

Starting Strong: Top Tips to Succeed in the IBDP

Chiara Di Filippo



Who am I?

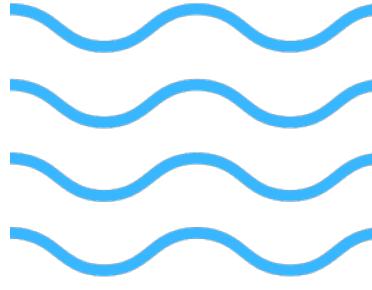


- Argentina / Italy
- France / Switzerland
- UK

Who am I?



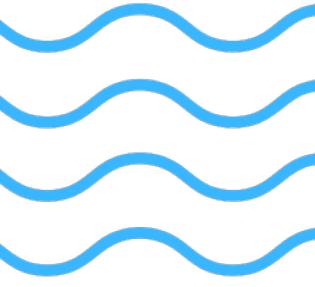
- International School of Geneva – May 2019
- HLs: English Lit, Geography, Film, and Spanish
- SLs: Maths and Physics



Who am I?



- Human, Social, and Political Sciences at Cambridge
- Graduated in June, 2022
- Lanterna tutor – 3 years

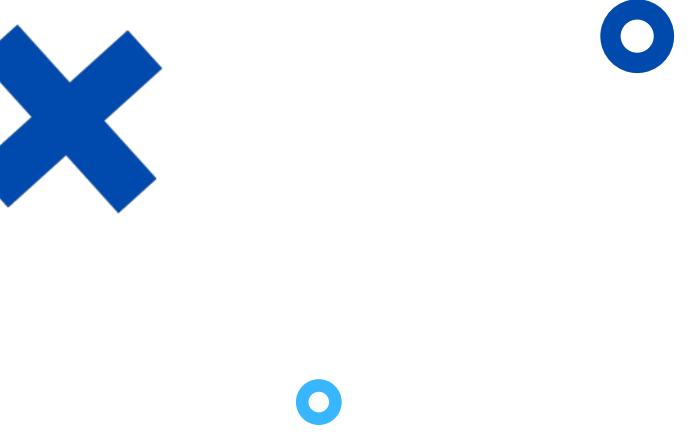


The DP is like a sport



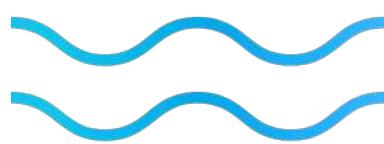
- The DP is like a sport / game / video game
- Handball

The DP is like a sport



- Divided in 2 halves – DP1 & DP2
- Half-time – summer
- Win the game – finish the DP





