

CAS Cheat Sheet

A. CAS Definitions

Creativity: *arts, and other experiences that involve creative thinking or production in some measureable sense (event planning, formulation of a club, stage crew, scrap booking, debate performance)*

Action: *physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Programme (sports, an exercise program, karate, planting a garden, weight loss)*

Service: *an unpaid and voluntary exchange that has a learning benefit for the student but for which the rights, dignity, and the autonomy of all those involved are respected (hospital volunteering, participating in a cancer walk)*

B. Politics and Religion

1. Recognize that the goal is to provide a service for others, not superimpose one's values on others
2. Refrain from proselytizing as any part of service to others or counting hours as part of one's worship
3. Avoid exclusively serving (in) one's religious community

C. Requirements for Completion of CAS:

1. a minimum of 150 completed hours
2. a balance of at least 50 hours in each category: creativity, action, service
3. a reasonably sustained, uninterrupted CAS programme lasting eighteen months
4. at least one extended project, spanning four months or thirty total hours:
 - A. be of significant duration (stretching 4 months or at least 30 hours in length)
 - B. be collaborative (either with UAIS students or people in the community)
 - C. involve two of the three CAS components (creativity, action, and/or service)
 - D. culminate in a significant event, presentation, performance, or product
5. evidence of meeting each of the eight learning outcomes at least once each:
 - A. increased their awareness of their own strengths and areas of growth.
 - B. undertaken new challenges.
 - C. planned and initiated activities.
 - D. worked collaboratively with others.
 - E. shown perseverance and commitment in their activities.
 - F. engaged with issues of global importance.
 - G. considered the ethical implications of their actions.
 - H. developed new skills.
6. one reflection (min. 150 words) logged for every ten hours of CAS, and one reflection minimum for each activity

D. Consequences for Lack of Reflections

1. verbal warning
2. verbal warning and contact to parent
3. instigation of CAS essays found on uaiscas.com website to be turned in at completion of activity

E. Meeting Responsibilities

1. Log a meeting
2. Click the appropriate red/green flag or medal for update to coordinator
3. Approve activities only with supervisor form or agreement between advisor/student for documentation
4. Complete activities only after discussing/reviewing reflections & supervisor review proving completion has been sent
5. Always be mindful of the extended project

F. Quality of Activities: CAS activities are always challenging, collaborative, achievable, and goal-oriented.