



I. CAS ACTIVITY SUMMARY / DESCRIPTION:

HANDBOOK LINK: www.ibcas-lhs.net

Describe your CAS activity include: 1) dates; 2) your goals; 3) what you plan / expect to accomplish.

SUPERVISORS:

- At or near end of activity, students email the Supervisor Review Form to adult supervisors: coaches, mentors, etc.
- Adult supervisors fill out the short form and email it back to your CAS / TOK Advisor (Price, Weil, or Carella)
- The instructions and emails are on the form, downloaded from: www.ibcas-lhs.net
- CAS Advisors may also contact supervisors personally, by email, or phone to verify participation and completion.
- Students can also print out the form and turn in a hard copy of supervisor review to their CAS Advisor if needed.

NAME:

EMAIL:

PHONE:

- **LEARNING OUTCOMES HANDBOOK LINK:** www.ibcas-lhs.net

- Below choose / identify the learning outcomes (usually about 2 or 3) you are claiming for this activity.
- Write a brief summary how you expect to meet each learning goal you are claiming for this CAS experience.
- CAS experiences usually encompass only 2 or 3 learning outcomes.
- Ambitious activities can involve more but must be justified by students.

LO1 Identify own strengths and develop areas for growth...did you leave your comfort zone?

LO2 Demonstrate challenges have been undertaken & new skills developing in process...did you push yourself?

LO3 Demonstrate how to initiate and plan a CAS experience...document your process and who you contacted

LO4 Show commitment to and perseverance in CAS experiences...*whatever happens, keep going!*

LO5 Demonstrate skills in and recognize benefits of working collaboratively...*engage in and derive benefits of teamwork*

LO6 Demonstrate engagement with issues of global significance. *Pick one need to address, then: Plan it. Initiate it. Do it.*

LO7 Recognize and consider the ethics of choices and actions. *Things you do and choices you make have consequences.*



III) CAS ACTIVITY EVIDENCE

HANDBOOK LINK: <http://www.ibcas-lhs.net/pages/DOCUMENTATION/documentation.html>

CAS evidence is not limited to pictures, it can include:

- Screen shots & copies of emails / texts from activity supervisors, coaches, mentors.
- Newspaper / social media articles.
- Printed documents, programs, service logs, posters.
- Website URL's / social media links that confirm your participation in the CAS activity.

Below enter / paste relevant CAS evidence for this activity:



IV) CAS ACTIVITY REFLECTIONS

Handbook Link: <http://www.ibcas-lhs.net/pages/REFLECTION/reflection.html>

OPTION 1: CAS QUESTIONS: Respond to 6 questions, two from each section below.

GENERAL: Respond to two with 4 to 6 sentences

1. What happened in this activity and why did you choose to do it? Summarize /explain what you hoped to accomplish?
2. What was the value of this activity to you? Why or why weren't you passionate about this activity?
3. What did you learn from this activity and how might you generally apply what you learned to your own life in the future?
4. How successful were you in achieving your goals? What were difficulties & how did you overcome them?
5. If you did this activity over, what changes would you make? What might you do differently next time to improve?

LEARNING OUTCOMES: Respond to two with 4 to 6 sentences.

1. What were your learning outcomes for this activity and how did you achieve them by doing this activity?
2. How did you demonstrate leadership in this activity and what new skills did you develop?
3. How has this activity furthered your understanding of the concept of CAS?
4. What characteristics of an IB Learner (Reflective, Open-Minded, Balanced, Knowledgeable, Inquiring, Risk-Taker, Communicator, Caring, Principled, Thinker) did you further develop and / or demonstrate in this activity?
5. How might you apply what you learned from this activity in your future and elsewhere in life?

PERSONAL: Respond to two with 4 to 6 sentences.

1. What perceptions changed during/after this activity? How did you come to think differently about yourself and others?
2. What personal value did this activity have for you? What abilities and attitudes did this activity help you develop?
3. How did this activity/project benefit others? What community, societal, or global value do you feel the activity had or could have had?
4. How did this activity help you become a better leader or teach you new leadership skills?
5. Which choices of yours might have resulted in different outcomes? How did you react and respond to the successes & challenges?



REFLECTION JOURNAL: OPTION 2

Handbook Link: <http://www.ibcas-lhs.net/pages/REFLECTION/reflection.html>

Respond below with a narrative reflective essay equivalent to the 6 CAS questions combined. This narrative may also include:

- URL / web Links to social media posts / blogs may be included as forms of public reflection.
- Narrative reflective writing submitted to other teachers i.e.; reflective writing required for LSA (art) or writing required for an eagle scout project; summer enrichment program attended, or other CAS experience activity that requires significant writing for completion or certificate status.

VIDEO OR AUDIO REFLECTION - UPLOADED OR LINKED VIDEO / AUDIO FILES