What makes a successful ~~IB~~ student? sportsperson? X

1. Know the rules, have a good strategy



2. Develop your skills



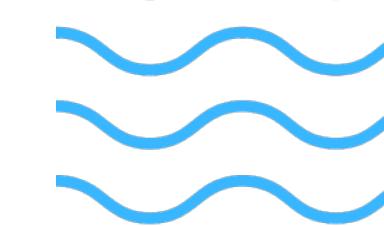
3. Have the right mindset



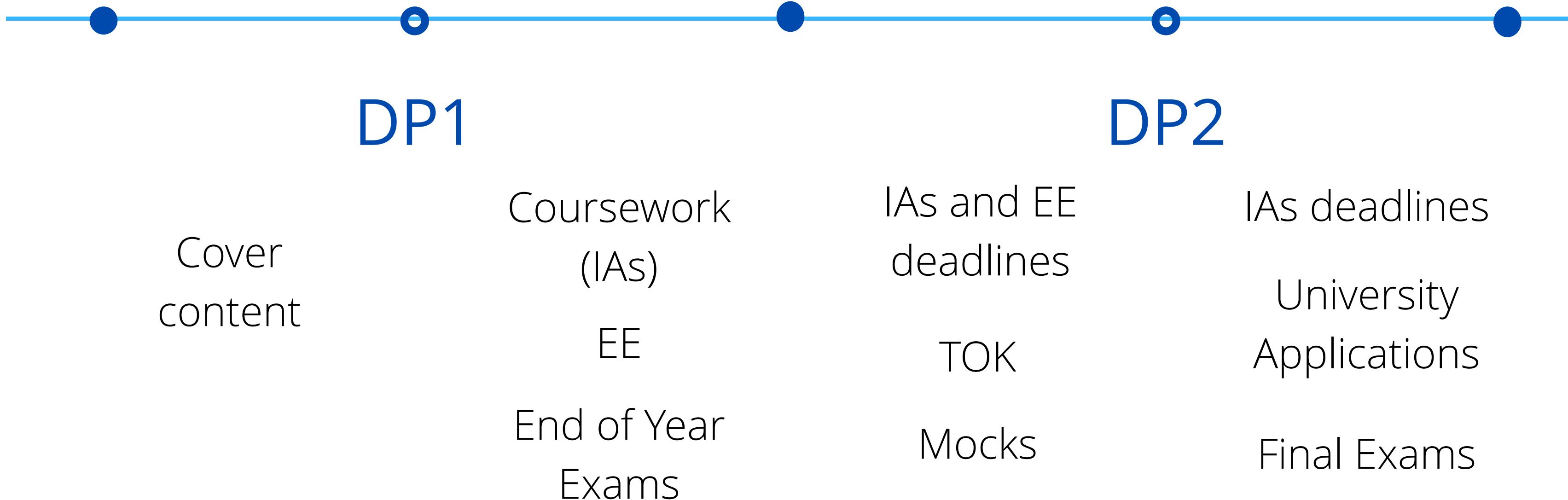
Know the rules, have a good strategy

Section 1/3





1.1 Know the rules: Timeline





1.1 Know the rules: Stress Chart *



DP1

DP2

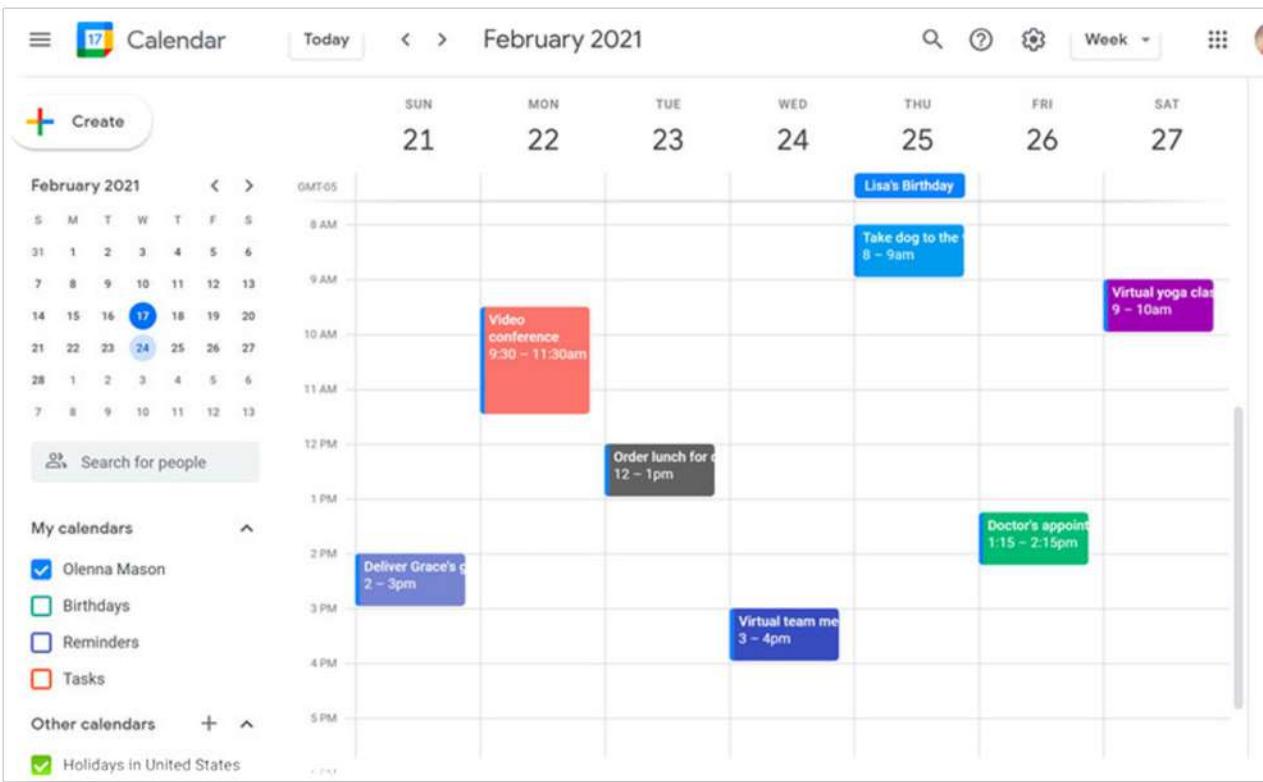


1.2 Strategy: Time management



I. Plan

- Most essential step!
- Juggle deadlines and assignments
- Do you plan? What do you use to plan?



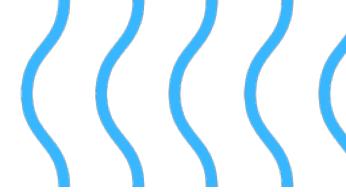
Google Calendar



GetRevising



X



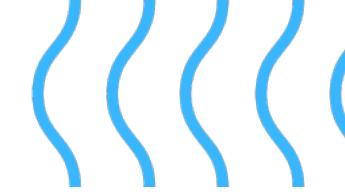
November 2018

[◀](#) Today [▶](#)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Half-Term Break	29	30	31 Cambridge: Exam	Nov 1	2 Film: Comparative Study... Geography IA: First Draft	3
4	5	6	7	8 Cambridge: Send written...	9 Film: First Draft Written...	10
11 • Geo Test: Paper 2 8 AM GMT	12 • EE Meeting 2:30 PM GMT	13	14	15 • EE Meeting 11 AM GMT • EE Meeting 11 AM GMT • Film Meeting 12 PM GMT	16 Film: Final Draft Textual...	17
18	19	20	21 EE: Final Draft	22	23 • English Oral... 2:25 PM GMT	24
25 English IOC Orals	26	27	28	29	30	Dec 1
2	3	4	5 Geography IA - Final Draft Viva Voce	6	7 Film: Comparative Study... • EE: Viva Voce a... 8 AM GMT	8





