



CAS Frequently Asked Questions

What is CAS?

C-A-S is shorthand for the IB requirement that all Diploma Candidates propose, participate, and document extracurricular experiences in -- Creativity, Activity and Service – for 3-4 hours over 18 months.

How much time do I have to participate in and document these activities?

IB Diploma Candidates may begin participating on the first school day in September of the junior year. All activities to fulfill the requirement must be documented by the last week of February the senior year. This deadline accommodates any needed revisions prior to the deadline in which all attendant documentation must be submitted to the IBO.

When should I submit documentation?

Ideally, you will submit documentation as soon as you complete an experience. That way, your CAS online records are always up-to-date & there is less chance of losing or forgetting something. However, the following deadlines will be observed:

- Before November 1 of junior year: proposal is approved.
- During last week of May of junior year: all activities documented for junior year
- By September 21st senior year: all summer activities documented
- By end of first quarter senior year: approximately 80% of activities documented, balanced among all 3 categories
- During last week of March of senior year: final documentation submitted for senior year activities
- By IBO deadline of senior year: revised and approved final documentation submitted to IBO

How are C-A-S experiences verified?

CAS experiences are verified after they are approved by the CAS Coordinator and documentation of the experience is submitted to OneNote.

Can I “finish” my C-A-S in grade 11?

No – You must be participating in some aspect of your CAS throughout the 18 months you are involved in the IB diploma program. However, some activities naturally take place in a short, compacted amount of time (e.g. week spent on a Habitat for Humanity project) while others span several months (a sport season, class or CAS Project).

If I have a question about certain experiences qualifying for C-A-S, what is the best way to get answers?

Because the IB Diploma Class is large and because of the diversity of C-A-S related questions, the best way to accommodate questions is via e-mail. Please send your C-A-S questions by e-mail to the CAS Coordinator who will provide you with a prompt written response, which you should keep on file. The IB Center will stand behind written guidance it gives to IB Diploma Candidates.

If I have questions on C-A-S, who can I contact for assistance?

During the school year, the CAS Coordinator is available to answer your C-A-S questions in Ryan 1 in addition to your Advisor. During the summer, please contact the CAS Coordinator by e-mail.

QUESTIONS ABOUT SERVICE

Can I dedicate all service by simply “volunteering” at school?

No. Learning outcomes specifically encourage service beyond the school community. For activity suggestions, please discuss with the CAS Coordinator.

Can I volunteer for any “non-profit” organization or simply by doing something on my own?

Just because an organization is “non-profit” does not mean that volunteer work done for the organization automatically qualifies as service. Service also involves interaction – not simply doing things for others, but doing things with others – that benefits those in need and that builds linkages with individuals or groups in the local, national or international community. Volunteer work performed without a sponsor or without community involvement will not qualify as Community Service under CAS guidelines.

QUESTIONS ABOUT ACTIVITY

Do I have to be on an athletic team?

No. There are several ways to participate in ACTIVITY activities. Besides formal athletic teams, students can also participate in organized activities like rec teams or ones that involve physical fitness, including weight training or aerobics, hiking or bicycling, rowing or bowling. Students may also engage in organized service activities requiring physical labor, such as building Habitat homes, cleaning streams, etc., to diversify activity participation.

QUESTIONS ABOUT CREATIVITY

Can time I spend planning and organizing WSA club or class activities (for example, a club field trip or a class fundraising event) count as Creativity participation?

Yes, they represent a leadership role, such as a club or class officer or captain of an academic/sports team.

If I'm involved in one or more of the Theatre Department's plays, or if I'm a member of a Marching Band, a Concert/Symphonic/Jazz Bands or an Orchestra, am I allowed to use that participation for Creativity?

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Yes, students involved in WSA drama productions (either on stage or as a member of the tech team), in bands, in orchestra or in choir can use that participation beyond class time toward Creativity.

I don't have time during the school year to participate in WSA-sponsored music, theatre, other performing arts, or other creative organizations. What other type activities can I use for Creativity?

Individually designed creativity projects or activities can count for creativity. Summer enrichment program class hours can also be used. Structured tutoring is another possibility.

I plan to take an SAT Review class/Drivers Education course. Can I apply those hours to Creativity?

Such a class rarely benefits others. While such classes may enhance performance on standardized tests or personal safety, they have minimal value in terms of creativity. These should NOT be one of your two required creativity activities to fulfill CAS guidelines.

Can I count non-IB courses for Creativity?

Yes. If your schedule allows a place for a course you might take for enrichment after school hours or during the summer, as long as they do not earn high school or college credit. Count class hours only. No class that is considered mandatory for the State of Washington can be considered for creativity.

OFTEN ASKED:

If an activity occurs during the summer in a distant location, how do I acquire my supervisor's original signature?

Make sure you can access online or take a hard copy of the "CAS Completion Form" from the CAS Google Classroom. It is your responsibility to acquire this hard copy original documentation. No activity can be approved without this completed form accompanied by an original signature of the supervising adult.