

A BEGINNER'S GUIDE TO CAS - A TIMELINE

Follow this 18-month CAS Roadmap to clear up any questions and gain a better understanding of one of the most rewarding and enjoyable parts of the IB Diploma Program.

Research the fundamentals of CAS. Begin investigating what types of activities and projects you'd like to do based on your interests, your skills and talents.

Reflection is a vital but often misunderstood element of CAS. Hint - a reflection does not have to be written! Take some time now to understand and trial some methods and mediums to find one that works for you.

Interview one - Once you've understood CAS and **what is not CAS**, you'll have the first interview with your CAS supervisor. This is a discussion about your ideas, interests, and how you can achieve your CAS goals.

MONTH
1/18

MONTH
2/18

MONTHS
3/18 - 16/18

MONTHS
16/18 - 17/18

MONTH
18

Create a CAS plan based on investigation by searching for opportunities and strengthening knowledge and skills. Use this time to find **resources, projects, local issues and causes, supervisors, and activities**, which you can use for CAS. Start scheduling projects and activities into your calendar.

CAS Project Proposal - The 1-month collaborative project is a big undertaking and should not be underestimated. [Read this guide](#) for more help on how to plan it well.

Act! Document each of your **CAS Experiences** in a **CAS Portfolio**, creating reflections to process the challenges and progress you're making. Check out [this poster](#) for some valuable reflection questions.

During this time you will also have the opportunity to have your second CAS interview to review your progress.

CAS Project - Aim to complete your CAS Project early. We created the **CAS Project Challenge** to help you with tools and frameworks. Use this opportunity to submit your project for a chance to win a team scholarship to present your project at our [Global Student Conference](#).

7 Learning Outcomes - Remember you'll need to meet every one of the 7 LOs to pass CAS. If you have not met all CAS requirements, spend that last few months collecting evidence, documenting activities, or, if needed, completing more activities.

Make sure that everything is documented and present in your CAS Portfolio.

5 Stages of CAS

Evidence the 7 Learning Outcomes

What is CAS?
Unlock the secrets of CAS

THE THREE STRANDS OF CAS

- **Creativity** - arts and other experiences that involve creative thinking.
- **Activity** - physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the DP.
- **Service** - an unpaid and voluntary exchange that has a learning benefit for the student.

We created [12 CAS ideas](#) to get you started and inspired.

7 LEARNING OUTCOMES

Your activities and projects must engage in all [7 Learning Outcomes](#) throughout your CAS journey:

1. **Strength & growth** - How have your skills and abilities developed or strengthened through the project?
2. **Challenge & skills** - How did you take on new challenges with your newly developed skills?
3. **Initiative & planning** - How did you conceive an idea, plan, and execute a plan for a CAS project?
4. **Working collaboratively with others** - How did you collaborate and work with others? Collaboration is required for a successful service project.
5. **Showing perseverance and commitment** - How did you show commitment to and active engagement in your CAS project? How did you deal with problems that arose throughout your experience?
6. **Global engagement** - **Did your project interact with global issues?** How did it affect the local, national, or international community?
7. **Recognize and consider the ethics of choices and actions** - How did you recognize the consequences of choices and actions? Ethical decisions are essential to CAS activities.

Are you a CAS Coordinator or Supervisor?

We have developed a huge pool of Teacher's Resources and useful articles over the years.

[You can find them all here.](#)