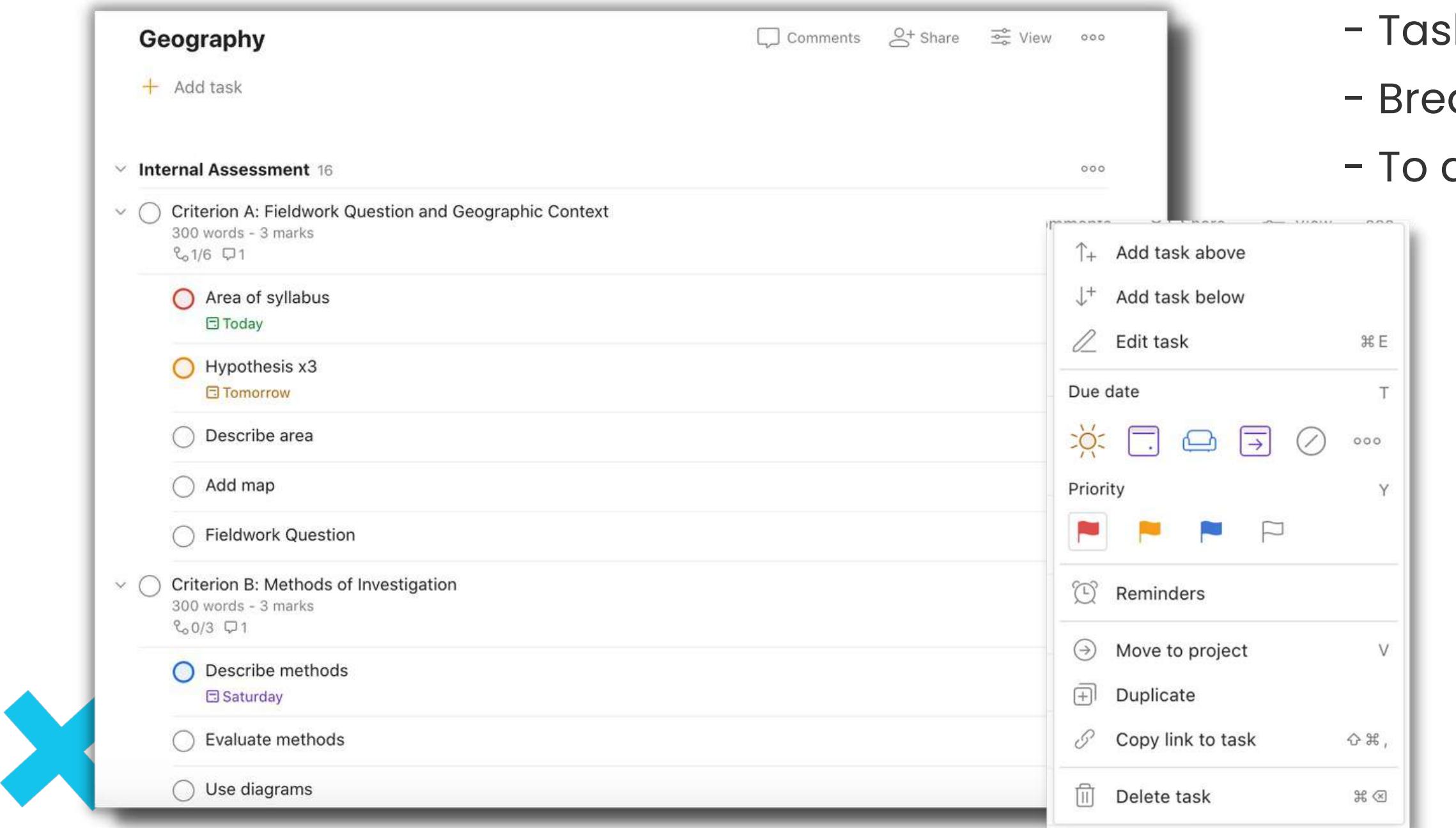
November 2018

[◀](#) Today [▶](#)



Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	Nov 1	2	3
Exam			Cambridge: Exam			
Half-Term Break						
4	5	6	7	8	9	10
	Retouch draft • Pizza Party 4U 8 AM GMT			Cambridge: Send written...		
11	12	13	14	15	16	17
	Film • Geo Test: Paper 2 8 AM GMT	• EE Meeting 2:30 PM GMT	• FILMAR, ceremon... 6 PM GMT	• EE Meeting 11 AM GMT • EE Meeting 11 AM GMT • Film Meeting 12 PM GMT	EE Film: Final Draft Textual... • Bring Oxford B... 8 AM GMT	
18	19	20	21	22	23	24
EE • 11:00 - Fotos Fl... 8 AM GMT	• 18:30 - Fotos Fl... 8 AM GMT		EE: Final Draft	English		
					• Cumple Papi 8 AM GMT • English Oral... 2:25 PM GMT	
25	26	27	28	29	30	Dec 1
English	English IOC Orals	Geography			Practice Interview	
						• NYU: Portfolio -... 8 AM GMT • Re-write Conclusion... 9 AM 1 more...
2	3	4	5	6	7	8
Practice Interview Geography • Check graphs and r... 9 AM • Brainstorm extra qu... 2 PM	• Revise notes 5 PM	Viva voce Cambridge Interview • Interview 9 AM 1 more...	Film Geography IA - Final Draft	• Final touches - mak... 4 PM	Film: Comparative Study... • MAMCO 8 AM GMT • Musée d'Histoir... 8 AM GMT • EE: Viva Voce a... 8 AM GMT	

