



PARKLAND SECONDARY SCHOOL

“An Innovative, Inspiring, Inclusive Learning Community”

Course: CAS - Diploma Programme Core Requirement

CAS (Creativity, Activity & Service)

The aims of the course are to enable students to:

Learn through experiences outside the classroom and collaborate with others as often as possible

Work with a CAS coordinator/advisor to plan and complete experiences

Demonstrate an understanding of each of the three strands of CAS:

 Creativity - arts, and other experiences that involve creative thinking

 Activity - physical exertion contributing to a healthy lifestyle

 Service - an unpaid and voluntary exchange that has a learning benefit for the student

Create and engage in meaningful CAS experiences, including a final CAS project

Challenge themselves to stretch beyond their comfort zone

Be an involved participant in working to help improve their local and global communities

Showcase initiative, demonstrate perseverance, and improve their ability to problem solve

CAS (Creativity, Activity & Service)

Students will be expected to demonstrate the following:

Identify their own strengths and develop personal areas for growth

Demonstrate how to initiate and plan a CAS experience

Learn how to critically reflect on each CAS experience they become involved in

Show commitment to and perseverance in their CAS experiences

Demonstrate the skills and recognize the benefits of working collaboratively

Prove their ability to engage with issues of local and global significance

Demonstrate that they have undertaken challenges, developing new skills in the process

Recognize and consider the ethics of choices and actions

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School District No. 63 (Saanich)



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CAS (Creativity, Activity, & Service): Completion Requirements

CAS Requirements - to be completed over an 18 month period	Suggested Timeline For Completion
Read and review the CAS Guide	Sept (Year 1)
Meet with a CAS coordinator/advisor (approx once every two weeks)	Sept (Year 1) - Apr (Year 2)
Learn how to log on and use the ManageBAC recording system	Sept (Year 1) - Oct (Year 1)
Plan, engage in, and carry through with a initial series of CAS activities	Sept (Year 1) - June (Year 1)
Collect and log evidence from CAS experiences using ManageBAC	Sept (Year 1) - Apr (Year 2)
Record reflections for each of your CAS experiences on ManageBAC	Sept (Year 1) - Apr (Year 2)
Participate in three formal interviews outlining your course progress	Feb (Year 1), June (Year 1), Feb (Year 2)
Finish a final CAS project (must involve at least 2 of the three strands)	April (Year 2)
Show evidence of achievement in each of the 7 CAS learning outcomes	Sept (Year 1) - Apr (Year 2)

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