



## CAS Frequently Asked Questions

### **What counts towards Creativity?**

◆Anything where you are planning, coming up with an idea for a service project or participating in something creative or artistic.

Examples: Musical Theatre Club, piano lessons, writing a blog, designing posters for a charity, participating in a school play outside of your drama class, playing in a band outside of your music class, creating a game for an elementary school carnival.

### **What counts towards Activity?**

◆Participation in expeditions or hikes, individual and team sports, physical activities outside the normal curriculum. It entails physical exertion.

Examples: cross country, race for the cure, team sports, building house for Habitat for Humanity, coaching, training for a marathon.

### **What counts towards Service?**

◆Any service project or activity where you are helping others without compensation of either money or credit hours.

Examples: tutoring at Fishline, Adopt a Family, volunteering at West Sound Wildlife, taking care of your disabled neighbor's garden.

### **Does the Fall Gathering count toward CAS?**

◆Non-DP candidates can count up to 3 hours for A, C and S as long as they reflect on the activities they did.

◆DP candidates can only count CAS if they were personally involved in initiating an activity during the gathering (e.g., if they were in charge of organizing meals or games).

### **Does June term count towards CAS?**

◆Non-DP candidates can count up to 5 hours for A, as well as time for C and S if it applies for time spent on an active outdoor trip such as rafting. A trip that involves cultural experiences would count for C. Any June Term that involves extended activity or service can also count and the teacher determines the hours.

◆DP candidates can only count CAS if they were personally involved in initiating an activity during June term. Students should discuss this with their advocates, who will make decisions on a case-by-case basis. According to IB, activities that are mandated by the school as part of the curriculum do not count toward CAS.

### **What else doesn't count towards CAS**

◆Any activity where you are receiving monetary compensation or credit.

- ◆Religious activities where you are giving out religious information (e.g.: singing religious songs in church every Sunday doesn't count; however, singing non-religious songs in a church affiliated choir does).
- ◆Activities endorsed by a political party.
- ◆Activities that do not meet any of the CAS Learning Outcomes.

**Can tutoring at Fishline count as Creative?**

- ◆If you can demonstrate how you used your creativity to problem solve during your tutoring sessions, you can count partial time for C.  
Example: an hour of tutoring counts as 1 hour for S, 1/2 hour for C.

**What if I'm a DP candidate entering my junior year and I did a lot of CAS this past summer?**

- ◆IB determines that all of your CAS work must happen concurrently alongside your diploma programme for at least 18 months between the beginning of your junior year and your IB exams. Because we start school in the month of August, all the activities you did after August 1<sup>st</sup> of your junior year do count toward CAS.

**What if I'm not a DP candidate and I did a lot of CAS this past summer?**

Any work done after the last day of school in June counts towards next year's CAS.

**What if I'm a DP candidate I finished all my work early?**

Your CAS work should be sustained and consistent. According to IB, all of your CAS work must happen concurrently alongside your diploma programme for at least 18 months between the beginning of your junior year and your IB exams. Therefore, there isn't such a thing as finishing ahead of time.

**How strict is the hour count?**

- ◆Hours are only a measuring stick and should not be taken too literally. The quality and variety of the experiences and the reflections is more important than the hour count itself.
- ◆The following chart shows approximate hour expectations for each grade:

**Grades 6-10 and non-Diploma Programme Students**

Grade	Creative Hours	Active Hours	Service Hours	Notes
6	5	5	5	Most service activities are group activities with the school.
7	5	5	5	Some service activities are group activities with the school. At least one service activity must be initiated by the student.
8	5	5	10	Some service activities are group activities with the school. At least two service activities must be initiated by the student.
9	10	10	10	Students should not rely on the school to initiate service activities*
10	10	10	10	Students should not rely on the school to initiate service activities*
11 non-DP	10	10	20	Students should not rely on the school to initiate service activities*
12 non-	10	10	20	Students should not rely on the school to initiate service

DP				activities*
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### Requirements for DP candidates Grades 11 and 12

Grade	Creative Hours	Active Hours	Service Hours	Notes
11	30	30	30	Students should not rely on the school to initiate service activities*
12	20	20	20	Students should not rely on the school to initiate service activities*
A total of roughly 150 hours is required for Diploma Programme Candidates.				

#### Can hours double count?

◆If an activity qualifies for more than one section of CAS, for example, both Creative and Active, those hours double count. **However, a student is not finished with CAS regardless of how much time they have spent working until they can demonstrate all 8 learning outcomes.**

#### Can a family member act as my supervisor and sign my supervisor slip?

◆Non-DP candidates can have a family member sign their slips if the activity didn't take place under the supervision of a third party (e.g., your coach should sign the slip if you are playing in a soccer team, but your mom can sign it if you are training on your own for a hiking expedition).

◆DP candidates should always have a third party act as their supervisor and cannot have family members sign. This can include their advocate, CAS coordinator or any teacher who is on board in guiding the student through the experience.

#### What if I fall short on my reflections because I don't enjoy expressing myself through writing?

◆Reflections can adopt many forms. IB provides the following suggestions:

Visual reflection can be accomplished through:

- photography
- painting
- animation
- sculpting/ceramics/mosaic
- prints
- textile and needlework.

Kinesthetic reflection can be accomplished through:

- dance
- theatre
- mime
- role play.

Auditory reflection can be accomplished through:

- lyrics
- rap
- jingle

- melodies