



International Baccalaureate
Baccalauréat International
Bachillerato Internacional

IB Update for Junior and Senior Diploma Candidates

September 27th 2017





Please get a parent Blackboard/SIS account

- Messages for full Diploma students are sent through Blackboard.
- Every email associated with the student account will receive messages.





Agenda

- Review components of the IB diploma
- Explain how the student receives scores and earns the IB diploma
- Discuss academic honesty
- College Admissions
- Care and feeding of IB diploma candidates.
- Questions



What are the requirements for the full IB Diploma?

- Three Standard Level (SL) and three Higher Level (HL) IB courses
- Theory of Knowledge
- Extended Essay
- Creativity Activity Service (CAS)



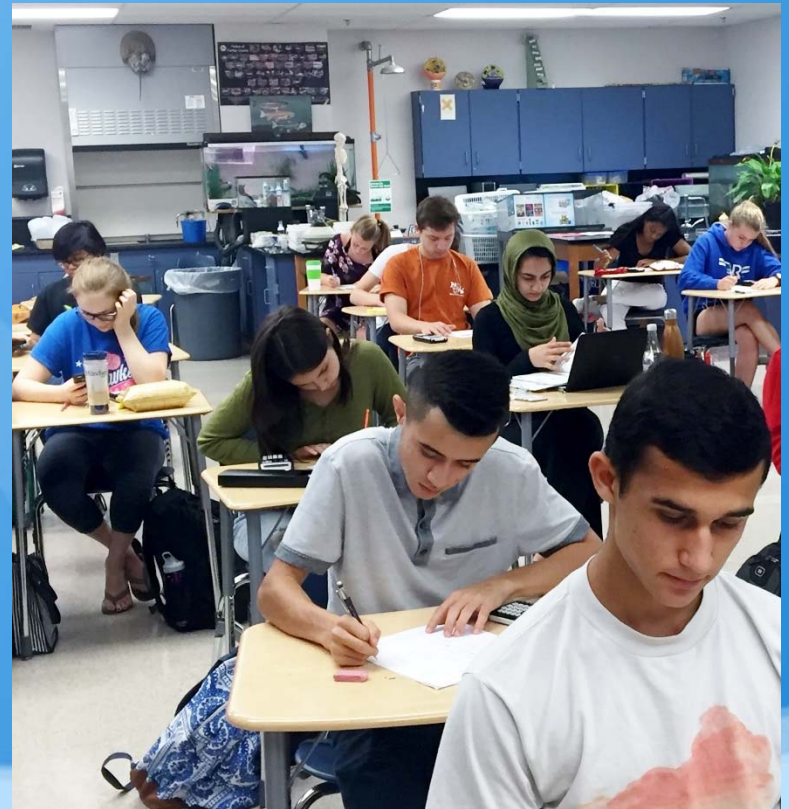


Testing Junior Year

Students may take a maximum of two IB SL exams in 11th grade.

Eligible subjects are:

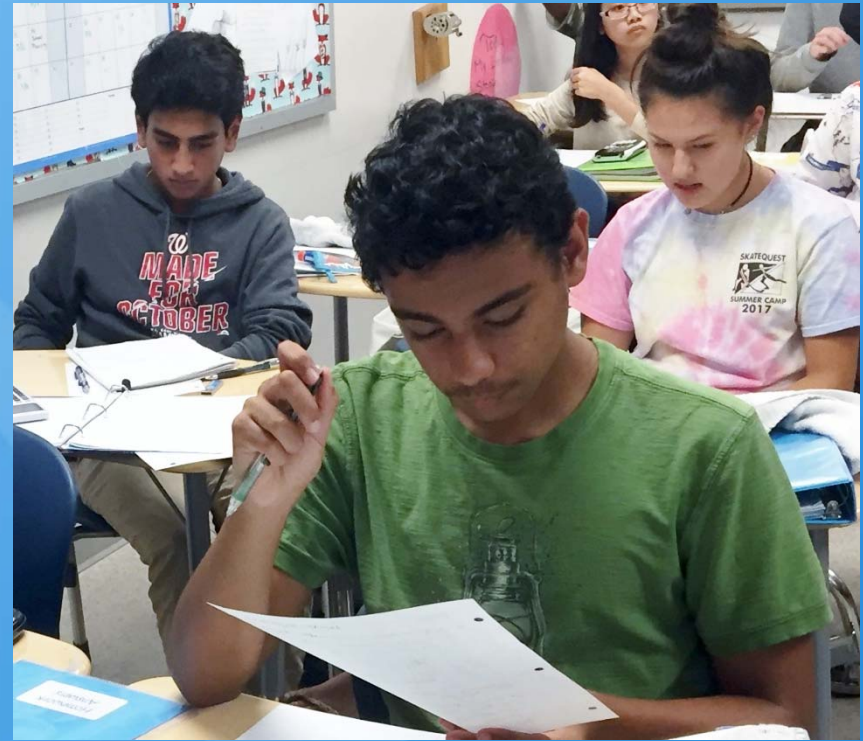
- IB Computer Science SL
- IB Biology SL
- IB Chemistry SL
- IB Business and Management SL
- IB Design Technology SL
- IB Psychology SL
- IB World Religions SL





