



Robinson IB – CAS REQUIREMENTS FLYER 2022

FRESHMEN & SOPHOMORE MINIMUM REQUIREMENTS	JUNIOR & SENIOR MINIMUM REQUIREMENTS
<p style="text-align: center;">Creativity – N/A Active – N/A Service – 40 Hours</p> <p>ALL Activities must be completed/entered in ManageBac which includes: Reflections, Evidence, Supervisor Review, and Time Logs.</p>	<p style="text-align: center;">Creativity – 25 Hours Activity – 25 Hours Service – 60 Hours</p> <p style="text-align: center;">(Includes Long-term CAS Project)</p> <p>The total hours, with the required minimums and all completion paperwork, are due by the designated deadline in spring, senior year. All experiences must be entered on ManageBac.</p> <p style="text-align: center;">Student achievement of ALL Seven CAS Learning Outcomes documented through Reflection Statements.</p>
<p>Creativity Hours – <i>Thinking, Expression, Planning, or Designing – SHOW ME - Doing art, music, theater, dance, solving problems, developing new enterprises, experiences that involve creative thinking</i></p> <ul style="list-style-type: none"> ➤ Creativity experiences are those in which the student plans or designs something and then carries it out with a tangible final product. Examples include creating a sculpture, painting a picture, music lessons, participating in a musical performance, planning sports practice and then overseeing the practice, planning a tutoring lesson and then tutoring a student, or planning and creating an event. ➤ Passive activities such as visiting museums or attending performances are not applicable. ➤ A creativity project done in school may be approved if supervised by a teacher. 	
<p>Activity Hours – <i>Participating in individual & team sports; physical exertion contributing to a healthy lifestyle</i></p> <ul style="list-style-type: none"> ➤ Activity hours are earned for those activities which promote physical fitness. Examples include dance class, organized sports, karate classes or organized fitness classes, etc. ➤ Activity hours may also be earned through activities which require physical effort. Examples include helping to build homes through Habitat for Humanity, participating in a walk-a-thon for a charitable cause, marching band 	
<p>Service Hours – <i>A voluntary exchange that addresses an <u>identified social issue</u> of global concern</i></p> <ul style="list-style-type: none"> ➤ Abuse/Violence, Animal Rights, At-Risk Youth & Mentoring, Disaster Relief, Education & Literacy, Environment, Health Issues, Human Rights, Peace & Politics, Poverty & Hunger ➤ Examples: Community clean-ups & Recycling, Fundraiser for other non-profits, Habitat for Humanity, Homeless Shelters, Meals on Wheels, Nursing Homes, Relay for Life, Service Club Projects, Tampa General Hospital/Veteran's Hospital ➤ PRIOR to earning YOUR Service Hours, if you are unsure if your activity will count, PLEASE SEE MS. SPRINKLE! 	
<p>CAS IS NOT: All forms of duty with your family, Work experience that only benefits YOU – the student, Any activity in which you are financially compensated for, Any activity that promotes a religious or political belief, Any activity unsupervised and undocumented, No activities during school hours, No family member and/or peer as a supervisor</p>	
<p>Learner Outcomes – <i>Completion of CAS is based on student achievement of the 7 CAS learner outcomes</i></p> <ul style="list-style-type: none"> ➤ Increase awareness of own strengths and develop areas for growth ➤ Demonstrate that challenges have been undertaken, developing new skills in the process ➤ Demonstrate how to initiate and plan a CAS experience ➤ Show commitment to and perseverance in CAS experiences ➤ Demonstrate the skills and recognize the benefits of working collaboratively ➤ Demonstrate engagement with issues of global significance ➤ Recognize and consider the ethics of choice and actions 	
<p style="text-align: center;">Is CAS a graduation requirement – YES! <i>In lieu of completing various traditional graduation requirements, IB students must complete CAS</i></p>	

Creating Activities in MANAGEBAC

- Name of Activity - (i.e. Relay for Life)
- Type of Activity - (C/A/S)
- Estimated number of hours: 24
- Description and your GOAL for the activity. A GOAL MUST BE SET.
- Supervisor Name and Email – It currently defaults to the HR Teacher if nothing is entered for the supervisor. Please be mindful that a valid name and email address is preferred and/or telephone number.
***Remember – The supervisor SHOULD NOT be a family member
- Dates of Activities – Start/End Date. FOR ALL activities entered; you must complete a reflection.
- Which learning outcomes will be met and is it part of your project?

Reflections/Evidence Cheat-Sheet

- **Under the reflections/evidence tab the following must be completed:** YOU must include evidence of planning and organization, commitment, active reflection, personal development, and achievement in the reflection's sections of your activity. Reflections should be a paragraph long for each outcome checked!
- **To GUIDE your reflections, consider the following during the stages** (Remember – Investigation, Preparation, Action, Reflection, Demonstration)
 - What did you perceive and notice?
 - How did you feel being involved?
 - What do you think and feel about the activity itself?
 - What does the activity mean to you?
 - What value does the activity have?
 - What did you learn from this activity and how might you apply it to any lesson in your life and/or being in the real world?
- **ADDITIONALLY, Focus on:**
 - I increased awareness of my strengths and areas where I have potential for growth when I...
 - I undertook new challenges when I...
 - I planned and initiated activities when I...
 - I worked collaboratively with others when I...
 - I demonstrated perseverance and commitment when I...
 - I engaged in issues of global importance when I...
 - I developed new skills when I...
- **YOU MUST upload Evidence**
 - Time Logs
 - Creative Evidence: Proof of Product – Upload photos/videos of you working on or completing and screen shot of finished product
- **Once Evidence/Reflection is presented** - YOU must send your supervisor a review by requesting it from the worksheet – SEND your supervisor a TEXT/CALL/EMAIL to let them know an email is coming from MANAGEBAC to complete the process. PLEASE be MINDFUL and DO NOT send your supervisor a review the day before the prescribed DUE DATE!