

# CAS

## Year 1

### Portfolio

#### Instructions for Year 1 Portfolio

The final portfolio, will be submitted at the end of DP 2. It will be a summation of your CAS experience(s) and lessons learned over the two year program.

For Year 1, you will create the first version of the portfolio. In it, you must:

- Be organized by LO's, showing one or more projects you have done in which you addressed the LO and explain how you have done so. **NOTE: you are not expected to have addressed all of the LO's by the end of Y12, so any that you have not addressed will be excluded from this portfolio.**
- Demonstrate how you have addressed all three areas (Creativity, Action and Service) in a relatively balanced way. **NOTE: For both years, you should have a balance, so if you don't have a reasonable amount of engagement in one or more, those will need to be your top priority for next year.**
- The last page(s) of the portfolio, should be a final reflection on your first year of CAS experiences as a whole. Consider what you have learned from your experiences.
  - How your experiences have helped you:
    - develop as a person
    - maintain a balance in life
    - How your personal ideas and opinions about creativity, physical activity and service to your fellow human beings and / or animals has changed or grown over the past year.

This portfolio will provide a concise summary to be presented to the IBO to demonstrate how you have met the CAS requirements.

The length of the document or display and the format is entirely up to you. The expectation is that someone viewing it can understand the impact of CAS in your life, how you have met the requirements and demonstrated the value of this Core element of the IB program.

It must provide evidence that you have met **all of** the requirements, and should be designed in such a way as to inspire and engage future IB Diploma candidates, Therefore, it needs to demonstrate:

1. That you have addressed the L.O.'s **in a meaningful way**,
2. That you have been involved in all three areas.
3. That there is a relative balance between the three (3) areas.

# CAS Year 1 Portfolio

## Instructions for Year 1 Portfolio (cont.)

### OPTIONS

Regardless of the option you choose, you **must**:

- **Organize the portfolio by LO** and explain the activities through which you addressed them.
- Explain how you have developed personally in the process.
- Explain what you have learned about yourself and caring for others, through CAS.

***NOTE: You should refer back to the reflections you've written over the course of the year to remind yourself of what you did and what you learned. Do not simply copy and paste reflections. Remember that this is a summation of your experiences. It's not a day-to-day journal***

Your portfolio can be **EITHER** a:

- A written document **this must be saved as a PDF, to protect the formatting.**
- A Video
- **Self-running** slideshow with text and / or recorded audio narration. Set the timing for each slide and save it as a PPSX—not a PPTX.

If you choose a multi-media format (PPT), you may use any tool you prefer to prepare the presentation, as long as you select one that will allow you to **export the presentation** to either a PPS (that's a self-running powerpoint **SHOW**) or an **MP4** video format. If you do not already have tools for this purpose, here are some tools you might find useful:

- [Youtube Photo Slideshow Tool](#)
- [Narrable](#)
- [Youtell Stories](#)
- [Present.me](#)

***Caution: Managebac has limited upload space, so be sure that you don't exceed that on a media presentation. Save the file at Standard definition, not HD.***

Your portfolio must be titled: **CAS Portfolio Year 1** and uploaded in the **CAS Documents** section on the front page of your CAS section on Managebac. There should not be any other documents there, unless your Mentor or Mr. Brown put it there.

**Be sure to keep a copy for yourself.**