Extended Essay

- An independent, self-directed piece of research, culminating in a 4,000-word paper.
- Intended to promote high-level research and writing skills, intellectual discovery and creativity.
- Provides students with an opportunity to engage in personal research on a topic of choice, under the guidance of a supervisor.





A study of the extended essay conducted by UVA found that...

- The IB's extended essay does have an effect on a student's research confidence and willingness to engage in future research.
- IB students were significantly more likely to indicate they:
 - *felt prepared for college-level coursework involving research.*
 - *had executed a research project at UVA.*
 - *took pride in their research.*
 - *intended to conduct future research.*
 - *found their research skills to be important to future success.*



A study of the extended essay conducted by UVA found that...

- Interviewees indicated their experience with completion of the IB extended essay supported skills such as gathering and evaluating evidence, writing, and time management, and reduced anxiety around writing.
- A statistically significant relationship existed between extended essay scores and first-semester and final-semester college GPAs, after controlling for background characteristics.

(Inkelas, Swan, Pretlow and Jones 2013).



Extended Essay Timeline

- First semester junior year: select a research question in area of interest and look at resources on the topic.
- Second semester junior year: research topic, write a detailed outline, and start writing the essay. (Students are assigned an extended essay supervisor. Students and parents sign an extended essay agreement.)
- Summer of junior year: write the essay
- Fall of senior year: Revise the essay based on input from the supervisor and submit the final essay. (Essays are due November 8th for seniors.)
- Students are considered full Diploma candidates for college admissions purposes when a completed extended essay draft is submitted.



CAS (Creativity, Activity, and Service)





CAS (Creativity, Activity, and Service)

- Creativity: arts, and other experiences that involve creative thinking.
- Activity: physical exertion contributing to a healthy lifestyle, complementing academic work elsewhere in the Diploma Program.
- Service: an unpaid and voluntary exchange that has a learning benefit for the student.



CAS Requirements

- 100 hours of Creativity, Activity and Service (at least 30 per category).
- CAS entries are associated with learning outcomes.
- One CAS experience must be a CAS project:
 - Needs to span at least one month
 - Must show initiative and collaboration
 - Can combine more than one strand (creativity, activity, service)
- Parents cannot be listed as supervisors and/or provide evaluation for an activity.
- All hours, reflections, and supervisor reviews are completed online using ManageBac.
- CAS advisors will notify their students of ManageBac training sessions.



Theory of Knowledge





Theory of Knowledge

- TOK is a course that explores why we think the way we think.
- Students take TOK second semester of junior year and fall semester senior year.
- Students “become aware of the interpretative nature of knowledge, including personal ideological biases, regardless of whether, ultimately, these biases are retained, revised or rejected.”
- Students are awarded a grade of A – E based on their scores on a class presentation and paper.

(source: <http://www.ibo.org/diploma/curriculum/core/knowledge/>)



Theory of Knowledge Prescribed Titles, May 2018

- “The fields of study of academic disciplines can overlap, but adopting interdisciplinary approaches to the production of knowledge leads only to confusion.” Discuss this claim.
- “We know with confidence only when we know little; with knowledge doubt increases” (adapted from JW von Goethe). Discuss this statement with reference to two areas of knowledge.
- “Without the assumption of the existence of uniformities there can be no knowledge.” Discuss this claim with reference to two areas of knowledge.
- “Suspension of disbelief” is an essential feature of theatre. Is it essential in other areas of knowledge? Develop your answer with reference to two areas of knowledge.
- “The quality of knowledge produced by an academic discipline is directly proportional to the duration of historical development of that discipline.” Explore this claim with reference to two disciplines.
- “Robust knowledge requires both consensus and disagreement.” Discuss this claim with reference to two areas of knowledge.



