



Even the teachers participate in CAS

GUIDE FOR PARENTS

As a parent, you are the model of involvement that helps your child understand the importance of balance in life and caring for others. By your example and discussion with your child, (s)he will develop these same ideals.

How you can help:

- **TALK** with him / her about the projects (s)he has undertaken and how they will help him / her develop life-long skills.
- **ENCOURAGE** involvement in creative projects, physical activity and service to others.
- **STAY INFORMED** about opportunities and activities.
- **COMMUNICATE** any CAS that you are doing.
- **SHARE** your skills, talents and interests to provide opportunities for students to get involved.
- **CONTACT** the CAS coordinator with any questions or concerns.
- **VOLUNTEER** to coordinate or supervise a CAS project.

Why CAS?

PHILOSOPHY

“To develop internationally minded people who, recognize their common humanity and shared guardianship of the planet, and who help to create a better and more peaceful world.”

IB Learner profile booklet (March 2006)

CAS helps students to develop balance in life, social responsibility and compassion for others.

What is CAS?

EXPERIENTIAL LEARNING

Encourages participants to learn and develop through experience in:

- **Creative projects:** such as any of creative or artistic expression, planning, organizing, developing activities, events, lessons, etc. for others.
- **Physical activity:** through physical exertion, exercise, sports, etc., which contribute to a healthy lifestyle.
- **Service to others:** through unpaid and voluntary service that has a learning

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PARENT'S GUIDE TO

CREATIVITY

ACTIVITY

SERVICE



Surfing lessons for Children's shelter

LEARNING OUTCOMES

Through their projects, participants develop self-awareness and personal growth as they:

- Increase awareness of their **strengths and areas for growth**.
- Undertake **new challenges** and develop **new skills**.
- **Plan and initiate** activities.
- Learn to work **collaboratively** with others.
- Demonstrate **perseverance and commitment**.
- **Engage** with issues of **global importance**
- **Weigh** the ethical implications of action or inaction.



"...if you believe in something, you must not just think, or talk or write, but must act."

Peterson (2003)

Is it CAS?

CAS projects, promote personal growth by involvement in experiences that:

- **Require** meaningful participation in long-term projects, with measurable outcomes.
- **Create** a personal challenge—tasks must be achievable, yet stretch the participant.
- **Produce** evidence of thoughtful consideration and demonstration of planning, review and reporting
- **Include** self-reflection on outcomes and personal learning.
- **Reaches** beyond one-off or simple repetitive actions

Life is about the journey—not the destination



Participating school play

CAS DEVELOPS

- **Reflective thinkers**—who understand their own strengths and limitations, identify goals and devise strategies for personal growth
- **Willingness** to accept new challenges and new roles
- **Self-awareness** as members of communities with responsibilities towards each other and the environment
- **Commitment and Perseverance** in long-term projects
- **Collaborative skills** to work as a member of a team.
- **Balanced lifestyle**—they enjoy and find significance in a range of activities involving intellectual, physical, creative and emotional experiences.

CAS BENEFITS

- **Personal awareness**
- **Life experiences and skills**
- **Scholarship opportunities**