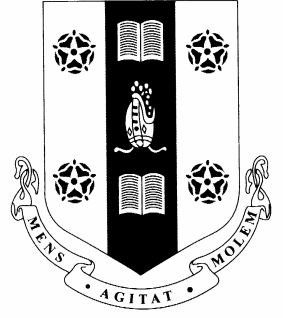




International
Baccalaureate

Rossall School



Creativity, Action and Service (CAS)

Student Record Book

Name: House:

IB Candidate Number: 001045/.....

CAS Activity Record

Name: House: IB No: 001045/.....

Activity:

Category: Creativity Tick the relevant box(es)

Action

Service Paid Unpaid

(If you are paid, you must provide confirmation of the amount you are paid, and a receipt for the Charity to which the money is given)

Name of Supervising Adult:

Signature of Supervising Adult:

(Signed as agreeing to supervise this activity)

'Is it CAS?' Questions (Complete before you begin the activity)

- In what way is this a real, purposeful activity with significant outcomes for other people and for me?

- How is this activity either a personal challenge, or new for me?

- What is my target for this activity? In what ways will this target stretch my skills and experience? How achievable is it (Easy/Difficult)?

- How will I know that I am on course to achieve this target? How will I review and report my progress?

- What do I hope to learn from doing this activity: about myself; about others; about teamwork; about the activity?

Activity Diary:

- Your record of what you did, and what you learnt.
- Diaries need to be kept up to date, or you forget what happened!

<u>Date</u>	<u>Hours</u> To the nearest quarter hour	<u>What did I do? What did I learn?</u> About myself? About others? About teamwork? About the activity? About coping with difficulties? About handling success? About?	<u>Signature</u> of your Supervising Adult or other adult witness.
	Today:		
	Total:		
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If you are continuing with this activity, copy extra sheets and fix them in.

CAS Completion Criteria

By answering the following questions, show how you have fulfilled the eight Completion Criteria, and where the evidence for it is to be found in your Activity Records:

What are my strengths and weaknesses? How did CAS help me understand these better?

What is the evidence for this? (Identify the activities in which this is found)

What new challenges have I undertaken? In what way were they new? In what way a challenge?

What is the evidence for this? (Identify the activities in which this is found)

What projects have I planned and initiated? What needed organizing? Who needed organizing? What are my leadership skills?

What is the evidence for this? (Identify the activities in which this is found)

In what ways have I collaborated with others? How did I function as part of a team (not necessarily a sporting one)?

What is the evidence for this? (Identify the activities in which this is found)

What activities have required significant perseverance and commitment? In which activities did I stick at things that I found difficult? In which did I do a lot of hours (30+)? What was the benefit?

What is the evidence for this? (Identify the activities in which this is found)

In what ways have I engaged with activities of global importance? How did these activities get me thinking beyond my normal culture of home and school? What are the global implications of them?

What is the evidence for this? (Identify the activities in which this is found)

In what ways have I considered the ethical implications of my actions?
What is right/wrong, good/bad about an activity or the way I did an activity?

What is the evidence for this? (Identify the activities in which this is found)

In what ways have I developed new skills? How transferable are these skills? How could they be used in other circumstances?

What is the evidence for this? (Identify the activities in which this is found)