IB Course Registration

- Students will be asked to verify their courses by the end of October.
- Fees are assessed for IB course changes after the first quarter.





Diploma Scoring

- Students receive a grade for each course ranging from 1 to 7, with 7 being highest.
- In order to receive an IB diploma, students need to earn 24 points (an average of 4 on each exam). Up to 3 additional points can be awarded based on your extended essay and TOK grades.
- Students must average a passing rate on their HL exams (at least 12 points on three HL courses) in order to receive the diploma.
- Students will not receive the diploma if they get an E on either the extended essay or TOK assessments.
- Login information is distributed to students so they can access their scores after July 6th.



International Baccalaureate Organisation

Results summary

This is a summary of candidates results in the session MAY 2015

Personal Details

Candidate	MAY 2015 – 001094-0999 (fgh839)
Name	William Johnson
Category	DIPLOMA
Birth Date	09 SEP 1998

Subject Details

Grade	Subject
4	MAY 2011 – ENGLISH A1 HL in ENGLISH
4	MAY 2011 – SPANISH B HL in SPANISH
4	MAY 2011 – HIST AMERICAS HL in ENGLISH
B	MAY 2011 – BIOLOGY EE in ENGLISH
3	MAY 2011 – MATHEMATICS SL in ENGLISH
6	MAY 2010 – BIOLOGY SL in ENGLISH
6	MAY 2011 – MUSIC GR. PERF SL in ENGLISH
B	MAY 2011 – THEORY KNOWL. TK in ENGLISH

12 points
must be
from three
HL courses

Additional Subjects:

5	MAY 2011 - CHEMISTRY SL in ENGLISH
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EE/TOK Points:	2
Total Points:	29
Result:	Diploma Awarded



Academic Honesty

The IB Learner Profile lists learner attributes that underpin honesty, including “independent critical and creative thought.”

Principled IB learners should “act with integrity and honesty, with a strong sense of fairness, justice and respect” and as inquirers, they should “acquire the skills necessary to conduct inquiry and research and show independence in learning.”

IB Position Paper: Academic Honesty in the IB



What does research say about the IB Impact on college preparation?





IB prepares students for college

“IB is well known to us as **excellent preparation**. Success in an IB **program correlates well with success at Harvard**. We are pleased to see the credential of the IB Diploma Programme on the transcript.”

*Marlyn McGrath Lewis, Assistant Dean of Admissions,
Harvard University, USA*

“The IB is a **first-rate program**, one we are familiar with, and **it prepares students well** for a university like ours.”

*Fred Hargadon, Director of Undergraduate Admissions,
Princeton University*



IB Students are more likely to succeed in college

A 2010 study that looked at performance on IB exams and college GPA of over 1500 IB students enrolled in the University of California system found:

- IB students earned higher GPAs and graduated at higher rates than a matched comparison group. This held across all family income levels
- Performance in the Diploma Programme was the strongest predictor of college GPA.



Top admissions factors considered by colleges

Tier 1:

- Strength of curriculum -- did you take advantage of the academic opportunities available at your high school?
- Grades
- SATs/ACTs
- Essays

Tier 2:

- Evidence of Interest (visits, interviews, questions)
- Recommendations
- Extracurricular activities



What we learned from admissions officers

- Supplemental essays matter.
Don't rehash things that are already a part of your application, tell them something new about you.
- Remember the “Cheesecake Factory” rule.
Supplementary essays need to show knowledge of the school. What can you add to the academic community. Why is that college the single college that you want to attend?
- Applications may be *competitive*, but not *compelling*.
Quantitative factors are not the distinguishing factors among applicants.
- Highly selective colleges want to admit “the students that a high school will miss.”



What we learned from admissions officers

- Interest matters.
Colleges log the number of times you visit, whether you interview with the school or an alumnus, if you attend an overnight visit.
- The representative presenting at a South Lakes college visit is typically the admissions officer who will review your application.
If you are particularly interested in a university, make sure you introduce yourself to the admissions officer and follow up the visit with a email expressing interest or asking questions.
- Take scholarship interviews seriously.
One university ruled out any student who did not ask questions after the interview or was not prepared to Skype at the exact time of the interview.
- Optional SAT subject tests are really optional.
Although they might get you college credit at some schools, they seldom make or break an acceptance decision if they are billed as optional.



