

Shad and the IB diploma key requirements:

Creativity, Activity, and Service (CAS); Theory of Knowledge (TOK); and Extended Essay

Creativity, Activity, and Service (CAS)

Through their active participation in the Design & Entrepreneurship project (a key element of Shad), IB diploma students fully satisfy the Creativity aspect of CAS. In this entrepreneurial endeavor, students explore and extend ideas; support the creation of original products, build their knowledge, skills and understanding; explore the ethical responsibilities that surround innovation; experience the excitement of inquiry and discovery; build confidence in their ability to initiate change, both as an individual and as a member of a team; practice autonomy and self-reliance; and develop a strong appreciation for their own, and others' talents.

Through their active participation in recreational activities throughout the Shad experience, IB diploma students also fully satisfy the Activity aspect of CAS. Recreational activities vary widely from campus to campus, but all provide opportunities for physical exertion that contributes to an active lifestyle. Participation in recreational activities also demonstrates a commitment to, and perseverance in, CAS experiences as a whole.

At some Shad campuses, IB diploma students may also satisfy the Service aspects of CAS through community engagement. Any collaborative and reciprocal engagement with the community that responds to an authentic need may be considered Service. Typically, these are unfamiliar experiences that result in the development of new skills through collaboration around issues of significance.

Opportunities that include and combine Creativity, Activity, and/or Service are available for students to experience through Shad, and will vary from campus to campus.

Many schools acknowledge participation in Shad as fully satisfying CAS requirements; others allocate partial hours. Because CAS focuses on in-depth experiences, the month-long, immersive nature of the Shad program makes it strongly aligned in helping satisfy these requirements.

Theory of Knowledge (TOK)

The Shad program focuses on the integrated application of knowledge. At Shad, participants are encouraged to share ideas and to listen and learn from others. Students come to Shad in a spirit of inquiry and exploration, and Shad is a place where they broaden their knowledge on a variety of topics, and where they use their intellect and other talents to tackle and solve important problems. Specifically related to TOK, Shad participants are encouraged to explore multiple ways of knowing, individually and in teams, to learn and solve problems.

They use reason, emotion, language and perception to assimilate knowledge, and to facilitate its transfer to others. Shad is a unique environment where IB diploma students explore methods of gaining knowledge, and is a forum where they reflect on beliefs, certainty, cultural context, interpretation, and applications of technology as they relate to synthesizing knowledge. These are key skills for a successful TOK project. A student's Shad experience can also form the basis of their TOK assignment.

Extended Essay

The Extended Essay is an in-depth study of a focused topic. Participating in Shad prepares IB diploma students for the Extended Essay by giving them both theory and practical experience in several aspects of planning and executing a research project, including:

- Formulating precise research questions
- Gathering and interpreting material from appropriate sources
- Structuring a reasoned argument based on information gathered
- Presenting their findings
- Using terminology and language appropriate to the project
- Applying analytical and evaluative skills with an understanding of the implications and context of their research

IB students may base their Extended Essay on something they encounter at Shad, or on an entirely different topic. Regardless, the theory and practical experience gained at Shad informs the process of doing the Extended Essay, enhancing both their learning during the process, and the finished work.

Frequently Asked Questions

Common questions from IB diploma students include:

- **At what point should I engage my school/IB coordinator about Shad?**

We recommend engaging with your school/IB Coordinator before the school year ends and your Shad experience begins. Engaging with your school early is helpful in case there are any forms that need to be completed ahead of Shad. You can also learn more about how your particular school captures things like CAS experiences.

- **What is the typical process for receiving acknowledgement of CAS hours?**

While every school has its own process, the most common process is that students will be given an electronic form to complete after Shad concludes. In the form, students will reflect on their experiences at Shad and connect them to the Creativity, Activity, and/or Service aspects of CAS. Finally, the form will be reviewed and approved by either a student's Program Director or someone else at Shad before being submitted to the school.

- **Is CAS only for grade 11 students? I'm in grade 10.**

The CAS program begins at the start of the IB diploma program and continues for at least 18 months. For Canadian grade 10 students, Shad takes place in the summer before grade 11, and many schools consider these experiences to be part of the CAS program. Your school's IB coordinator will be able to confirm what this looks like for you at your school.

- **Where can I read more about CAS?**

The IB website has a helpful document [available here](#).

- **Where can I send questions?**

Feel free to email us at info@shad.ca.

