

## My CAS experiences

My name is Katie and I am part of the first **IB group** at Hittorf-Grammar-School.

The IB program also includes **CAS** which is the abbreviation for:

**Creativity, Activity and Service.**

CAS is used in the IB Program to help students **develop as a person and as a learner.**

The IB also has a fitting **learner profile** that gives an idea of what the ideal IB student is like. (You can also find an explanation of the attributes at the end of the article.)



This profile can be used as **an orientation** when deciding what projects and experiences one wants to go through with.

In order to keep track of experiences we create a **portfolio** that contains the categories Creativity, Activity and Service and the corresponding experiences.

But now you might ask yourself: **“What is hidden behind these categories?”**

Therefore, there will be a short **explanation for all three categories:**

### **Creativity:**

This should not be hard to understand. As the name suggests in *Creativity* you choose to do something creative, possibly a project that has to do with music, art, theatre, handcraft etc. and you create or build something.

### **Activity:**

Here you focus more on active and sporty things. For example, you set a goal to learn a new sport in a specific time frame. While learning the sport you can keep a diary where you note down your success and failures and maybe how to better yourself. It also has to do with all kinds of aspects connected to a healthy lifestyle.

## Service:

This focuses more on helping others or doing something for others on a voluntary basis without getting paid. Perhaps you want to tutor someone for free or help out at a refugee accommodation.

All three categories have in common that they **aim at your development as a person since education is more than just good grades.**

After having explained the three categories, I can mention **some CAS experiences I have done and how I benefit from CAS.**

## Challenges and tips:

Firstly, I must definitely mention something. With the IB it is crucial to have rather **good time management** or else it will get very frustrating. This is one thing I have patiently learned from CAS already. I tend to choose projects that fit conveniently into my schedule, as I am a busy student. Most times I try to **find an experience that I would like to do in my free time** that is also suitable for CAS. Hence, **I can have fun trying something new while doing it for school.**

## Examples:

The majority of the experiences I have done are for creativity. For example, I **challenged myself to learn a musical piece** and perfect it. Consequently, I **regularly analysed** how I played and critically wrote down what I have to better, which **lead me to being successful** and now being able to play a musical piece nearly flawlessly.

## Benefits and success:

One thing I definitely praise CAS for, is that **I challenge myself to do new things that I have not been very confident in.** May it be bouldering even though I have a slight fear of heights or learning a dance after not dancing for maybe 5 years. These experiences have definitely been **a confidence booster** as well as a **great help to my development regarding the IB learner profile.** Along with that they have also **sparked new interests** for me and **motivated me to pursue new activities and hobbies.**

Sources pictures:

<https://www.greenwichschools.org/international-school-at-dundee/academics/safe-school-climate/ib-learner-profile>