What we learned from admissions officers

- Optional SAT subject tests are really optional.
Although they might get you college credit at some schools, they seldom make or break an acceptance decision if they are billed as optional.
- Schools that do not require standardized tests really do admit students who do not submit scores.
The caveat from Wake Forest: Make sure you have a strong GPA (mostly As, few Bs) and are taking challenging courses.



My life has been filled with
terrible misfortune; most of
which never happened.

--Michel de Montaigne



Students handle Stress Differently

Student Profile #1

- Must get all A's
- Perfectionist
- Chronically overcommitted
- Cares about submitting every assignment on time
- “Fight or Flight” triggered in all stressful situations, regardless of severity
- Often confrontational

Student Profile #2

- Expects to get all A's
- Does the least amount of work possible to get a good grade
- Makes excuses for late work
- Depends on teachers allowing extensions and retests to get good grades
- Often non-confrontational



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Stress and the IB program

- Stress is normal. Everything is a 'stressor', even good things. If you care about it, you stress about it.



Credit: *Inside Out*, Disney, Pixar



Stress Reduction Options

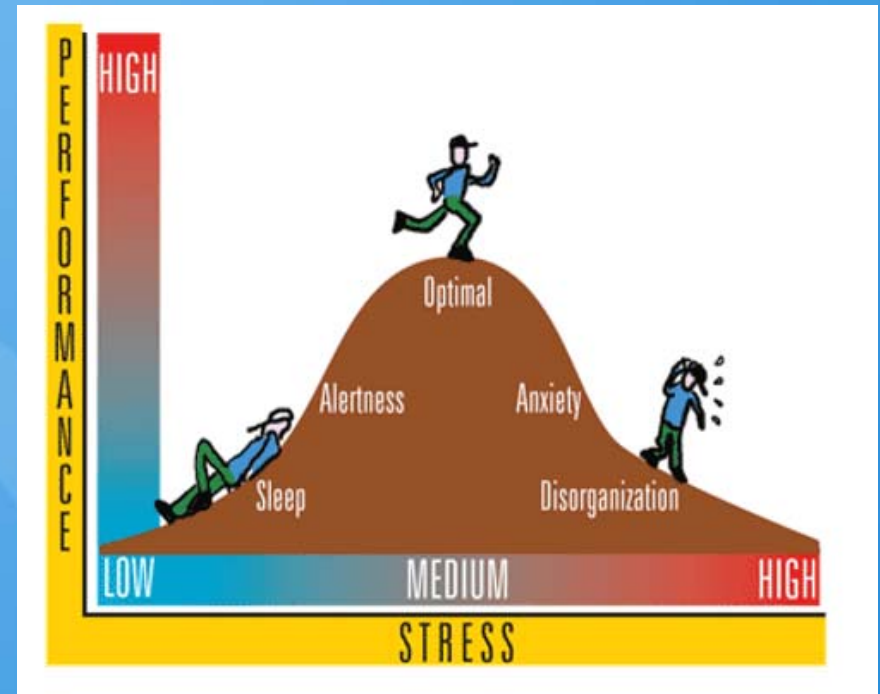
Option 1: Reduce Actual Stressors OR
Option 2: Change Perspective on Stress

In other words, change your environment or change how you see it. Redefine stress itself.

What can we do? Help Students Self-Monitor

Stress will wax and wane - it is not constant or bad.

Remember to be mindful of where you are on the curve and be mindful of the present moment.





Stress Reduction

- Use CAS for stress reduction.
 - Zumba Mondays
 - Working out at the gym
 - Organized sports
 - Art classes
- Breathe app (also at <http://www.stopbreathethink.org/>)
- Reframing





DO	DO NOT
<ul style="list-style-type: none">• Help students with time management; encourage the development of long-term planning and skill in estimating the length of tasks.• Monitor the stress your child demonstrates. Ask questions. Is it one class or the overall load?• Ask questions and make gentle suggestions about the use of social media.	<ul style="list-style-type: none">• Create your child's homework schedule.• Assume that staying up late every night and feeling constantly anxious is the price of a rigorous program and the ticket to a selective university.• Ban all technology.



DO	DO NOT
<ul style="list-style-type: none">• Encourage a balance between being an academic student and being a teenager who has other activities and interests.	<ul style="list-style-type: none">• Force adolescence to be all about school, homework and grades.
<ul style="list-style-type: none">• Ask your child what s/he is learning and focus conversations on growth rather than on grades.	<ul style="list-style-type: none">• Insist on “A’s”.
<ul style="list-style-type: none">• Recognize the greatest value of IB coursework is the richness of the learning experiences and the excellence of the preparation for further learning.	<ul style="list-style-type: none">• Believe that the most important value of IB work is college credit.

