

# Can it be CAS?

Use this poster to work out whether something you want to do can count as a CAS experience

Whether an activity can be considered for CAS depends on whether you and your CAS coordinator work together to ensure that effective and relevant reflection takes place.

For example, would work experience or an internship at a newspaper count as CAS? For it to become a CAS service experience, you could:

- give a presentation at a careers evening about journalism (thereby developing new skills)
- prepare a short booklet on what you learned about the pros and cons of journalistic responsibility for fellow students (thereby reflecting on the ethical implications)
- talk to younger students about the experience (thereby offering a service to the community; requires perseverance and commitment)
- plan, develop and reflect on any individual tasks or activities done while on the work experience placement

In addition, the planning needed for each of these steps could be recorded and reflected upon in ways suggested by the CAS guide.

You might also take the activities done and turn them into a creativity experience by collecting and recording the creative experiences surrounding the placement. Perhaps you were able to write or contribute to pieces that were published? Perhaps you wrote articles that you shared with your colleagues at the newspaper for feedback? Your reflective research might include analysing and reflecting on a number of professional articles, as you would pieces of literature in your language A class. You might collect all of your articles and research into a portfolio to share with your CAS coordinator.

The CAS guide encourages you to continue with activities that you are already doing. This is entirely possible — provided you implement the new reflective elements discussed in this issue of IB Review and in the CAS guide.

