

CAS Learning Outcomes

Increased awareness of strengths and areas for growth

Students are able to see themselves as individuals with various skills and abilities, some more developed than others, and understand that they can make choices about how they wish to move forward.

Undertaking new challenges

A new challenge may be an unfamiliar activity, or an extension to an existing one.

Planned and initiated activities

Planning and initiation will often be in collaboration with others. It can be shown in activities that are part of larger projects, for example, ongoing school activities in the local community, as well as in small student-led activities.

Working collaboratively with others

Collaboration can be shown in many different activities, such as team sports, playing music in a band, or helping in a kindergarten. At least one project, involving collaboration and the integration of at least two of creativity, action and service, is required.

Showing perseverance and commitment

At a minimum, this implies attending regularly and accepting a share of the responsibility for dealing with problems that arise in the course of activities.

Engaged with issues of global importance

Students may be involved in international projects but there are many global issues that can be acted upon locally or nationally (for example, environmental concerns, caring for the elderly).



Consideration of ethical implications

Ethical decisions arise in almost any CAS activity (for example, on the sports field, in musical composition, in relationships with others involved in service activities). Evidence of thinking about ethical issues can be shown in various ways, including journal entries and conversations with CAS advisers.

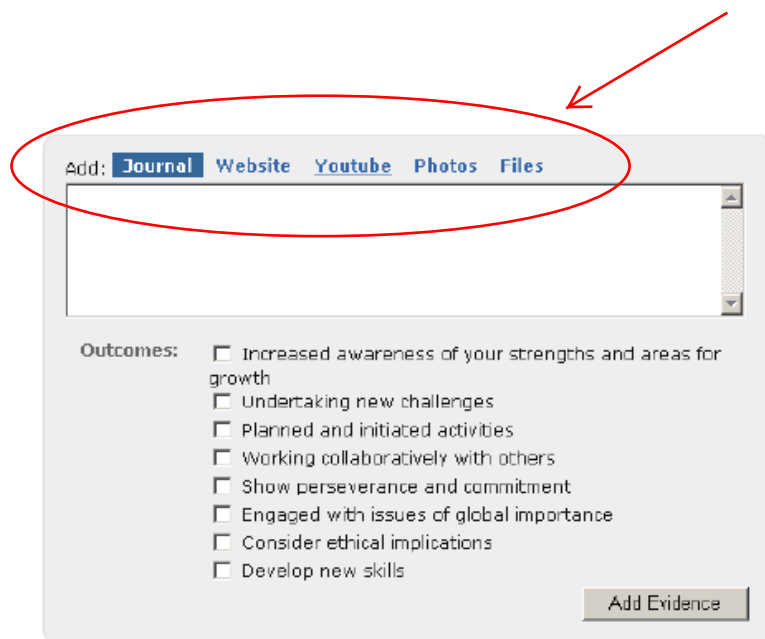
Developing new skills

As with new challenges, new skills may be shown in activities that the student has not previously undertaken, or in increased expertise in an established area.

Note: All eight outcomes must be present for a student to complete the CAS requirement. Some outcomes may be demonstrated many times, in a variety of activities, but completion requires only that there is some evidence for every outcome. (Data taken from IBO CAS Guide.)

Using the CAS Manager to provide evidence of meeting OUTCOMES

Amongst all your CAS activities, IBO requires you to show at least some evidence of addressing each of the eight learning outcomes, but what is considered evidence? The CAS Manager can serve as a guide; see the five categories below.



The screenshot shows the CAS Manager interface. At the top, there is a horizontal menu with the following options: **Add:**, **Journal**, **Website**, **Youtube**, **Photos**, and **Files**. The **Journal** option is highlighted in blue. Below this menu is a large text area for adding evidence. Underneath the text area, there is a section titled 'Outcomes:' followed by a list of eight checkboxes, each with a corresponding outcome description. At the bottom right of the interface is a button labeled 'Add Evidence'.

Add: **Journal** Website Youtube Photos Files

Outcomes:

- ☐ Increased awareness of your strengths and areas for growth
- ☐ Undertaking new challenges
- ☐ Planned and initiated activities
- ☐ Working collaboratively with others
- ☐ Show perseverance and commitment
- ☐ Engaged with issues of global importance
- ☐ Consider ethical implications
- ☐ Develop new skills

Add Evidence

Journal

A journal entry is **required** for **each activity**. This is where you literally explain how you addressed the learning outcome(s) and reflect upon your experience.

Files

File uploads allow you to show completion certificates, rosters, logs, etc. You are **required** to upload your completed **Activity Supervisor / Sponsor Evaluation Form** using this feature. Do this for **each activity**.

There are additional ways to show evidence, but these are not required. Some students keep a blog detailing their CAS experiences, replete with photographs, discussion threads, and write-ups; using the **Website** feature would be great for this.

If you have the ability to video your experience, or if someone recorded an event related to your activity, upload it to **Youtube** and use it as evidence! The same can be said for **Photos**. Videos and photos are great supplementary evidence and are strongly encouraged; however, they are not sufficient evidence by themselves. Always have written reflections as well.

You access the Evidence portion of the CAS Manager by selecting an activity from your **CAS Activity List**, and then select the Evidence link (right-hand side of page).



The screenshot shows the 'Student Info' section of the CAS Manager. It includes a cartoon illustration of two students, one sitting and one standing. Below the illustration, the student's name 'Joe Cool' and email 'jhs@cestudying.com' are displayed. Under the heading 'View Activity:', there are three links: 'Summary', 'Reflections', and 'Evidence'. The 'Evidence' link is highlighted in blue and circled in red. A red arrow points from the text 'select the Evidence link' to this link.

Student Info



Joe Cool
jhs@cestudying.com

View Activity:

[Summary](#)
[Reflections](#)
[Evidence](#)