



# Creativity, Activity, Service

Imińska Bugeja 2019



# The IB Diploma Programme hexagon

No points for CAS.

Personal growth and development.

Each of you has the starting and finishing point that is why it is difficult to judge it.

# Changes to CAS - new CAS guide published in 2015

- 1. There is no reference to an hour requirement. CAS must last 18 months, that is all.**
- 2. The three strands of CAS are now, CREATIVITY, ACTIVITY and SERVICE.**
- 3. We now refer to CAS events as CAS experience.**
- 4. CAS experience guidelines have been introduced to help clarify what is, and what is not CAS.**
- 5. You have to show evidence of having met seven learning outcomes at least once during the IB Diploma Programme. The evidence for this should be included in a CAS portfolio.**

# Changes to CAS - new CAS guide published in 2015

- 6. You are expected to use the CAS stages model in planning and carrying out CAS experience (investigation, preparation, action, reflection and demonstration).**
- 7. You are expected to collaborate with other students, to plan, initiate and carry out a CAS project in one or more of the CAS strands. This project should have a duration of at least one month.**
- 8. There is a heavy emphasis on your reflection. However, this reflection can be in a variety of different media, NOT just in a written form.**
- 9. CAS should (if not have to) involve enjoyment, choice and engagement. The CAS experiences chosen by you should be fun and beneficial.**
- 10. You are expected to keep a portfolio of your CAS engagement. It can be in electronic form and is expected to include reflections in various formats, and other evidence of CAS experiences. Vital to the portfolio is evidence of achievement in the learning outcomes. ManageBac.**



# Creativity-Activity-Service

- CAS is organized around the three strands of **creativity**, **activity** and **service** defined as follows.
- **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

 **Creativity**

 **Activity**

 **Service**

You have to choose at least one CAS strand!

# What CAS can do for you?

**personal development**

**an opportunity to learn new skills**

**chance for taking action**

**chance to develop your language skills**

**chance to meet and interact with  
different cultures**

**chance to work in team**

# Now, how about you? - self evaluation form



# S.M.A.R.T. GOAL



# S.M.A.R.T. GOAL S=SPECIFIC

## **Specific**

What exactly do you want to achieve?

The more specific your description, the bigger the chance you'll get exactly that. S.M.A.R.T. goal setting clarifies the difference between 'I want to be a millionaire' and 'I want to make €40.000 a month for the next ten years by creating a new software product'.

## **Questions you may ask yourself are:**

What exactly do I want to achieve?

Where?

How?

When?

With whom?

What are the conditions and limitations?

Why exactly do I want to reach this goal?

What are possible alternative ways of achieving the same?

# S.M.A.R.T. GOAL M=MEASURABLE

## **Measurable**

Measurable goals means that you identify exactly what it is you will see, hear and feel when you reach your goal. It means breaking your goal down into measurable elements.

You'll need concrete evidence. Being happier is not evidence; not smoking anymore because you adhere to a healthy lifestyle where you eat vegetables twice a day and fat only once a week, is.

Measurable goals can go a long way in refining what exactly it is that you want, too. Defining the physical manifestations of your goal or objective makes it clearer, and easier to reach.

# S.M.A.R.T. GOAL A= ATTAINABLE

## **Attainable**

Is your goal attainable? That means investigating whether the goal really is acceptable to you.

If you don't have the time, money or talent to reach a certain goal you'll certainly fail and be miserable.

That doesn't mean that you can't take something that seems impossible and make it happen by planning smartly and going for it!

There's nothing wrong with shooting for the stars;



# S.M.A.R.T. GOAL R= RELEVANT

## Relevant

Is reaching your goal relevant to you?

Do you actually want to run a multinational, be famous, have three children and a busy job?

You decide for yourself whether you have the personality for it?

If you're lacking certain skills, you can plan trainings.

If you lack certain resources, you can look for ways of getting them.

The main questions, why do you want to reach this goal?

What is the objective behind the goal, and will this goal really achieve that?



# S.M.A.R.T. GOAL T=TIMELY

## **Timely**

Time is money! Make a tentative plan of everything you do.

