



CAS

CREATIVITY
ACTION
SERVICE

CREATIVITY

Let your imagination be your guide
in developing your project

-or-

Become involved in an artistic
endeavor

ACTION

Get moving!!

Put your plan into action

-or-

Become involved in a physical activity
that is a new or enhanced experience

SERVICE

Build links with people in the community
(locally, nationally, globally)

Do things with people, not for them

WHAT'S THE POINT?

CAS aims to develop students who are:

- reflective thinkers – they understand their own strengths and limitations, identify goals and devise strategies for personal growth
- willing to accept new challenges and new roles
- aware of themselves as members of communities with responsibilities towards each other and the environment
- active participants in sustained, collaborative projects
- balanced – they enjoy and find significance in a range of activities involving intellectual, physical, creative and emotional experiences

LEARNING OUTCOMES

- Increase your awareness of your own strengths and areas of growth
- Undertake new challenges
- Plan and initiate activities
- Work collaboratively with others
- Show perseverance and commitment in your activities
- Engage with issues of global importance
- Consider the ethical implications of your actions
- Develop new skills

YOU PLAN YOUR CAS

CAS enables you to:

- learn by experience
- have the opportunity to give back and learn about your local or global community by getting involved
- give your time and skills to benefit other people who may need help or are less fortunate than us

“Everybody can be great, because anybody can serve.”

Martin Luther King Jr.

CAS NEEDS TO INVOLVE

- real, purposeful activities with significant outcomes
- personal challenge
- thoughtful consideration, such as planning, reviewing progress, reporting
- reflection on outcomes and personal learning

CAS IS NOT :

- points scoring
- passive
- an activity that is already a part of the Diploma Program
- an activity for personal reward
- an activity where there is no responsible adult monitoring and able to evaluate your performance

YOUR RESPONSIBILITIES

- ❖ create your CAS Plan
- ❖ carry out your CAS Plan
- ❖ record your activities and report your achievements
- ❖ reflect on your experiences

VARY YOUR ACTIVITIES

Your list of activities should include:

- a group activity that combines at least two of the three components of CAS
- an activity that is challenging to you
- an activity that is an extension of an existing one
- an activity where you learn a new skill
- an activity that you initiated
- involvement with international projects
- activities that vary in length and the amount of commitment required from you, but none should be trivial

Your commitment is to complete 150 hours spread out over two years

LET THE FORMS BE YOUR GUIDE

Your packet includes forms to assist you in completing your CAS requirement:

- ❖ Does An Activity Qualify?
- ❖ Your CAS Plan
- ❖ Activity Pre-Approval Form
- ❖ Activity Self- Evaluation Form
- ❖ CAS Description Log

NOW WHAT?

- Take a deep breath
- Read over your packet
- Spend the summer researching global issues
- Come back in September ready to brainstorm
- Sign up to join the BSHS CAS group wiki:
www.bshscas.pbworks.com

RESOURCE SITES

- newyorktimes.com
- serve.gov
- idealist.org
 - list of organizations and programs
- dosomething.org
 - list of programs and causes
- oambassadors.org
 - issues of global importance
- membersproject.com
 - suggestions for projects
- www.nylc.org/pages-projectexamples
- www.safeyouth.org/scripts/index.asp
- www.habitat.org/
- <http://ran.org/>
 - rainforest action network

RESOURCE SITES

- longisland.com/charities
volunteer opportunities
- islandharvest.org
project ideas
- cleanuptheworld.org
- youngheroes.org
- www.servicelearning.org/resources-kids-and-teens
- www.amnesty.org/en/how-you-can-help
- www.un.org/cyberschoolbus/modelun/links_2.html
global issues
- www.kintera.org/site/c.nIIWIgN2JwE/b.4565501/
human rights watch
- www.pointsoflight.org/programs/