

IB Creativity, Activity and Service (CAS)

Overview

In this program, students will work collaboratively with a mentor to reflect on and develop their CAS requirement for the IB Diploma. CAS requires students to become all-rounded people outside of the academic sphere by contributing to the community while considering global issues and ethical outcomes of their participation. Ascend Now provides students with the opportunity to sit in on a lesson and to chat with educators about the behind-the-scenes work they have to complete in order to conduct a successful class. This could help students to initiate their own coaching programs in school to contribute to their CAS. While working with their mentor, students will develop their reflections and improve their writing technique in order to be more effective and demonstrate the depth of their reflections.

Objectives

- Demonstrate the seven learning outcomes of CAS
- Foster a growth mindset to reflect meaningfully on experiences
- Develop an effective writing technique

Structure

- Investigate different avenues to complete the CAS requirements
 - Develop student's spirit of discovery, skills and interests
- Provide a student the opportunity to witness the teaching process
 - Help them to implement coaching activities of their own for the Creativity strand
- Work with a mentor to critically and meaningfully reflect on experiences
 - Foster a growth mindset
- Improve writing technique

