**CAS GUIDELINES**

***International Baccalaureate Program***

***Strawberry Crest High School***

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| **Required**  **Hours** | |  |  | | --- | --- | | **Pre-IB (9th & 10th grade):**  **50 total hours** | **IB Diploma Programme (11th&12th Grade):**  **150 total Hours** | | 25 Service  10 Creative  10 Action  5 additional in any area | 50 Service  35 Creative  35 Action  30 additional in any area | |
| **General**  **Guidelines** | Must be during non-school hoursPrior to earning any hours, the activity must be pre-approved by an IB Staff Member.Hours earned will not be counted if the form and all activity logs are not submitted within thirty days of completion of the project.It is strongly recommended that students consistently participate in CAS activities over the course of their high school career, i.e., accumulate hours over a long period of time.Students are not to include travel time as part of the CAS activity.The Assistant Principal for Magnet Curriculum is the final authority regarding all CAS activities.Supervision by parents or family is not acceptable; a student’s parent or friend may not sign off on your activity.At the completion of the activity, reflect on your experience by using the eight learning outcomes. Be able to describe in depth how you have achieved each learning outcome in your activity and describe not only what you learned from your experience, but how this experience contributed to your personal growth. You are encouraged to include aspects of the learner profile. Discuss any goals you set for yourself in this activity and be sure to address whether or not you achieved them and why. Your writings should somewhat resemble a journal entry. All eight learning outcomes must be achieved by the completion of the Diploma Programme. |
| **Creative** | Creative activities are those in which the student plans or designs something and then carries it out with a tangible final product. Examples include creating a sculpture, painting a picture, participating in a musical performance, planning practice drills for a sport and then overseeing the practice, planning a tutoring lesson and then tutoring a student, etc. It must involve creative thinking.Passive activities such as visiting museums or attending performances are not applicable. |
| **Action** | Action hours are earned for those activities which promote physical fitness. Examples include dance class, organized sports, karate classes or organized fitness classes, etc.Action hours may also be earned through activities which require physical effort. Examples include helping to build homes through Habitat for Humanity, participating in a walk-a-thon for a charitable cause, marching band, etc. |
| **Service** | Service activities must address a pre-determined social issue.Service club projects count; service club activities, such as meetings, socials, recreational activities, etc. do not count.Fundraising for specific non-profit organizations or charities counts, e.g. a church youth group activity to raise money for the homeless counts; an activity to raise money for a field trip does not count.Performances (musical, athletic, drama, etc.) are not services to the school; they are Creative or Action activities. |
| **CAS Project** | All students must complete a CAS ProjectProjects must cover two CAS domains, one of which must be Service. Examples include making (and possibly selling) crafts that promotes cancer awareness and donating the proceeds to cancer research (Service [Health Issues] and Creative) or building homes for Habitat for Humanity (Service [Poverty] and Action).Project must be an activity that lasts at least 6 weeks or 30 hours. |
| **Graduation** | Completion of the CAS requirement is required for high school graduation. Students who do not earn all CAS hours by the third day of school after spring break of their senior year will be ineligible for the IB Diploma.The Florida Academic Scholars program requires all students to earn 75 service hours. All IB curriculum completers will meet this requirement. |