

FHS GENERAL CAS RULES AND INFORMATION

- **ALL CAS Activities MUST be logged and APPROVED on ManageBac BEFORE** you complete the activity. We reserve the right to deny any activities that do not follow this procedure.
- You can only get **20 hours** a year for the following activities:
 - Clubs (unless you are an officer)
 - DECA (only competition)
 - Model United Nations (only competition)
 - Science Olympiad (only competition)
 - Band (only performances)
 - Chorus (only performances)
 - Yearbook (activities outside of school hrs.)
 - Impressions literary magazine (activities outside of school hrs.)
 - Student Congress (activities outside of school hrs.)
- For sports teams, CAS hours are awarded for the time spent competing. You get your hours by multiplying the time you spend competing by two. The same rule applies for theater performances.
- Classes you take at school that do not count towards your IB Diploma such as ceramics or basketball may count towards CAS hours.
- Volunteering for political campaigns and lobbying groups do not count towards CAS.
- You **may not receive financial compensation** for any CAS activities.
- **ALL CAS ACTIVITIES MUST BE APPROVED BY CAS COORDINATOR TO COUNT FOR HOURS.**
- Ensure all CAS activities achieve one or more learning outcomes.
- Adhere to all deadlines regarding journal entries, logs and other CAS forms.

Guidelines for reflection

Reflection is designed to challenge and guide students in develop critical thinking skills.

Reflection must be comprehensive and meaningful.

Questions, notes and answers need to be specific.

Reflection must be ongoing (before, during and after) through the entire process of the project/activity.

Guiding questions for students in CAS

1. Is this project/activity a new role for me?
2. Is it a real task that I am going to undertake?
3. Does this project/activity have real consequences for other people and me?
4. What do I hope to learn from getting involved in this particular project/activity?
5. How can this project/activity benefit other people?
6. What can I reflect on during this activity?