**CAS Packet for Honors Global Economics**

Keep in your binder, under the CAS tab

**What is CAS?**

CAS (Creativity, Activity, Service) is the heart of the IB Diploma Programme for 11th and 12th grades. The basics of CAS are introduced through our ACE Pre-Diploma 9th and 10th grade Social Studies classes. CAS enables students to learn through experience, set goals and reflect on outcomes. In our Honors Global Economics course, students are to focus on **Creativity** and **Activity** experiences. Students will focus on Service during their sophomore year in Honors World Civ. Students must create a challenging goal for themselves, plan how to achieve the goal, work towards that goal, reflect on what they have done/accomplished, and demonstrate what they have done. Students’ grades will not be negatively impacted if they are not able to accomplish their goal. CAS is all about what you learned from the goals you set.

**Why is CAS important?**

CAS serves to increase students’ civic mindedness as well as to consider their connection to the global community. Particularly in Service, students are asked to “think global and act local”. The purpose of CAS is not to create extra work for the students, but to reflect on activities they are already doing. CAS allows students to evaluate their own skills, create their own challenging goals, plan and implement a way to reach their goals, and reflect on their experience. These are skills that are important and will help them throughout their lives.

**What is Creativity?**

Creativity is interpreted as the arts, and other experiences that involve creative thinking. Creativity should include the designing and carrying out of the goal/challenge. Creativity is not going to an art museum; it is creating a piece of art. Creativity is not watching a live theater performance; it is acting in a live production.

**Examples of CAS Creativity:**

* Acting in a school or community play
* Participating in the school drama team
* Costume design for the school productions
* Set design for the school productions
* Participating in the school speech team
* Singing in a school or local choir
* Taking an art class outside of school
* Taking an art class in school
* Taking music and art lessons
* Playing in a band
* Weaving/knitting/sewing
* Writing/composing music
* Creative writing classes
* Participating in poetry slams
* Designing furniture
* Painting murals or series of portraits
* Contributing to an art gallery
* Creating sculptures
* Photography
* Marching band
* Recreating the Thriller dance in downtown Lexington
* Scarecrow competition
* Organized cooking lessons
* Playing music in an elderly home or children’s home
* Gardening club

**Your goals could include:** learning to play a difficult song on the violin, knitting a scarf with a new stitch, creating a piece of art for the FCPS calendar, learning the thriller dance and performing in downtown Lexington, or learning how to cook dinner for your family.

**Your goals should:** have a measurable outcome (how will you know you accomplished the goal or learned a new skill?). I can now cook dinner, play that song, do the thriller dance, paint a portrait etc.

**What is Activity?**

Activity can include physical exertion contributing to a healthy lifestyle. This may include participating in individual and team sports and physical training. You may also need to be aware that action is more than just meeting a friend to play tennis after school; it is joining a tennis league at a local park and competing against other individuals. Games, meets, and matches are great CAS experiences.

**Examples of CAS Activity:**

* Football team
* Track team
* Cross country team
* Soccer team
* Cheerleading team
* Swimming and diving team
* Volleyball team
* Dance team
* Basketball team
* Softball team
* Step team
* Wrestling team
* Lacrosse team
* Tennis team
* Community sports
* Mountain climbing
* Learning to ski
* Martial arts classes/competitions
* Running in races
* Organized walk/run groups (Bluegrass runners)
* Horseback riding
* Intramural sports
* Marching band
* Yoga classes

**Your goals could include:** learning to do a back handspring or creating a new routine for the cheerleading team, getting your 5K time down, learning a new yoga pose, learning how to canter or do a jump for horseback riding.

**Your goals should:** have a measurable outcome (how will you know you accomplished the goal or learned a new skill?). I can now run a 5K in under 21 minutes, do this yoga pose, perform this routine etc.

\*Keep in mind that CAS will look different for everyone, especially the Activity strand. A goal of running and completing a 5K race is acceptable for someone who is not very active or fit, it is not an acceptable goal for a member of our Cross Country team. The Cross Country runner can work with their coach to choose an acceptable goal time that they are going to work towards.

**5 Stages of CAS**

**1. Investigation** – Students will analyze their skills and develop a goal or challenge. This will have to be approved by the teacher. This will be done in class and be worth **50 points in the Formative Category** (in class work, quizzes, homework).

**2. Preparation** – After the goal has been approved by the teacher, students will develop a plan for how they are going to reach this goal. This will begin as an in class assignment (to be completed as homework if necessary) and be worth **50 points** **in the** **Formative Category**.

**3. Action** – This is the most important part of the CAS experience because students will be implementing their plan and working towards their goal. Students will provide evidence and a Log Sheet to receive credit. This is worth **100 points in** **the Summative Category** (exams, projects, etc.)

\*Students should be working with a supervisor during this stage of CAS. They should be able to give guidance to the students as they work towards their goal and sign their Log Sheet as evidence that they have been consulted. Supervisors should be a non-parent adult. Examples of supervisors include coaches, teachers, and instructors.

**4. Reflection –** After students have completed their goal they will reflect on their experiences. This will be done through writing. This is worth **100 points in the Summative Category**.

**5. Demonstration –** This final step is putting together a presentation of your CAS experiences. This can be either a poster **or** powerpoint, **or** video. This will summarize your action (through evidence) and reflection. These will be presented to the class. This will be worth **50 points in the Summative Category.**

**Each semester the student will turn in the following:**

Investigation Handout (50 Points Formative)

Preparation Handout (50 Points Formative)

Action Log Sheet (100 Points Summative)

Reflection (100 Points Summative)

Demonstration Presentation (50 Points Summative)

\*The handouts, requirements, and rubrics will be passed out as the semester progresses.

**Due Dates**

**Fall Semester**

**A Day – December 2nd** (Action Log Sheet, Reflection, and Demonstration Presentation)

**B Day – December 1st** (Action Log Sheet, Reflection, and Demonstration Presentation)

**\*Late assignments will receive a 25% penalty. The last day any CAS will be accepted is DECEMBER 7th.**

**Spring Semester**

**A Day – May 5th** (Action Log Sheet, Reflection, and Demonstration Presentation)

**B Day – May 4th** (Action Log Sheet, Reflection, and Demonstration Presentation)

**\*Late assignments will receive a 25% penalty. The last day any CAS will be accepted is MAY 10th.**