

IB CAS Project Overview & Requirements

Robinson High School IB

Purpose

The CAS Project (Creativity, Activity, Service) is a collaborative, sustained initiative that challenges students to demonstrate personal growth through real experiences outside the classroom. It allows students to show the integration of Creativity, Activity, and/or Service in a meaningful way.

Key Parameters

Parameter	IB Expectation
Duration	Minimum of one month (sustained over time, not a single event).
Collaboration	Must involve working with others—peers, community members, or organizations.
CAS Strands	Must engage at least one of the three strands (Creativity, Activity, Service); ideally combines more than one.
Planning & Reflection	Must include clear goals, planning steps, action, and evidence of reflection throughout.
Supervision	Must have an adult supervisor (teacher, club sponsor, or community contact).
Documentation	Students must record progress, evidence, and reflections in ManageBac.
Final Reflection	At completion, students must submit a final reflection discussing learning outcomes, personal growth, collaboration, and the project's impact.

CAS Learning Outcomes

Your CAS Project must show evidence of at least two of the following:

- Identify own strengths and develop areas for growth
- Demonstrate that challenges have been undertaken and new skills developed
- 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 choices and actions

The Five CAS Stages (Strive to Implement ALL Stages)

1. Investigation: Identify interests, skills, and talents to be used in considering opportunities for CAS experiences, as well as areas for personal growth. Determine the purpose for your CAS project. In the case of service, identify a need you want to address.
2. Preparation: Clarify roles and responsibilities, develop a plan of action, identify resources and timelines, and acquire any needed skills. Always consider the safety and well-being of all participants.
3. Action: Implement your idea or plan. This often requires decision-making and problem-solving. You may work individually, with partners, or in groups.
4. Reflection: Describe what happened, express feelings, generate ideas, and raise questions. Reflection helps you learn from the experience and connect growth and accomplishments to the learning outcomes.
5. Demonstration: Share what and how you learned and what you have accomplished—through your CAS portfolio, a presentation, or another format. This solidifies understanding and invites responses from others.

Examples of Strong CAS Projects

Category	Example Project
Creativity + Service	Organizing a student art show to raise money for local shelters
Activity + Service	Coaching youth soccer at a community center
Creativity + Activity	Choreographing & performing a dance show to promote mental health awareness
Service	Creating a recycling awareness campaign and implementing it at school
Creativity	Designing and maintaining a website for a nonprofit organization

Tips for a Successful CAS Project

- Choose something that matters to you personally.
- Ensure its sustained — not just a one-day event.
- Collaborate meaningfully — don't work in isolation.
- Document every stage and reflect deeply on your growth.
- Be ready to explain what you learned and how you grew as a person.

Final Submission Checklist

- ✓ Project proposal approved
- ✓ Evidence of planning, collaboration, and action
- ✓ Reflections showing growth and learning outcomes
- ✓ Final reflection submitted
- ✓ Supervisor's verification form completed