

2018-19 CAS Benchmarks

Basic Reminders

- Students need to spend 2-3 hours per week engaged in CAS experiences
- Each plan must have at least 1 reflection posted every 2-3 weeks or 20-30 hours.
- A quality CAS portfolio reflects a balance between the three strands, demonstrates personal growth in non-academic ways, and reveals the impact that you have made on the community.
- Satisfying all expectations of **CAS is a graduation requirement** for all IB diploma candidates.
- The benchmarks below represent the **minimum expectation**.

Grade 11

Quarter 1:

- Minimum of 1 plan approved and posted
- Understand the basics of CAS
- Use Manage Bac to upload CAS plan
- Get in habit of posting a reflection every 2-3 weeks or 20-30 hours per plan

Quarter 2:

- Up to 3 plans approved and posted by end of semester 1
- Minimum of 1 plan completed
 - Sufficient reflections and evidence posted
 - All CAS questions answered

Quarter 3:

- 2 new plans approved and posted
- Minimum of 3 plans approved and posted
- Minimum of 1 plan completed
- Will know how to create and what constitutes a CAS project
- Plans posted should end at end of current school year
- Have addressed a minimum of 5 learning outcomes

Quarter 4:

- 2 new plans approved and posted
 - 1 plan specific to summer
- Minimum of 5 plans approved and posted
 - CAS Project must be one of the plans approved and posted
- Minimum of 3 plans completed

End of Grade 11:

- All 3 strands (Creativity, Activity, and Service) must be addressed in approved and posted plans
- Minimum of 5 plans approved and posted
 - Minimum of 2 plans open and ongoing into summer
 - CAS Project must be one of the plans approved and posted
- Minimum of 3 plans completed
- All learning outcomes addressed at least once

Grade 12

Quarter 1 Completed by September 28:

- Summer plans completed
- Minimum of 1 new plan approved and posted
- Minimum of 6 plans approved and posted
- Minimum of 4 plans completed
- CAS project must be started
- All learning outcomes addressed at least once

Quarter 2 Completed by December 7:

- Minimum of 7 plans approved and posted
- CAS project should be in finishing stages to be completed in January
- No more than 3 CAS plans not completed
- Complete CAS self-evaluation form (start of quarter 2)

Quarter 3 Completed by March 29:

- Complete any open CAS plans
- Must have 8-10 plans total
- Project completed
- All learning outcomes addressed
- ALL CAS must be marked complete by March 29.

Quarter 4:

- CAS exit interview done