

The 5 Stages of CAS

IPARD is the 5-stage framework for CAS



Investigation

Establish what it is you want to do
Clarify ideas and do your research



Preparation

Action plan and organisation
Tasks, resources needed & timeline



Action

Where you actually DO IT!
Make your project happen



Reflection

Focus on emotions & what you learned
Reflect before, during & after



Demonstration

Choose a platform/space & showcase
your experience with an audience

Document your CAS Experiences with evidence.
Reflect on the challenges faced, the Learning Outcomes you engaged
with and your emotions!