



CAS Portfolio – *Sharing Our Humanity*

The **CAS Portfolio** will be used to provide evidence of, and reflection about, the required CAS activities. The portfolio must show evidence of attainment of the CAS learning outcomes and reflection of the CAS journey, completed CAS Coordinator meeting log, and will be evaluated on presentation.

Each student will be required to submit a **CAS Portfolio** as evidence of completion and reflection of the CAS Journey, as required by IBO, to receive an IB Diploma. The **CAS Portfolio** is a personal project, which should be completed throughout grades 11 and 12, as part of the CAS experience. IBO requires a concurrency of the IBDP and the CAS Journey.

The **CAS Portfolio** may take many forms (notebook, scrapbook, electronic), but must contain the following information for each activity or project:

- Name of activity/project and approximate hours (designate creativity, action or service as well as learning outcomes achieved)
- Summary of activity/project and how you interacted with others
- CAS Learning Outcomes achieved by activity/project
- Reflection of activity/project (suggestions listed below):
 - What did you hope to accomplish through the activity/project?
 - How successful were you in achieving your goals? What difficulties did you encounter? How did you overcome them?
 - What did you learn about yourself and others during this activity/project? What abilities, attitudes, and values have you developed?
 - Did anyone help you think about your learning during this activity/project? If so, who helped and how?
 - How did the activity/project benefit others?
 - What might you do next time to improve?
 - How can you apply what you have learned in other life situations?

Be creative! You may include the information in a variety of ways, not only in a narrative form. The **CAS Portfolio** should be an expression of you and your journey.

Students will meet with the CAS Coordinator a minimum of three times during the course of their junior and senior years. Students will submit their **CAS Portfolio** (in progress) and address any questions they may have at these meetings. Additionally, the CAS Portfolio will be collected six times in during the CAS Journey. The timeline for collection is as follows: Grade 11 – November, February, and May; Grade 12 - August/September, December, and March.

A description of the CAS program is available from your CAS Coordinator, IB Coordinator and on the school's website. More information and CAS forms are available on the school websites.