

Winter Park High School's CAS Programme Quick Facts

CAS Meeting?

During the first couple months during your Junior year, the CAS advisor will talk to all Junior students to explain the CAS program

What is CAS?

- Creative:** Something is created or made by you that does not already exist. Many creative activities are limited in the number of hours allowed because they are not strictly your creations. This includes things in the areas of music, art, drama, writing, etc.
- Active:** Something is done that causes physical exertion. This is flexible dependent upon your level of physical capability. Most of these activities are unlimited in the hours you may count, but they are often difficult to have supervised.
- Service:** Something is done that benefits the "needy". This can be done through an organization or on your own. There are plenty of organizations and opportunities to volunteer within the community, so this will be the most strictly questioned of your activities. Simply ask yourself who or what is benefitting from your volunteering and how are they "needy".

What is required of you?

1. By the end of October of your Junior year, you must log into <https://winterpark.us.managebac.com> and create a list of potential CAS activities for approval.
2. At the beginning of your junior year, you may begin to complete your CAS hours and record those hours. All hours must include a corresponding journal recorded in the notes section of your activity.
3. At the completion of each activity, you must answer the CAS question, have a reflection for each of the 8 learning outcomes involved in that activity and get a supervisor to verify the activity and the time spent.

When are the deadlines for completion?

1. By the end of October of your Junior year, you must have a preliminary list uploaded to ManageBac.
2. By the end of your junior year, you must have a minimum of approximately 75 CAS hours logged and journaled. Approx. 30 to 40 hours of service and approx. 20 hours of creativity and approx. 20 hours of action.
3. By the end of March of your senior year, you must have all 150 hours of CAS completed. 75 hours of service and approx. 35 to 40 hours of creativity and 35 to 40 hours of active events.

Failure to complete any of these requirements will lead to removal from the IB programme and potential failure to graduate high school.