

CAS PROGRAMME 2020 – 2022

CREATIVITY

ACTIVITY

SERVICE

NAME: _____

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INFORMATION ABOUT CAS

CAS is the heart of the Diploma Programme. It is organized around the three strands of creativity, activity and service defined as follows.

- **Creativity** – exploring and extending ideas leading to an original or interpretive product or performance.
- **Activity** – physical exertion contributing to a healthy lifestyle.
- **Service** – collaborative and reciprocal engagement with the community in response to an authentic need.

The CAS programme formally begins at the start of the Diploma Programme and continues regularly, ideally on a weekly basis, for at least **18 months** with a reasonable balance between creativity, activity and service.

All CAS students are expected to maintain and complete a **CAS portfolio** as evidence of their engagement with CAS. The CAS portfolio is a collection of evidence that showcases CAS experiences and for student reflections.

Completion of CAS is based on student achievement of the **seven CAS learning outcomes**. Through their CAS portfolio, students provide the school with evidence demonstrating achievement of each learning outcome.

Students engage in **CAS experiences** involving one or more of the three CAS strands. A CAS experience can be a single event or may be an extended series of events.

Further, students undertake a **CAS project** of at least one month's duration that challenges students to show initiative, demonstrate perseverance and develop skills such as collaboration, problem-solving and decision-making. The CAS project can address any single strand of CAS or combine two or all three strands.

Students use the **CAS stages** (investigation, preparation, action, reflection and demonstration) as a framework for CAS experiences and the CAS project.

There are three formal documented **interviews** students must have with their CAS coordinator. The first interview is at the beginning of the CAS programme, the second at the end of the first year and the third interview is at the end of the CAS programme.

CAS emphasizes **reflection** which is central to building a deep and rich experience in CAS. Reflection informs students' learning and growth by allowing students to explore ideas, skills, strengths, limitations and areas for further development and consider how they may use prior learning in new contexts.

AIMS

The CAS programme aims to develop students who:

- enjoy and find significance in a range of CAS experiences
- purposefully reflect upon their experiences
- identify goals, develop strategies and determine further actions for personal growth
- explore new possibilities, embrace new challenges and adapt to new roles
- actively participate in planned, sustained and collaborative CAS projects
- understand they are members of local and global communities with responsibilities towards each other and the environment.

CAS LEARNING OUTCOMES

<i>LO 1</i>	<i>Identify own strengths and develop areas for growth.</i>
Descriptor	Students are able to see themselves as individuals with various abilities and skills of which some are more developed than others.
<i>LO 2</i>	<i>Demonstrate that challenges have been undertaken, developing new skills in the process.</i>
Descriptor	A new challenge may be an unfamiliar experience or an extension of an existing one. The newly acquired or developed skills may be shown through experiences that the student has not previously undertaken or through increased expertise in an established area.
<i>LO 3</i>	<i>Demonstrate how to initiate and plan a CAS experience.</i>
Descriptor	Students can articulate the stages from conceiving an idea to executing a plan for a CAS experience or series of CAS experiences. This may be accomplished in collaboration with other participants. Students may show their knowledge and awareness by building on a previous experience or by launching a new idea or process.
<i>LO 4</i>	<i>Show commitment to and perseverance in CAS experiences.</i>
Descriptor	Students demonstrate regular involvement and active engagement in CAS.
<i>LO 5</i>	<i>Demonstrate the skills and recognize the benefits of working collaboratively.</i>
Descriptor	Students are able to identify, demonstrate and critically discuss the benefits and challenges of collaboration gained through CAS experiences.
<i>LO 6</i>	<i>Demonstrate engagement with issues of global significance.</i>
Descriptor	Students are able to identify and demonstrate their understanding of global issues, make responsible decisions and take appropriate action in response to the issue either locally, nationally or internationally.
<i>LO 7</i>	<i>Recognize and consider the ethics of choices and actions.</i>
descriptor	Students show awareness of the consequences of choices and actions in planning and carrying out CAS experiences.

THE FIVE CAS STAGES

1. **Investigation** – Students identify their interests, skills and talents to be used in considering opportunities for CAS experiences, as well as areas for personal growth and development. Students investigate what they want to do and determine the purpose for their CAS experience. In the case of service, students identify a need they want to address.
2. **Preparation** – Students clarify roles and responsibilities, develop a plan of actions to be taken, identify specified resources and timelines and acquire any skills as needed to engage in the CAS experience.
3. **Action** – Students implement their idea or plan. This often requires decision-making and problem-solving. Students may work individually, with partners or in groups.
4. **Reflection** – Students describe what happened, express feelings, generate ideas and raise questions. Reflection can occur at any time during CAS to further understanding, to assist with revising plans, to learn from the experience and to make explicit connections between their growth, accomplishments and the learning outcomes for personal awareness. Reflection may lead to new action.
5. **Demonstration** – Students make explicit what and how they learned and what they have accomplished, for example, by sharing their CAS experience through their CAS portfolio or with others in an informal or formal manner. Through demonstration and communication, students solidify their understanding and evoke response from others.

