

DIPLOMA PROGRAMME CAS QUICK-REFERENCE GUIDE

Learning Outcomes

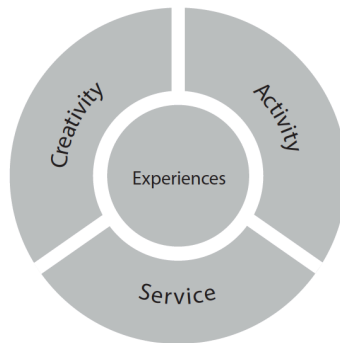
Identify and focus on at least one of the seven Learning Outcomes in almost every one of your experiences. The Learning Outcomes are:

1. Identify your own strengths and develop areas for growth.
2. Demonstrate that challenges have been undertaken, developing new skills in the process.
3. Demonstrate how to initiate and plan a CAS experience.
4. Show commitment to and perseverance in CAS experiences.
5. Demonstrate the skills and recognize the benefits of working collaboratively.
6. Demonstrate engagement with issues of global significance.
7. Recognize and consider the ethics of choices and actions.

Time commitment

Be consistent. While there are no hour requirements, your CAS programme should occupy at least 18 months, and should be visited regularly – weekly if possible.

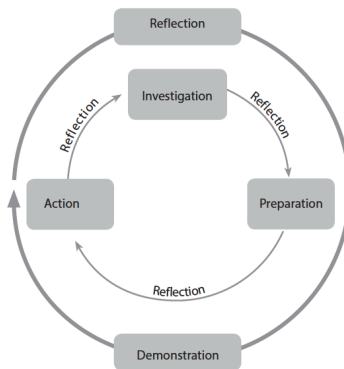
CAS Strands



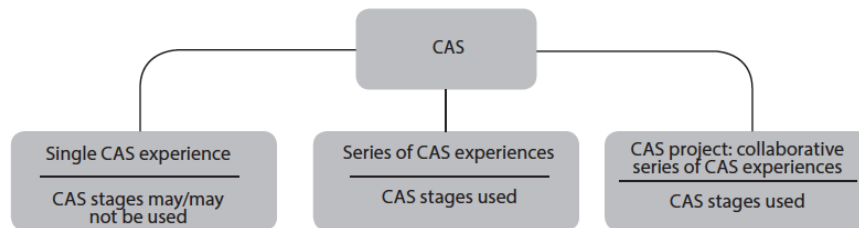
Each experience should involve at least one of the three strands, with an overall balance among them:

- Creativity – exploring and extending ideas leading to an original or interpretive product
- Activity – physical exertion contributing to a healthy lifestyle
- Service – collaborative and reciprocal engagement with the community in response to an authentic need

CAS Stages



Be intentional about creating CAS experiences by using the CAS stages.



CAS Project

The CAS project is a series of CAS experiences with a common theme. It is required, and should last at least one month.

CAS Evaluation

Create and update a CAS portfolio. The CAS portfolio should provide indisputable evidence that you have achieved each one of the Learning Outcomes. Some will be achieved many times, and others less often throughout your programme. Examples of evidence include, but are not limited to:

- Written reflections
- Videos
- Photos
- Blog entries
- Audio recordings
- Physical objects