

## CAS At a Glance: EXPERIENCES

When you meet with your advisees, it is important to know what kinds of experiences will be approved and which will not.

**The following experiences would be approved for CAS, if they include a supervisor and documentation:**

- Any and all extra-curricular clubs, sports, or activities
- Any outside sporting, training, musical, or artistic activities
- Any and all volunteering experiences that can be verified
- Any artistic or creative project outside of school that results in a product

**Some experiences may or may not be CAS experiences:**

- Participation in the Hill-Freedman album, **only** if your work is featured on the final album and your participation can be verified by Mr. Thurman
- Physical activity (like regular walks or runs) **only** if you do it multiple times and you document it with a fitness tracker
- Participation in Hill-Freedman music lessons **only** if you attend lessons regularly, attend the concert, and your instructor signs off saying that you clearly worked and practiced **outside of class** to develop your skills

**The following experiences would NOT be approved for CAS:**

- Activities that happened before your junior year
- Activities that only benefit one teacher, like “cleaning up a room” or “sweeping a floor”
- Classes, projects, or activities that are **already** a part of the IB Diploma program.
- Simple, tedious, repetitive work that does not allow growth.
- Passive pursuits such as attending a concert, museum visit, theater, or exhibition.
- Family or religious duties or any specifically religious activities.
- Work experience that only benefits the student, or involves financial gain.
- An activity where there is no responsible adult on site to evaluate your performance. (Note: Your parent cannot supervise your CAS project.)