

## This document provides a brief summary of key aspects of the DP CAS Programme

CAS is organized around the three strands of **Creativity, Activity and Service**



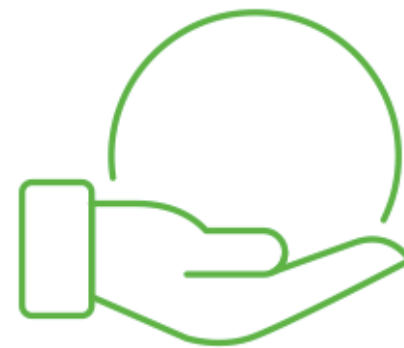
### Creativity

Exploring and extending ideas leading to an original or interpretive product or performance.



### Activity

Physical exertion contributing to a healthy lifestyle



### Service

Collaborative and reciprocal engagement with the community in response to an authentic need

## Completion of CAS is based on achieving the 7 CAS learning outcomes:

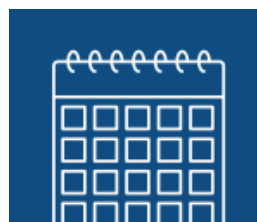
1. Identify own strengths and develop areas for growth
2. Demonstrate that challenges have been undertaken, developing new skills in the process
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions

The process of learning through CAS experiences begins at the start of the Diploma Programme and continues regularly, ideally on a weekly basis, for at least 18 months. At NIST you are required to participate in 150 hours of CAS with a balance between Creativity, Activity, and Service.

You must use the 5 stages of CAS (investigation, preparation, action, reflection and demonstration) as a planning framework for CAS experiences and a required CAS Project.



Reflection in a variety of forms is central to building a deep and rich experience in CAS. Reflection informs you about your learning and growth by having you explore ideas, skills, strengths, limitations and areas for further development and consider how you may use prior learning in new contexts.



You must maintain and complete a CAS portfolio - a collection of evidence that showcases your CAS efforts, including evidence of and reflection upon achievements. This portfolio is recorded on the Managebac online system

There are three formal documented interviews you must have whilst in the CAS programme. The first interview is at the beginning of the CAS programme, the second towards the end of the first year, and the third interview is at the end of the CAS programme.