IB CAS Initial Self-Assessment

Name:

Date:

IB recognizes that there are amazing opportunities for learning and personal growth beyond textbooks and classrooms.  The potential for “experiential learning” is fostered through **Creativity, Activity, Service (CAS).**

CAS promotes self-improvement by allowing you to develop your creativity, improve your physical and mental well-being, and nurture your empathy by serving others.  You, the student, are completely responsible for this core element of your IB diploma.  You have the freedom to plan and participate in activities that are meaningful, enjoyable, and challenging to you personally.  At the end of your senior year, the CAS coordinator will look through your CAS portfolio and evaluate to what extent you met your own goals for personal growth.

Here is some elaboration on the three CAS strands:

CREATIVITY:  This involves activities that nurture your creative side.  You could take a painting class or a pottery class, you could learn to play a musical instrument or learn a new song, you could try photography, write poetry and short stories, create a video or website, build something, and so on.  This can also include planning and organizing events, and anything that involves creative problem solving.

ACTIVITY:  This involves nurturing your physical and mental well-being.  You could adopt a healthy diet, you could try martial arts or yoga, or some other way to get in shape, you could read a self-help book to reduce stress or to overcome shyness, and if you already play a sport, you can set goals to improve certain skills.  This could also involve being an active participant in a club, organization, or event.

SERVICE:  This involves unpaid volunteer work, like fundraising for a variety of causes, beautification projects, serving the community, and otherwise volunteering your time in order to gain perspective and empathy for others.

As a starting point for your CAS requirement, please respond to the questions below.  The questions will help you identify areas of strength and areas for growth in each of the 3 CAS strands, and will hopefully give you some direction for planning your upcoming CAS opportunities. You and the coordinator will revisit this document at the end of your senior year in order to evaluate to what extent you achieved your own goals and satisfied your CAS requirement.

GENERAL QUESTIONS

1. What is your greatest accomplishment so far? How has this affected your life? What did you learn from it?

2. Describe two things you are really good at.  Is this a natural talent or have you had to practice?  What would you need to do to become even better?

3. Describe two things you are not very good at.  Why do you think you aren’t very good at these things?  Would you ever want to improve at these things?

4. Name one skill you have always wanted to develop in your life but that you haven’t yet.

5. Name one activity that you would like to try but that you haven’t yet. Why would you like to try this?

6. Name a person you admire right now. What qualities does this person have that you don’t?

7. What are some skills or subjects that you want to learn more about that aren’t addressed to your satisfaction in school?

8. Describe the kind of person you want to be when you graduate.

FOCUS:  CREATIVITY (review description above)

1. Are you involved in any creative or artistic endeavors, like art, dance, writing, or music? Do you have any special artistic talents?  Explain.

2. Would you say that artistic ability is one of your strengths or weaknesses?  Explain.

3. Do you ever use your creativity in helping to plan events/activities or through creative problem solving? Explain.

4. Is there a specific type of art that you have always wanted to try?  Explain.

5. **What 5 specific goals can you set for yourself to improve your artistic and creative abilities?**

FOCUS:  ACTIVITY (review description above)

1. List any sports, clubs, organizations, or other teams in which you are currently involved.

2. How are you involved—are you a participant or do you have a leadership role? What gifts or talents do you contribute? Explain your answers for each organization or activity.

3. List any clubs, organizations, sports, or other teams that you might be interested in for the future.

4. How physically fit and healthy would you say you are?  Explain.

5. How would you evaluate your own mental/emotional health?  Is there anything you wish you could improve upon personally, like organization, procrastination, time-management, or stress-management?  Explain.

**6. What 5 specific goals can you set for yourself regarding your physical and mental fitness and your involvement in extracurricular activities?**

FOCUS:  SERVICE (review description above)

1. List community/national/global issues that concern you the most. Why do you think you have an interest for these particular issues?

2. Have you ever participated in any volunteer or community service work? Explain.

3. What types of volunteer opportunities might you be interested in?

4. Do you like to work directly with people? Do you prefer to work with children, adults, or the elderly? Explain.

5. Would you say that community service and volunteering is enjoyable to you, or is this out of your comfort zone?

**6. What 5 specific goals can you set for yourself regarding serving others in the community and internationally?**