

## Evaluation details



The IBO recommends that a range of evaluation methods be used whenever possible. These may be formal or informal.

Formal evaluation is based primarily on the school evaluations and self-evaluations of each activity.

One method of informal evaluation is direct observation of students at the time of an activity by the adult leader and the CAS coordinator.

### **Evaluation by the student should focus on the following:**

- a CAS Notebook or Portfolio containing written and visual, evidence of the candidate's involvement
- evidence of planning and organization (CAS Plan)
- the candidate's personal achievement, and development, taking into account skills, attitudes and values at the start of the activity
- evidence of reflection throughout their CAS activities

**Reflection** and **self-evaluation** by the student is an important part of CAS. This is why it's a good idea to write in your CAS Notebook every time you have been involved in an activity. You're reminded that

- a record must be kept of each CAS activity undertaken
- reflective comments, in writing, should be made at the conclusion of each series of regular activities or at regular intervals in the course of a project
- records and reflective comments should contribute to the CAS Notebook

Students should consider for each activity

- to what extent they have developed personally as a result of the CAS activity
- the understanding, skills and values acquired through the experience
- how others may have benefited from the activity
- the extent to which they are aware of their own strengths and weaknesses

Students may record aspects of their CAS activities with photographs or videotapes. These can provide a useful reference when completing the formal evaluation reports.

At the end of every CAS activity, students must make a final self-evaluation. (Use CAS Form AEF).

1. Describe the activity. What did you do at each stage? Include dates where relevant.
2. What did you hope to accomplish by this activity? What did you actually accomplish?
3. What difficulties did you encounter?
4. Did you feel at any stage that you were failing to achieve what you wanted to from this activity?
5. What did you hope to learn from this activity, about yourself, about others, or about academic subjects? (For example, self-confidence, modesty, respect,

awareness, responsibility, curiosity, honesty, objectivity, commitment, initiative, determination, new skills and the ability to meet challenges.)

6. Did anyone help you during this activity? If so, describe the help given.
7. How did this activity benefit other people or institutions?
8. What would you change if you did this same activity again?
9. What would you like to do next if you could continue with this activity?

### **Final CAS evaluation report**

At the end of the entire CAS experience students must make a final evaluation report by listing all their projects and activities and then write a critical reflection on their entire CAS experience. It can be useful to divide the final evaluation report into 3 separate sections according to **C**reativity, **A**ction and **S**ervice but it is not a requirement. The following must be included in a final report and all is put in your CAS Portfolio:

1. A final **summary table** (use Form SFS) where all the activities are noted down individually and distributed according to C, A, or S including the amount of hours spent on each activity.
2. An **essay** where you reflect on your experiences as a CAS student. This should include
  - a. An overall description of all your CAS activities (for example listed separately under **C**reativity, **A**ction and **S**ervice
  - b. Including for each activity and what you gained personally by the experience (personal growth and achievement, awareness of problems you did not know existed, challenge to your values, beliefs, or strengths, how others benefited from the activity etc.)
  - c. The extent to which you'll continue doing some of the activities undertaken under the CAS programme.

Here are some examples of parts of final evaluations from former IB students

I would like to express my gratitude to this idea CAS which is included in our IB program. To be honest, I wouldn't volunteer to be engaged in any particular activity, if it wasn't for CAS and I really enjoyed the activities I undertook, for example the math competition which gave me a chance to explore the beauty of math. I also like a lot giving classes in martial art where I developed leadership skills and the most important was that I developed skills to monitor each student individually and take care of them according to their conditions.

Completing the CAS program has given me a lot of understanding, development, skills and enlightenment. This program allowed me to independently use my individuality for a positive cause. I had the opportunity to do many things that I had never done before and I learned about values of persistence, hard work, communication, group work and about the benefits of it once we can see the results.