May 2018 IB Exam Schedule



INTERNATIONAL BACCALAUREATE
May 2018 Examination Schedule: South Lakes High School

Date	Morning	Start Time	Length	Afternoon	Start Time	Length
Friday April 28	NONE			Bus & Man HL Paper 1 Bus & Man SL Paper 1 World Religions SL Paper 1	12:30 pm	2h 15m 1h 15m 1h 15m
Monday April 30	Bus & Man HL Paper 2 Bus & Man SL Paper 2 World Religions SL Paper 2	8:10 am	2h15m 1h45m 1h 30m	NONE		
Tuesday May 1	NONE			NONE		
Wednesday May 2	NONE			Mathematics HL Paper 1 Mathematics SL Paper 1 Mathematical Studies Paper 1	12:30 pm	2h 1h30m 1h30m
Thursday May 3	Mathematics HL Paper 2 Mathematics SL Paper 2 Mathematical Studies Paper 2 Music HL Paper 1 Music SL Paper 1	8:10 am	2h 1h30m 1h30m 2h30m 2h	NONE		
Friday May 4	NONE			Computer Science HL Paper 1 Computer Science SL Paper 1 Design Technology SL Paper 1 Design Technology SL Paper 2	12:30 pm	2h 10m 1h 30m 45 m 1h 30m
Monday May 7	Computer Science HL Paper 2 Computer Science HL Paper 3 Computer Science SL Paper 2	8:10 am	1h20m 1h 1h	English HL Paper 1	12:30 pm	2h
Tuesday May 8	English HL Paper 2	8:10 am	2h	History HL Paper 1 History HL Paper 2 History SL Paper 1 History SL Paper 2	12:30 pm	1h 1h 30m 1h 1h 30m
Wednesday May 9	History HL paper 3	8:10 am	2h 30m	German HL Paper 1 German SL Paper 1 Japanese SL Paper 1 Latin SL Paper 1 Mathematics HL Paper 3	12:30 pm	1h30m 1h30m 1h30m 1h15m 1h
Thursday May 10	German HL Paper 2 German SL Paper 2 Japanese SL Paper 2 Latin SL Paper 2	8:10 am	1h30m 1h30m 1h30m 1h30m	Physics SL Paper 1 Physics SL Paper 2	12:30 pm	45m 1h 15m
Friday May 11	Physics SL Paper 3	8:10 am	1h	Psychology SL Paper 1	12:30 pm	2h
Monday May 14	Psychology SL Paper 2	8:10 am	2h	Biology HL Paper 1 Biology HL Paper 2 Biology SL Paper 1 Biology SL Paper 2	12:30 pm	1h 2h15m 45m 1h15m
Tuesday May 15	Biology HL Paper 3 Biology SL Paper 3	8:10 am	1h15m 1h	Spanish HL Paper 1 Spanish SL Paper 1	12:30 pm	1h30m 1h30m
Wednesday May 16	Spanish HL Paper 2 Spanish SL Paper 2	8:10 am	1h30m 1h30m	Chemistry HL Paper 1 Chemistry HL Paper 2 Chemistry SL Paper 1 Chemistry SL Paper 2	12:30 pm	1h 2h15m 45m 1h15m
Thursday May 17	Chemistry HL Paper 3 Chemistry SL Paper 3	8:10 am	1h15m 1h	French B HL Paper 1 French B SL Paper 1	12:30 pm	1h30m 1h30m
Friday May 18	French B HL Paper 2 French B SL Paper 2	8:10 am	1h30m 1h30m	NONE		

All morning exams start at 8:10am and all afternoon exams start at 12:30 pm. Testing locations are the lecture hall and wrestling room. Room and seating assignments will be posted in the main hallway on the cafeteria window each exam day.



Links to Resources

- *Raising Successful Children* by Madeline Levine
[//www.nytimes.com/2012/08/05/opinion/sunday/raising-successful-children.html?_r=0](http://www.nytimes.com/2012/08/05/opinion/sunday/raising-successful-children.html?_r=0)
- Stop, Breathe & Think (Breathe app)
<http://www.stopbreathethink.org/>
- *Letting Go: Tips for Parents of New College Students*
from the University of Wisconsin, Superior
<https://www.uwsuper.edu/fye/parents/upload/Letting-Go-FLSouthern.pdf>