

CAS Journey & Reflection

All students must complete approximately 150 hours of Creativity, Action and Service as part of the International Baccalaureate Programme. These hours should be about equally divided between the three areas and, in their totality, must meet all of the Learning Outcomes. Additionally, the IBO requires students to reflect upon their CAS Journey. Evidence of the hours, Learning Outcomes, and reflection will be exhibited through the creation of a CAS Portfolio. The CAS Portfolio, and thus the hours, Learning Outcomes, and reflection will be assessed by the criteria listed below. Candidates must score a minimum of “1” in each category to fulfill the CAS requirement.

Criteria	Evident in Portfolio	No evidence or absent from Portfolio
Portfolio shows evidence that the candidate has increased their awareness of their own strengths and areas for growth.		
Portfolio shows evidence that the candidate has undertaken new challenges.		
Portfolio shows evidence that the candidate has planned and initiated activities.		
Portfolio shows evidence that the candidate has worked collaboratively with others.		
Portfolio shows evidence that the candidate has shown perseverance and commitment in their activities.		
Portfolio shows evidence that the candidate has engaged with issues of global importance.		
Portfolio shows evidence that the candidate has considered the ethical implications of their actions.		
Portfolio shows evidence that the candidate has developed new skills.		
Portfolio shows evidence of a collaborative project.		
Portfolio includes completed CAS Coordinator Meeting Sheet (provided by CAS Coordinator).		
Portfolio is presented in a thoughtful, creative and professional manner.		

CAS Requirements for IB Diploma **have/ have not** been met. CAS Coordinator Signature _____

Comments: