

International Baccalaureate Creativity, Action & Service

@ Durham Sixth Form Centre

'We make a living
by what we get.
We make a life by
what we give.'

- Winston Churchill

What Is CAS?

Creativity, action and service (CAS) lies at the heart of the Diploma Programme. It is one of the three essential elements in every student's Diploma Programme experience. It involves students taking part in a range of activities alongside their academic studies with the hope that these non academic activities will help students develop into multi-cultural, compassionate, knowledgeable and respectful life long learners.

All IB Diploma students must complete a minimum of 150 CAS hours over the two years of study. Students should divide these 150 hours equally between Creativity, Action and Service thus ensuring that a balance is achieved through their experiential learning.

Creativity

Hours that can be used as examples of Creativity include: arts, and other experiences that involve creative thinking. Examples of such experiences include: dance, poetry clubs, pottery clubs, designing an internet site, photography displays, being part of a theatre group, debating teams, designing a decorative garden, designing murals, cheerleading displays, cookery classes and any other activity that demonstrates creative thinking.

Action

Hours that can be used as examples of Action are activities which entail physical exertion that contributes to a healthy lifestyle which complements academic work elsewhere in the Diploma Programme. Examples of such experiences include: setting challenging, realistic and personal goals relating to a sport, taking part in an expedition, undertake a personal exercise programme, training for a specific event such as the Great North Run, coaching or leading a sport related activity or any other activity that involves physical exertion.

Service

Hours that can be used as examples of Service include activities which are unpaid. Examples of such experiences include: helping students to read or write, setting up a support group for other students, showing new students around the centre, teaching students with Special Educational Needs, volunteering at a OAP home or hospital, cleaning a beach of waste, visiting a less developed country to help dig irrigation channels or any other activity that benefits someone else.

The CAS Programme aims to develop student who are:

Reflective thinkers

Willing to accept new challenges and new roles

Aware of their strengths and weaknesses

Active participants in sustained collaborative projects

Balanced –intellectually, physically,
creatively and emotionally.

'You must be
the change you
wish to see in
the world.'

- Mahatma Gandhi