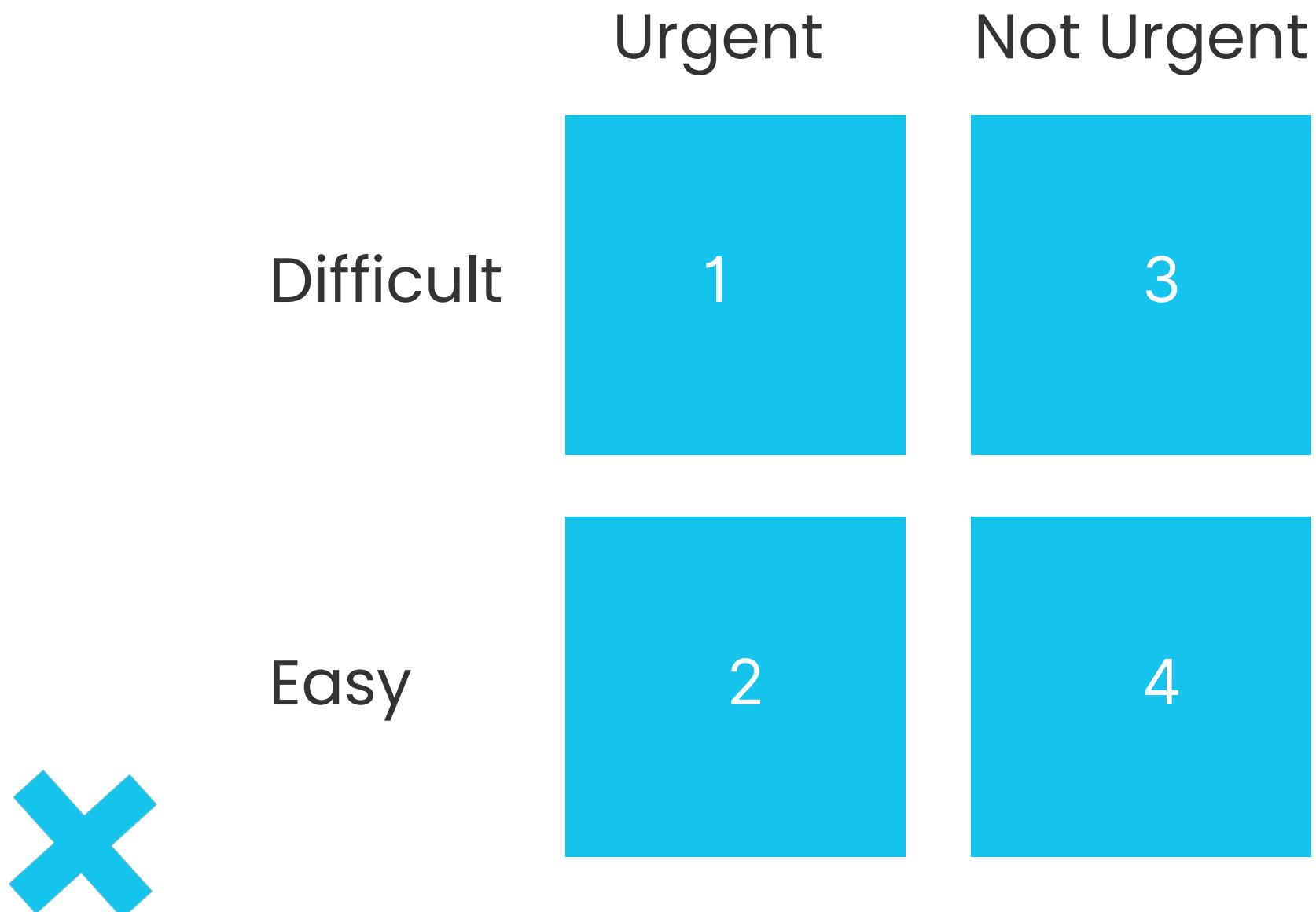
II. Organise



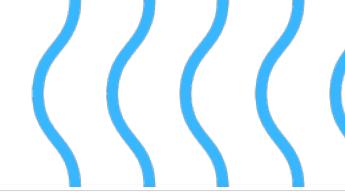
Task planning - organise your time
Break down task into smaller chunks
To do list - apps: Anydo, Todoist



III. Prioritise



- Identify most urgent tasks
- Identify easy / hard tasks
- Prioritise!



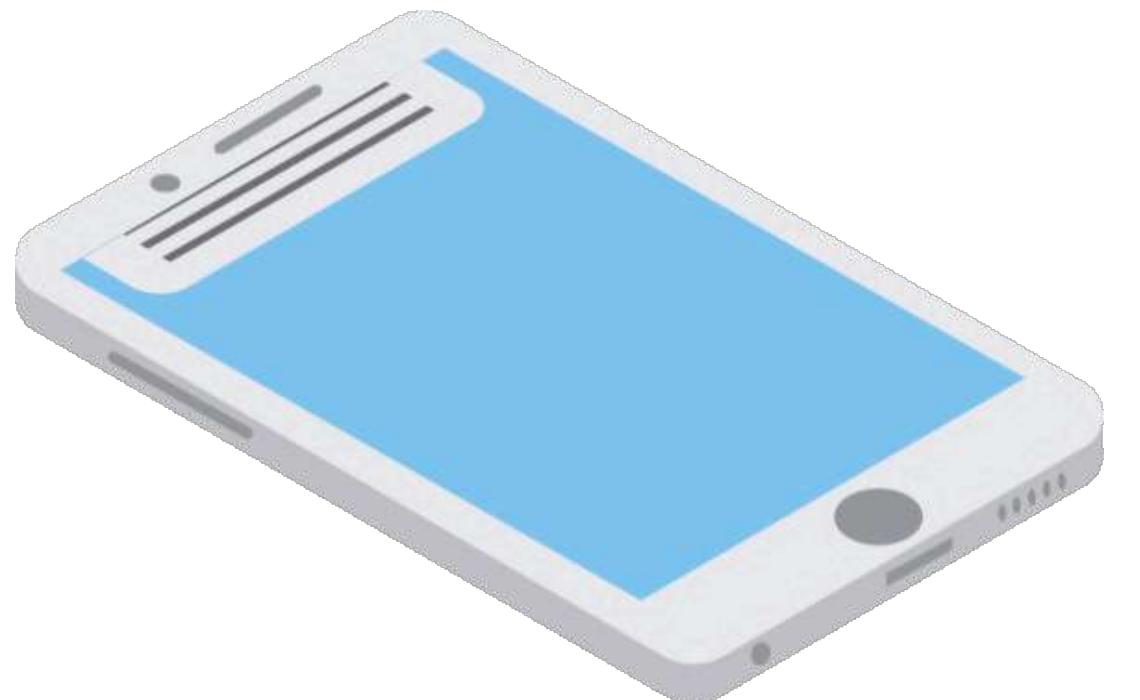
December 2018

< Today >

Sat 1	Sun 2	Mon 3	Tue 4	Wed 5	Thu 6	Fri 7
all-day Geography Practice Interview			Cambridge Interview	Film Geography IA - Final...		Film: Comparative St...
			Viva Voce			
		08:15 School	08:15 School	08:15 School	08:15 School	08:15 School
09:00						
10:00	10:00 (09:00 GMT) Re-write Conclusion and Evaluation (Criterion E and F)	10:00 (09:00 GMT) Check graphs and references - send off		10:00 (09:00 GMT) Interview	10:00 (09:00 GMT) Final Draft	
11:00				11:00 Viva Voce		11:00 Comparative study
12:00						
13:00						
14:00						
15:00	15:00 (14:00 GMT) Re-read Personal Statement, written work, exam	15:00 (14:00 GMT) Brainstorm extra questions	16:00 (15:00 GMT) Revise notes	16:00 (15:00 GMT) Review Standard Presentation		
16:00						
17:00						
18:00					17:00 (16:00 GMT) Re-edit the introduction and re-record voice over from 3rd point	17:00 (16:00 GMT) Final touches - make sure it is under 10 minutes
19:00						



Everything ready?