Everybody knows that deadlines are what makes most people switch to action.

So install deadlines, for yourself and your team, IN CASE OF CAS TEAM PROJECT and go after them.

Keep the timeline realistic and flexible, that way you can keep morale high.

**Being too stringent on the timely aspect of your goal setting can have the perverse effect of making the learning path of achieving your goals and objectives into a hellish race against time – which is most likely not how you want to achieve anything!!!**

# EXAMPLES

## **Specific**

1. Clearly defined (Not Vague)
2. Good example: I would like to lose 5 kg in 1 year.
3. Bad example: I want to lose weight

## **Measureable**

1. Put it in definable, tangible terms
2. Bad example: I want to be smarter (How will you measure this?)  
I want to have more charisma. (Is this measureable?)
3. Good example: I want to learn how to play a guitar.

# EXAMPLES

## **Attainable**

1. Must be realistic; something you could actually accomplish
2. Bad example: I will improve my language skills in Spanish from A2-C1 next year.
3. Good Example: I will improve my language skills in Spanish from A2-B1 next year.

## **Relevant**

1. It has to be something you actually want and it should also be something useful
2. Good example: (I have always wanted to learn how to bake, so...) I will teach myself how to make some basic desserts, such as cakes, pies, and cookies.
3. Bad example: (I hate science, but) I'm going to be a doctor because my parents want me to.

## **Time-Oriented**

1. Goals are more likely to be achieved when they have a time limit attached to it.
2. Good example: I would like to give 30 guitar lessons in 18 months.
3. Bad example: I would like to give a guitar lessons.

# CAS GOALS:

## **Creativity - exploring and extending ideas leading to product/performance**

Plan and execute an art project for kids at a treatment center.(C/S)

Learn a new musical instrument or especially challenging piece of music/dance. (C)

Perform music and dance in a new or especially challenging context - Talent Show (public audience, large audience, competition context) (C)

Do a world map mural project with local school children and teach about geography or history. (C/S)

Teach art/music/dance to another person/group of people. (C/S)

Design a website for a school/non-profit/charity organization. (C/S)

Take a ceramics class. (C)

Write a poem or short story (C)

Prepare a presentation for newcomers about the school

Write a speech on the end of the school year (C/S)

Start a photoblog or join new photographers groups where you can share your photography and improve your skills. (C)

# CAS GOALS:

## **ACTIVITY - contribution to a healthy lifestyle**

Try bowling. Try golfing. (A)

Try yoga (A)

Try mountain biking. Organize a trip for a group. (A)

Commit to riding your bike to school a certain number of times per week. (A)

Try gardening

Take a hip hop dance class or fitness (A)

Train for the annual cross-country race and set a goal for yourself. (A)

Join the tennis club (A)

Play sports with kids who need it. (A/S)

Teach sports to kids who don't get the opportunity to learn. (A/S)

Try skiing or skating ( yes - you can do it in Poland) (A)

Organize chess competition



# CAS GOALS:

## **SERVICE - authentic need required**

Tutor at a local elementary school (S)

Volunteer to help play with orphans at local orphanage. (S)

Teach singing/piano/guitar to someone in need (S/C)

Volunteer at an animal shelter

Volunteer to teach on writing a resume in English in the unemployed centre (S/C)

Help prisoners set up email accounts so they can email with their families (S)

Plant in the school surrounding (S/A)

Become certified on First Aid (S)

Become a First Aid instructor and teach classes at your school (S)

Be a student representative on Christmas/ Easter Fair - Jatki Street (S/C?)

Serve as a translator for some NGO (S)



# Start CAS with a BANG!

Resources: Creativity, Activity, Service by John Cannings ISBN 978-1-107-56034; [www.yourcoach.be](http://www.yourcoach.be); [www.ibo.org](http://www.ibo.org); <https://www.scribd.com/doc/31839804/CAS-Opportunities-and-Ideas>, Philpot Education CAS Category 1 Workshop materials.

# TOMORROW!!

## S.M.A.R.T. goals in MANAGEBAC

NEXT MEETING WE WILL DISCUSS:

- 7 CAS learning outcomes
- CAS stages model

