

INTERNATIONAL SCHOOL OF KENYA

HS CASL PROGRAM GRADE 9 AND 10

CREATIVITY, ACTION, SERVICE, LEADERSHIP

2012 – 2013



Student name: _____

Grade: _____

Advisor: _____

Pierina Redler
CASL Program
predler@isk.ac.ke

CO-CURRICULAR PROGRAM

ISK's co-curricular program is essential to student development. It provides a structure for experiences that reinforce the curriculum and extend learning through exploration, character building, community engagement and the pursuit of individual passions.

The service learning program provides meaningful opportunities for students to initiate and reflect upon sustainable community projects that are mutually beneficial. These projects cultivate both personal and community growth, while building recognition of human interdependence.

CO-CURRICULAR PROGRAM OBJECTIVES

The ISK co-curricular program aims to:

1. Develop individuals who are
 - a. Globally-minded
 - b. Caring
 - c. Responsible
 - d. Cooperative
 - e. Principled
 - f. Optimistic
2. Extend learning through exploration of new and varied interests, thereby developing individuals who are
 - a. Balanced
 - b. Risk-takers
 - c. Confident
 - d. Self-aware
3. Have a positive impact on our host country and community by:
 - a. Building relationships and creating networks
 - b. Modeling positive values
 - c. Identifying and addressing challenges in the community
 - d. Developing environmental awareness
4. Develop individuals who are empowered to pursue personal passions through
 - a. Setting and achieving goals
 - b. Commitment
 - c. Perseverance
 - d. Self-confidence
 - e. Efficacy



HS CASL PROGRAM (GRADE 9 and 10)

Due Dates: Semester One, Program Planner
Semester Two, Final Self Evaluation

November 5, 2012
May 6, 2013

The emphasis of community service will be on quality participation, growth, personal evaluation and reflection on your chosen sustained and collaborative project. Consider your community service in context with your other interests and strive for balance between the three components of Creativity, Action and Service.

Students are encouraged to record all project related activities and to set goals beyond the minimum requirements. The CASL blog can serve as an excellent resource when students are completing university applications.

MINIMUM REQUIREMENTS: 2012 - 2013

Over the year, students will be required to undertake;

- a) at least one sustainable service project (for 12 weeks), and
- b) at least one new action activity, and
- c) at least one new creative activity, and
- d) an electronic self evaluation and reflection for each new activity undertaken





ACT/OBSERVE/REFLECT

This part consists of doing the activity but also recording your experiences, thoughts and learning in a blog. This will take the form of an internet blog which you will create (www.blogspot.com) and record in it like a diary.

Fill in your blog every week or fortnight at least. You will have some time during advisory to work on and discuss your diary, but you will also need to record your thoughts in your own time as well. ADD PHOTOS, LINKS TO FILM FOOTAGE OR SOUND. Be as creative as you like or not.

It may help to consider some or all of the following when making an entry in your blog:

1. Describe the activity. What have you done so far? Include dates if relevant.
2. What do you hope to learn through this activity? What are you actually accomplishing?
3. What difficulties have you encountered so far?
4. How successful have I been? What difficulties were encountered and how did I overcome them?
5. What do you hope to learn from this activity about yourself or about other people? (Examples might be: self-confidence; modesty; respect; awareness; responsibility; curiosity; honesty; objectivity; commitment; initiative; determination; new skills, the ability to meet challenges.)
6. Is anyone helping you during this activity? With whom did I interact?
7. How is this activity benefiting 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?
10. What did you think about the activity? How did you feel? What did you perceive?
11. What did the activity mean to you?
12. What did you learn from this activity and how can I apply what I have learned to other situations?
13. What did I learn about myself? What did I learn about other people?

SELF EVALUATION – FINAL REFLECTION

Once you have finished an activity you must write a final reflection on your activity in your blog.

Get your advisor to guide you on this.

This final reflection must answer the following questions:

- What were your objectives? (for the activity itself and personal)
- What did you do?
- What were the outcomes for you and the team?
- How successful were you in reaching your objectives and why?
- Did you encounter any difficulties and how did you overcome them?
- What did you think about the activity? What did it mean to you?
- What did you learn from the activity? What values have you developed?
- How can you apply what you've learnt to new situations?



PLANNING YOUR ACTIVITIES

Semester One

Semester Two

Creativity (any activity involving the arts or creative solutions to problems)

Action (any activity involving leadership or sports)

Service (any activity involving voluntary time in the service of others, in particular activities requiring a sustained commitment to a project)

HS CAS/CASL Program

Instructions to Students

You have 3 main responsibilities:

- Create a CAS/CASL blog
- Log in to ISK's CAS/CASL website
- Complete your program planner

1 Create a CAS/CASL blog

There are a number of sites that host blogs. Two of the most popular are Blogger (<http://www.blogger.com>) and WordPress (<http://wordpress.com>). Both are free.

2 Log in ISK's CAS/CASL website

(http://176.16.1.199/cas/student_login.php)

-- the initial password is aa -- and do the following:

- ☐ Change your password
- ☐ Enter the URL of your blog
- ☐ Enter your email address
- ☐ Enter your phone number
- ☐ Complete your program planner (*see below*)

3 Complete your program planner

Enter all of your activities on your CAS/CASL program planner on the ISK Website.

This means pre planning. This can be flexible but you must think about balance and plan accordingly.

Get your advisor to approve them.