Beat procrastination

- Reward yourself
- Schedule study breaks
- Study with people – outside accountability



✖



✖

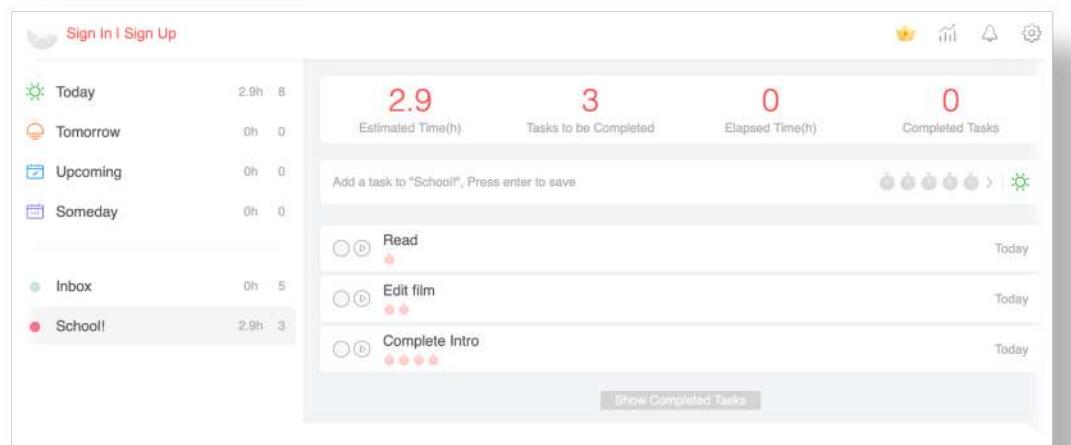


23

Useful Apps



Focus To-Do
Pomodoro



Forest

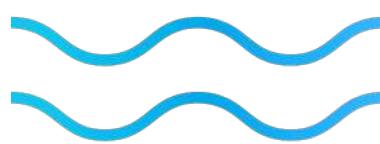


Self Control A blue 'X' icon is to the right of the text.



Any questions?





What makes a successful IB student sportsperson?

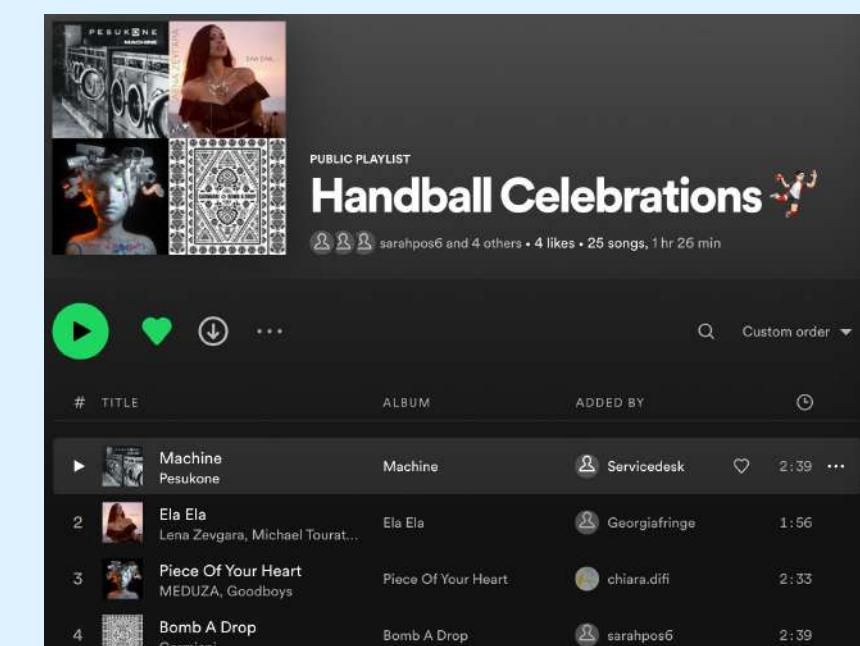
1. Know the rules, have a good
strategy



2. Develop your skills



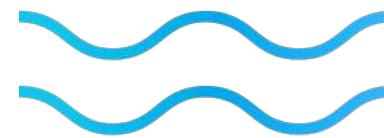
3. Have the right mindset



Develop your skills

Section 2/3





How do you win a match?



