



Service as Action 2023 - 2024 9th/10th Grade



“... if you believe in something, you must not just think or talk or write, but must act.”
- Peterson 2003

Service as Action Overview

This year, you will undertake experiences to demonstrate the IB learner profile traits in authentic and practical ways. These experiences are organized into the strands of **creativity**, **activity**, and **service**. IB defines these strands as follows:

- **Creativity** - exploring and extending ideas leading to an original or interpretive product or performance
- **Activity** - physical exertion contributes to a healthy lifestyle
- **Service** - collaborative and reciprocal engagement with the community in response to an authentic need

As a 9th grader, you must **complete four experiences** that address each of these three strands. These two experiences should also **demonstrate achievement of 3-4 of the learning outcomes** below:

1. Identify own strengths and develop areas for growth
2. Demonstrate that challenges have been undertaken, developing new skills in the process
3. Demonstrate how to initiate and plan a CAS experience
4. Show commitment to and perseverance in CAS experiences
5. Demonstrate the skills and recognize the benefits of working collaboratively
6. Demonstrate engagement with issues of global significance
7. Recognize and consider the ethics of choices and actions

You will demonstrate achievement of the rest of the learning outcomes in your sophomore year.

Documentation of Experiences

All students must document CAS evidence, questions, and reflections using ManageBac. You must submit **three reflections per active experience**- *one at the beginning of participation, one at the middle, and one toward the end.*

In addition, **participation in activities must be documented** (provide evidence that you did it!). This means you can submit a picture of you doing the activity, an audio recording, an email from the supervising party, or another form of external evidence appropriate to your activity.

Important Dates:

Date	By this date, you must...
Sept. 26th	☐ Log into ManageBac ☐ Create an account
Sept 26/27th	☐ First CAS Experience during Seminar
Oct. 9/10th	☐ Have the first experience thoroughly documented in Managebac
Oct. 23/24th	☐ Have the second experience outlined in Managebac
February. 5/6th	☐ Complete both experiences ☐ Submit reflections and evidence of experiences ☐ Complete reflection questions for both experiences

All submissions to ManageBac must be completed by midnight on the dates listed above. Deadlines not met will be recorded as late, and it is up to Mr. Lyndaker to determine if you have adequately fulfilled the CAS requirements. Failure to do so means you are not in compliance with the *Maintaining Good Standing* agreement and puts you in jeopardy of not earning your Henrico High School MYP certificate and not continuing in the IB Program. All students will meet with me at a minimum once per nine weeks to determine if you are on track to fulfill their goals.

Written Reflections & Evidence

You should include a thoughtful entry on your experience. Possible questions to address could include: *What did you learn about the experience and yourself? How have you grown? What challenges have you faced? What skills have you developed?* For external evidence of your participation, please include a caption so it is clear what you are doing or how the evidence fits within your experience.

How to Log Your Experiences

Questions

We will discuss CAS in more detail during IB Seminar, but please don't hesitate to ask Mr. Lyndaker (gplyndaker@henrico.k12.va.us) if you have any questions! This is an opportunity for you to grow as a person and take part in your community, so have fun!