RISK ASSESSMENT

When planning a CAS experience in which participants may be exposed to hazard, it is important that risks are identified and assessed. Schools must always comply with the pertinent local health and safety laws and regulations both in and out of the classroom.

Please write clearly!

Name _____

Grade _____

Date of birth _____

E-mail address _____

Languages spoken: _____

List your hobbies, sports and other activities and interests. Include information concerning length of time at activity, level of competence, involvement, etc.

What are your plans for future education and career?

Why are you in the CAS programme? What do you expect to get from the programme?

CAS PLANNING FORM

Please write clearly!

Name _____

Grade _____

Please list your planned CAS experiences. This form simply gives us an idea of your plans for your CAS career.

CREATIVITY

Planned experiences and brief descriptions of each. If you know who the adult supervisor will be, please include the name.

ACTIVITY

Planned experiences and brief descriptions of each. If you know who the adult supervisor will be, please include the name.

SERVICE

Planned experiences and brief descriptions of each. If you know who the adult supervisor will be, please include the name.

CAS EXPERIENCE

Student Name				
Category (tick)	C	A	S	
Name of experience				
Hours of participation				
Supervisor (s) of experience / Telephone number				
Group/organization that you will be working with /address/telephone number				

1. Investigation:

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2. Preparation:

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3. Action:

4. Reflection:

5. Demonstration:

You may use additional sheets and/or other forms of monitoring your experiences and your CAS project!

CAS LOG (CAS – Dokumentation über Aktivitäten)

This CAS Log must be updated regularly and must be made available to the CAS coordinator as scheduled and upon request.

(Die Dokumentation über die CAS-Aktivitäten muss regelmäßig aktualisiert werden und dem CAS Koordinator nach Vereinbarung oder auf Anfrage zugänglich gemacht werden.)

Experience /
(Aktivität)

Date (Datum)	Time (Datum)
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Time spent
(Dauer)

Supervisor's signature
(Tutorenunterschrift)

Category
(Kategorie)[illegible]

POSSIBLE CAS EXPERIENCES AT LG, DORTMUND INTERNATIONAL SCHOOL

1. In the community

- Writing for the school newspaper ("Jahrbuch"); contact persons: Mrs. An der Heiden and Mrs. Jahn
- Supervising other students while they are doing their homework or having lunch break ("Übermittagsbetreuung"); contact person: Mrs. Fisch
- Providing sports equipment for students during break ("Sporthelfer"); contact person: Mr. Nagler
- Helping/teaching/supporting students who are not doing well at school ("Schüler helfen Schüler"); contact persons: Mr. Schäfer, Mr. Wernsmann
- Organizing/helping with special school events (festivals, exhibitions, "Internationaler Abend", "Vernissage", etc.); contact person: Mr. Papenberg, Mr. B. Schmidt
- Designing and constructing noticeboards for other students with messages that encourage reflection about CAS; contact person: Mr. Effgen
- Learning new sports, coaching a sports team ("Eintracht"); contact person: Mr. B. Schmidt
- Creating and managing a CAS website for Dortmund International School; contact person: Mr. Kabzinski

2. In the local district

- Working with elderly people who live in an old people's home (e.g.: teaching them a foreign language or how to work with computers or the internet); Theodor Fliedner Heim, Wittekindstr. 96-98a, 44139 Dortmund; contact person: Mrs. Goll, tel.: 0231/91234638
- Working with young children who attend a kindergarten; Kindertagesstätte der Stadt Dortmund, Kuithanstr. 46, 44137 Dortmund; contact person: Mr. Kleff, tel.: 0231/162790
- Helping homeless and poor people by supporting the "Dortmunder Tafel"; contact person: Mrs. Teepe, tel.: 0231/9123660
- Helping/spending time with/teaching German to/etc. refugees and migrants living next to Dortmund International School; contact person: Mrs. Teepe, tel.: 0231/9123660
- Supporting the "Kinderschutzbund Dortmund"; contact persons: Mrs. Imgenbleek, Mr. Effgen, tel. 0231/9123660

3. In the international context

- Organizing student participation in, and raising funds for, the Model United Nations (MUN); contact persons: Mr. Marques, Mrs. Engelberg, Mr. Phillipsen, tel.: 0231/9123660
- Raising funds for "Aktion Tagwerk" (supporting people in need in Africa); contact persons: Mr. S. Schäfer, Mrs. Zubiz.