

## IB Diploma Programme course outlines: CAS

### Course description:

**“CAS is the heart of the IB Diploma’ is not just a phrase; it’s brought to life when students discover that helping people involves feelings and emotions, and that it makes a person special in this world. This understanding will stay with the student for life.”**

In order for our students to undertake their responsibilities and commit to the CAS program we will dedicate at least one period in the timetable each week to Creativity, Action and Service. During this period the students should be able to meet with the CAS co-ordinator to speak about any issues or problems that they are having in completing their projects.

The following are examples of what the students could undertake in each area:

**Creativity** requires imagination. Creativity involves creating or making something. It is the student’s own creation, not something someone else will create. If a student follows someone else’s creations, then it is not creative; it is learning a skill. Below are examples of activities that come under creativity:

- Art Club
- Ceramics
- Choreography
- Drama and Theatre
- Writing Club
- Yearbook

**Action** means to carry out or execute a plan. Action does not consist of going to a club meeting and sitting in the corner. Action implies movement. Here are examples of activities that come under action:

- Any individual and team sports  
eg gymnastics, basketball, tennis, football

**Service** means helping in the community, or helping someone other than oneself. Here are examples of activities that come under service:

- Computer Club
- Library Association
- Peer Counselling
- Student Council
- Tutoring
- Volunteering in: Camps, other schools or nursing homes

There will also hopefully be a trip to another country that will provide opportunities for our students to complete some of their CAS learning outcomes. Further details will follow.