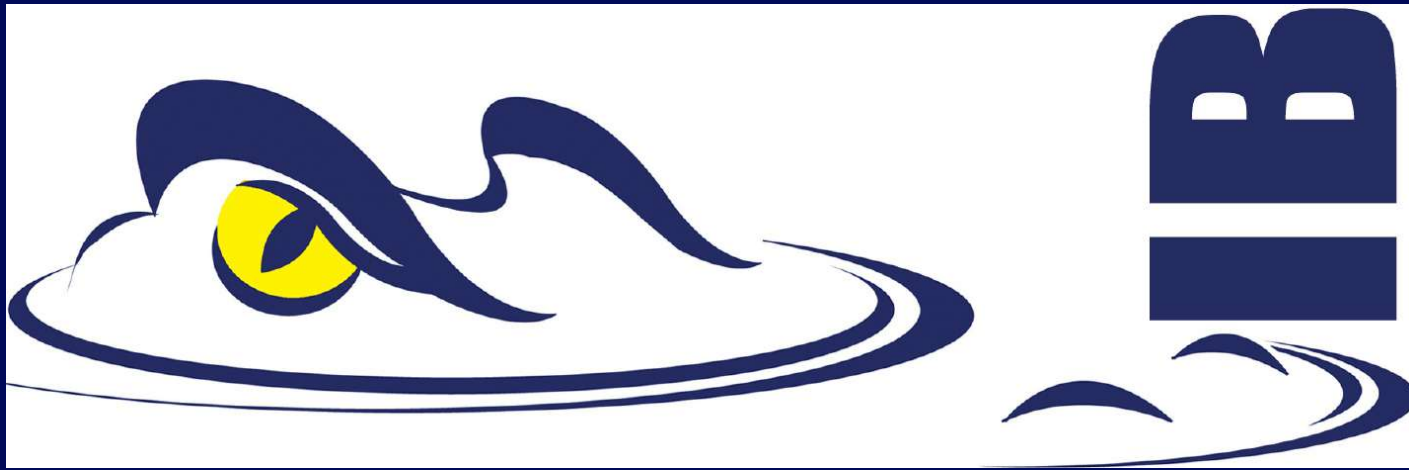
**Service:** Raising money for the environment

*\*This is a PROJECT with international impact and addresses Creativity-Action-Service*



# Land O' Lakes High School Continuing A Legacy of Excellence





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