1. Score goals



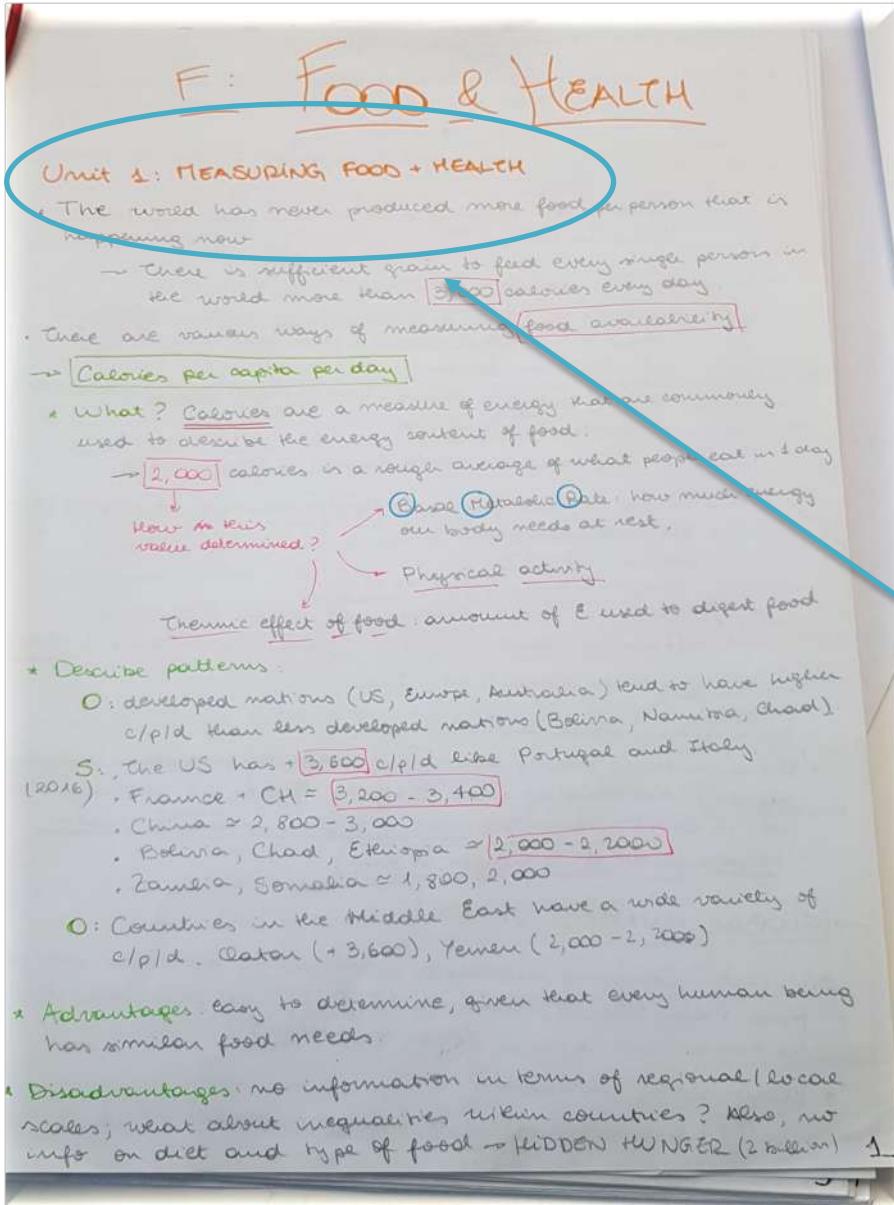
DP = exams

2. Have a good defense



DP = assessments

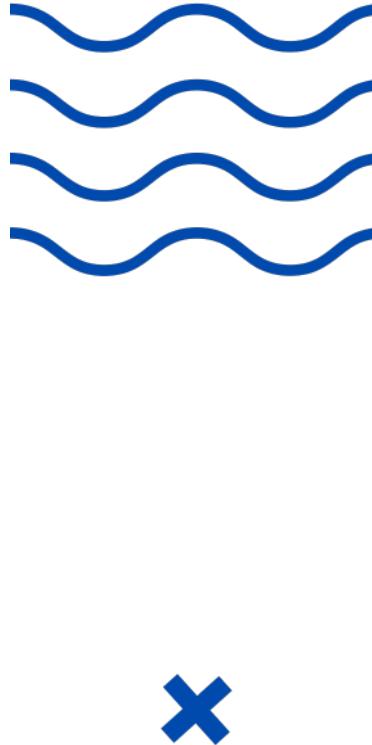
2.1 Note taking

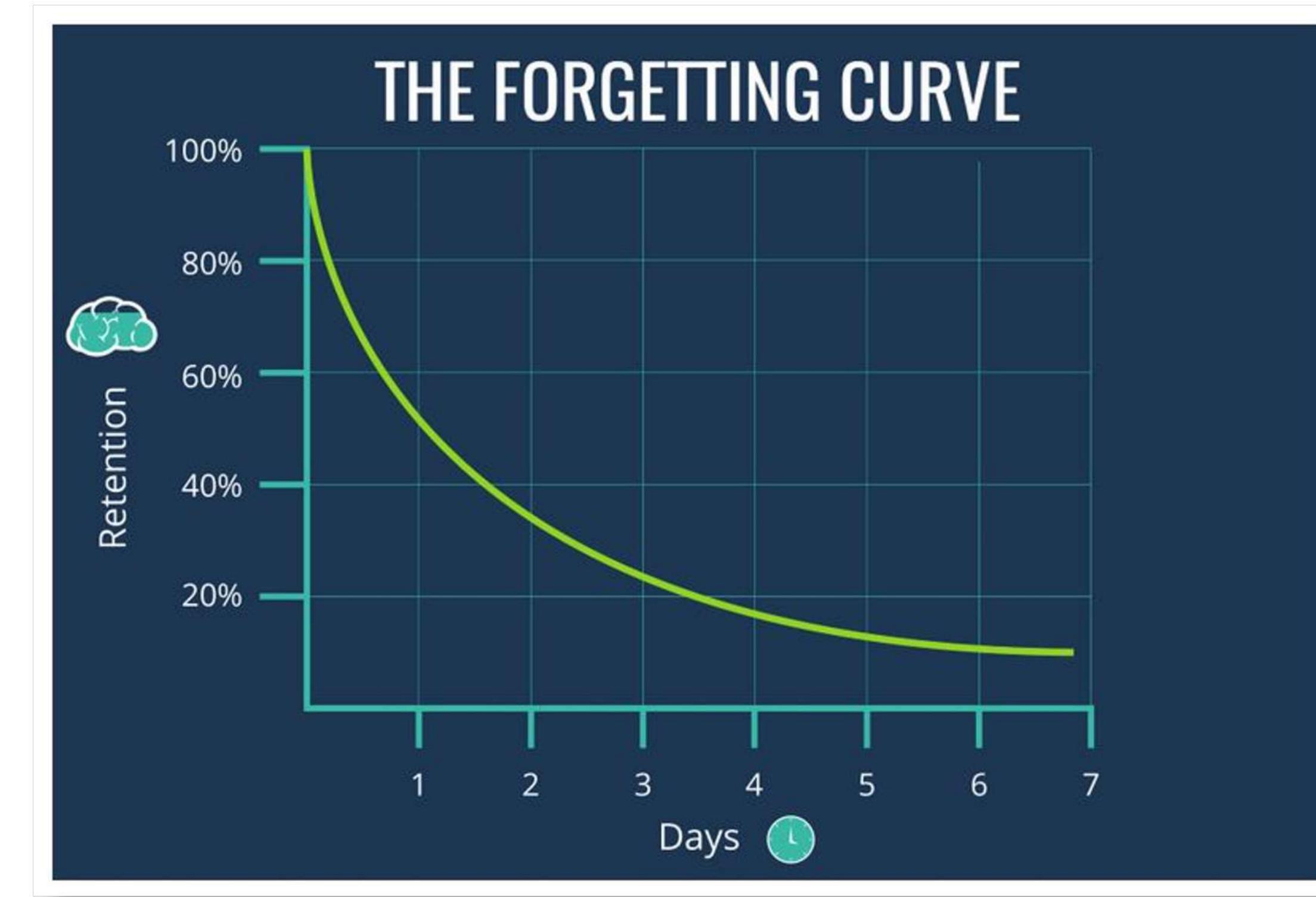
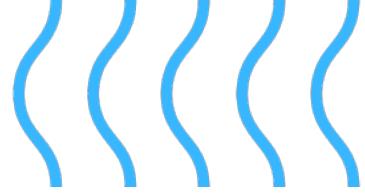


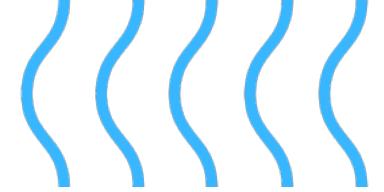
- Try different methods!
- By hand / digitally
- Colours
- Folders



