

CAS

Final Portfolio

Instructions

The portfolio provides a summation of your CAS experiences.

Remember that the portion of the portfolio you completed from year 12 is considered a draft, so feel free to modify it in any way. Ultimately, both years must be presented together in one single document that spans the full 18 months of the program.

The portfolio is not intended to be simply a cut and paste from your reflections. It is intended to be global in nature, but you should use your pictures and reflections over the two years, to formulate your ideas.

It MUST be organized by Learning Objectives, and must include these elements:

- Demonstrate how you have addressed all of the learning objectives “in a meaningful way.”
- Demonstrate that you have a relative balance of Creativity and Physical Activity and Service.
- Highlight the projects that you found to be the most valuable, interesting, enjoyable.
- Explain what you have learned from your experiences.
- Explain How it has helped you
 - develop as a person.
 - maintain a balance in life.
- At the end, there should be a general reflection on how your personal ideas and opinions about creativity, physical activity and service to your community may have changed or grown over the past two years.

The purpose of the portfolio is is two-fold:

1. Provide supporting and organized evidence that demonstrates your high school experience beyond the classroom. *This can be useful for university applications and your future career plans.*
2. Present a concise summary for the IBO, that demonstrates that you have met the requirements.

The expectation is that someone viewing it can see:

- That you have met all of the requirements to be eligible for the IB Diploma:
- A presentation has the ability to engage future diploma candidates.
- How you have grown personally through your experiences.

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OPTIONS

Although the content and organization of the portfolio is set, the format and length is entirely up to you.

Regardless of the option you choose, you must:

- Organize the portfolio by LO's.
- Explain the most representative projects through which you addressed each LO.
- Include all of the required elements.

Final reflection / summary

- What has been your best, most meaningful or interesting experience.
- How have you developed personally in the process.
- What you have learned about yourself and caring for others.

If you choose a multi-media format, you can use any tools that you wish, to prepare the presentation, but select one that will allow you to export the presentation to either a **PPS (a self-running PowerPoint SHOW) or an MP4 video format**. If you do not already have tools for this purpose, you may find these tools useful:

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

If you choose a written format,, save as PDF

For multi-media save as mp4 or PowerPoint SHOW ONLY:

- File upload size on Managebac is limited to 100 mb, so don't create a 30 minute HD video—it won't upload—therefore can't be submitted to IB.
- IF it is too large, you will have to submit it on DVD or flash drive in MP4 format

You must upload your final portfolio to Managebac AND notify your Advisor, on or before the deadline.

Once submitted, the portfolio will be kept by the school, so be sure to **keep a copy for yourself**.

If you have any questions, please contact your Advisor or the CAS Coordinator.