

# CAS Year 1 Portfolio

## Instructions for Year 1 Portfolio

The final portfolio, submitted at the end of Year 2, provides a summation of your CAS experience(s) and lessons learned.

For Year 1, you will create the first portion of the portfolio. In it, you must:

- Be organized by LO's, showing one or more projects you have done in which you addressed the LO and explain how you have done so.
- Demonstrate how you have addressed all three areas (Creativity, Action and Service) in a relatively balanced way.
- Consider what you have learned from your experiences.
  - How they have helped you
    - develop as a person
    - maintain a balance in life
- Reflect on how (if at all) your personal ideas and opinions about creativity, physical activity and service to your fellow human beings and / or animals has changed or grown over the past year.

This portfolio will provide a concise summary to be presented to the IBO to demonstrate how you have met your CAS requirements.

The length and organization of the document or display is entirely up to you. The expectation is that someone viewing it can understand the impact of CAS in your life, how you have met the requirements and demonstrated the value of this Core element of the IB program.

It must provide evidence that you have met all of the requirements, and should be designed in such a way as to inspire and engage future IB Diploma candidates, Therefore, it needs to demonstrate:

1. That you have addressed ***in a meaningful way***, the L.O.'s
2. That you have been involved in all three areas. IB requires that there is a relative balance between the three (3) areas.

# CAS

## Year 1

### Portfolio

#### VII. Instructions for Year 1 Portfolio (cont.)

##### OPTIONS

Regardless of the option you choose, you **must**:

- Organize the portfolio by LO and explain the activities through which you addressed them.
- Explain how you have developed personally in the process.
- Explain what you have learned about yourself and caring for others, through CAS.

Your portfolio can be **EITHER** a:

- Written reflection
- Video presentation
- Self-running slide-show with text and / or recorded audio narration.

If you choose a multi-media format (PPT), you may use any tool you prefer to prepare the presentation, as long as you select one that will allow you to **export the presentation** to either a PPS (that's a self-running powerpoint **SHOW**) or an **MP4** video format. If you do not already have tools for this purpose, here are some tools you might find useful:

- [Youtube Photo Slideshow Tool](#)
- [Narrable](#)
- [Youtell Stories](#)
- [Present.me](#)

Your portfolio must be titled: CAS Portfolio Year 1 and uploaded in the CAS Documents section on the front page of your CAS section on Managebac

Be sure to keep a copy for yourself.