Geographic inquiry	Geographic knowledge and understanding
1. Measuring food and health Suggested teaching time 6–8 hours	<p>Ways of measuring disparities in food and health between places</p> <p>Global patterns in food/nutrition indicators, including the food security index, the hunger index, calories per person/capita, indicators of malnutrition</p> <p>The nutrition transition, and associated regional variations of food consumption and nutrition choices</p> <p>Global patterns in health indicators, including health-adjusted life expectancy (HALE), infant mortality, maternal mortality, access to sanitation and the ratio between doctors/physicians and people</p> <p>The epidemiological transition, the diseases continuum (diseases of poverty to diseases of affluence), and the implications of a global ageing population for disease burden</p>



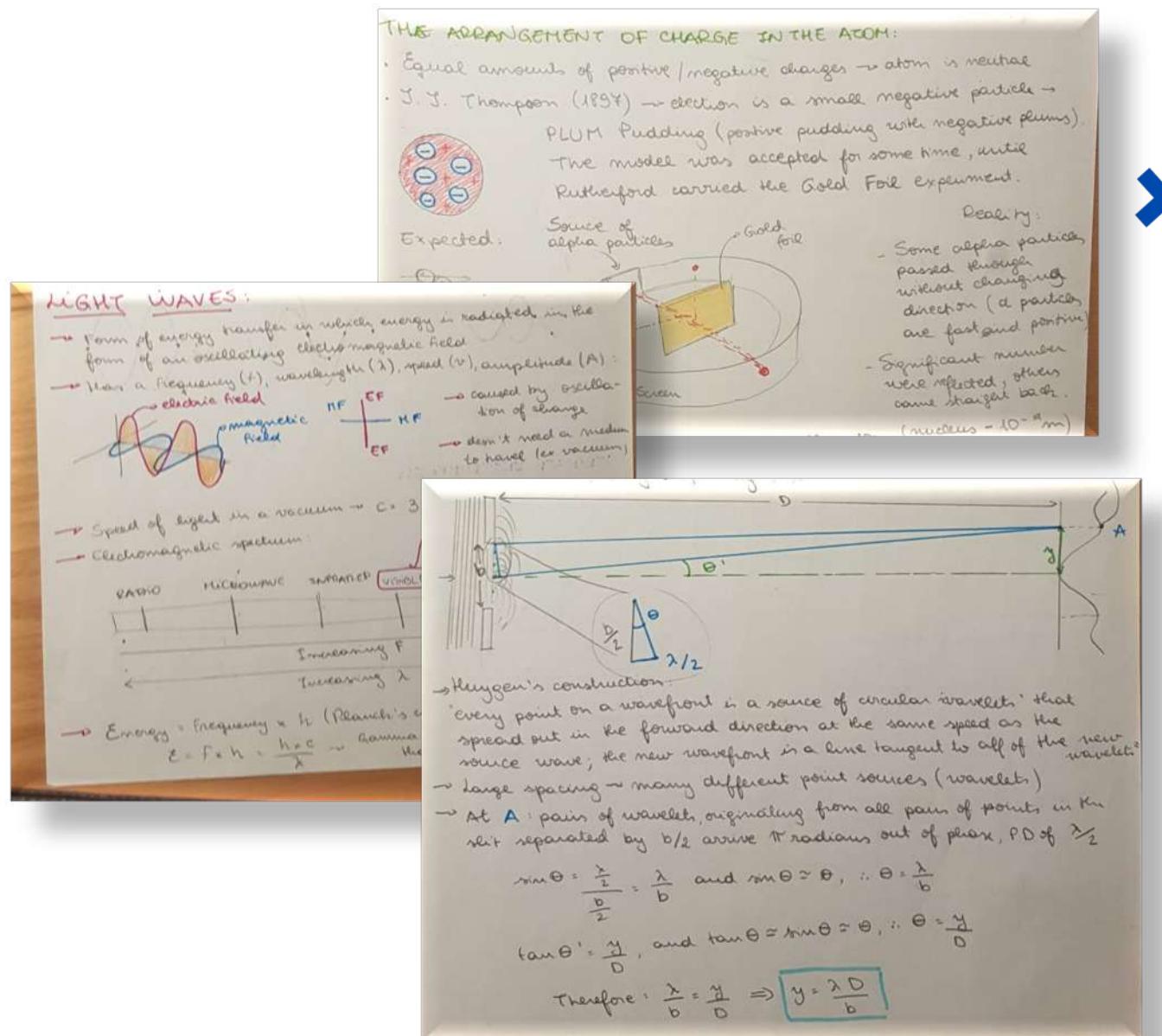
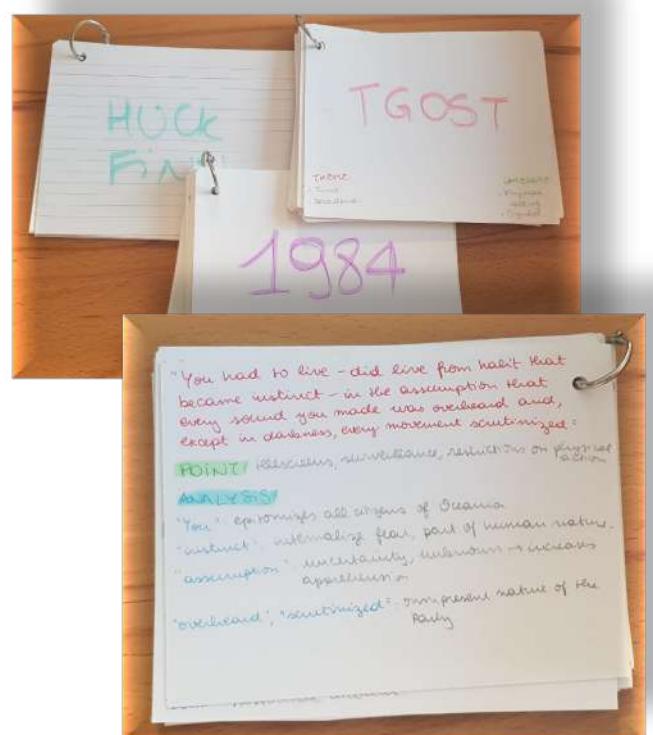




