

CAS at EIS – Jumeirah

CAS is a compulsory part of the Core of the IB Diploma Programme. It is designed to provide students with the opportunities to explore aspects of their learning in an experiential way, outside of the classroom.

Aims and Objectives

The aims of the Creativity, Action, Service programme are to enable students to develop:

- Knowledge, skills and understanding
- A willingness to inquire and an enjoyment of discovery
- Autonomy, self-confidence, modesty and self-reliance
- Appreciation of their own and others talents
- Personal qualities such as curiosity, honesty and self-criticism
- An ability to reflect on and to learn from experiences
- Practical skills which can be used in the service of others and in a future career
- A spirit of discovery, commitment, initiative and determination

Time Commitment

Students have to complete a minimum of 150 hours of Creativity, Action and Service activities across the two years of the IB Diploma course, roughly 3 – 4 hours per school week. The three are to be roughly equally divided.

The Eight CAS Learning Outcomes

They must record their activities, including a reflection and evaluation process that helps them recognise what both they and others have gained from an activity. They must also show evidence of having achieved the Eight CAS Learning Outcomes. These include:

- Undertaking new challenges
- Learning new skills
- Initiating activities for yourself
- Working collaboratively with others
- Consideration of the ethics of your activities
- Working within globally reaching issues
- Illustrating a long term commitment to an activity
- Increasing your own awareness of your strengths and weaknesses

It is therefore important to have a varied portfolio of activities (with a minimum of three of each of the activities suggested). In addition, an out of school **service** is essential. To complete the programme, all activities and final reflections and evaluations will be recorded in a CAS **Journal**.

As part of the Grade 13 Graduation Awards Ceremony there is a prize for the student whose portfolio best illustrates and embodies the spirit of CAS.

Examples of CAS Activities

Creativity

- Journalism
- Musical production
- Theatrical production
- Choir
- Dance (choreography and performance)
- Art
- Wall displays/Painting
- Musical composition
- Design a website
- Cookery

Action

- Karate
- Aerobics
- Gym (with official stamp from gym trainer/supervisor)
- Softball
- Squash
- Swimming
- Horse riding
- Cricket
- Basketball
- Football
- Band practice

Service

- Tutoring of younger students
- Sports coaching of younger students
- Teacher's Assistant
- Junior School Assistant
- Volunteer work
- Recycling
- Fundraising
- Local charities
- PTC Assistants

The school has a huge After School Activities programme, where many of the above activities are already available within school. However, students are strongly and actively encouraged to take these activities **outside** of school.

Mr. Jon Howarth
CAS Coordinator
EIS Jumeirah High School
jhowarth@eischools.ae