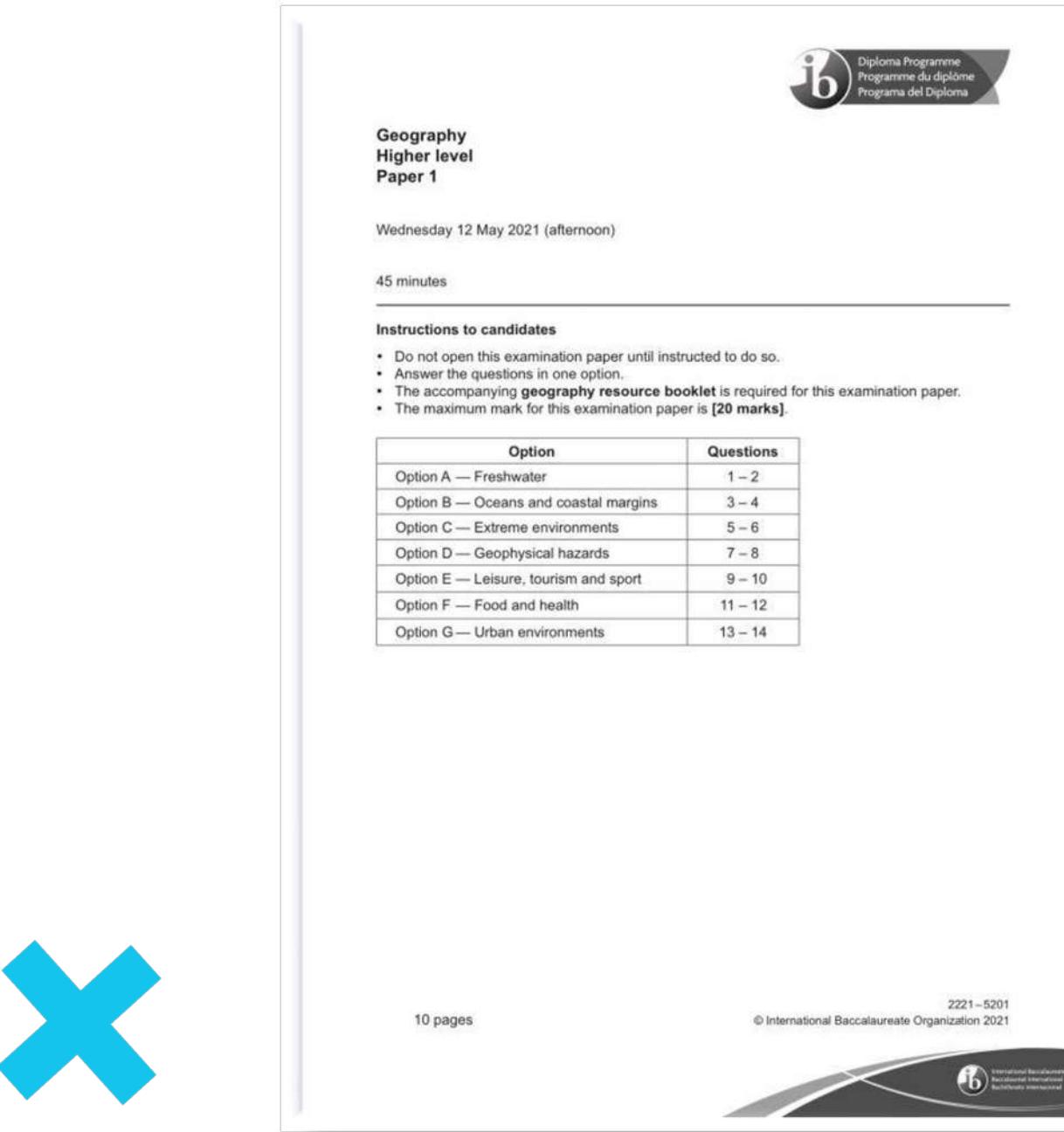
COMBATING THE FORGETTING CURVE



2.1 Condensing Notes

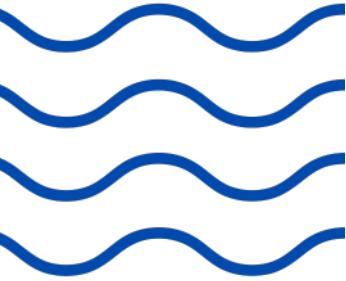


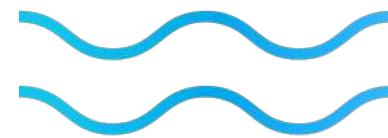
2.1 Test yourself!



Unit 1: Changing population

Geographic inquiry	Geographic knowledge and understanding
1. Population and economic development patterns Suggested teaching time 7–8 hours	
How population varies between places	<p>Physical and human factors affecting population distribution at the global scale</p> <p>Global patterns and classification of economic development:</p> <ul style="list-style-type: none">low-income countriesmiddle-income countries and emerging economieshigh-income countries <p>Population distribution and economic development at the national scale, including voluntary internal migration, core-periphery patterns and megacity growth</p> <ul style="list-style-type: none"><i>Two detailed and contrasting examples of uneven population distribution</i>
Synthesis, evaluation and skills opportunities The relative importance of different influences on where people live and spatial interactions between places at varying scales	





How do you win a match?



1. Score goals



DP = exams

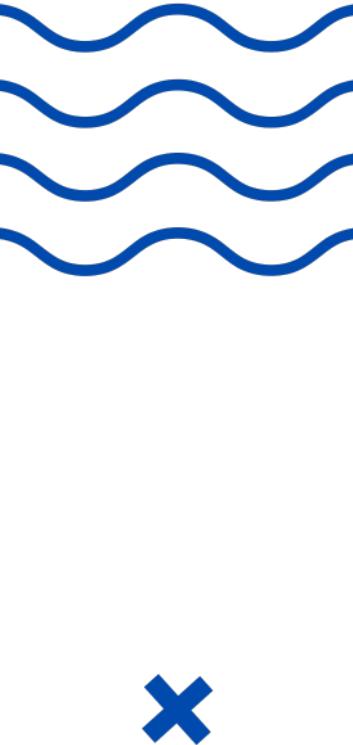
2. Have a good defense



DP = assessments

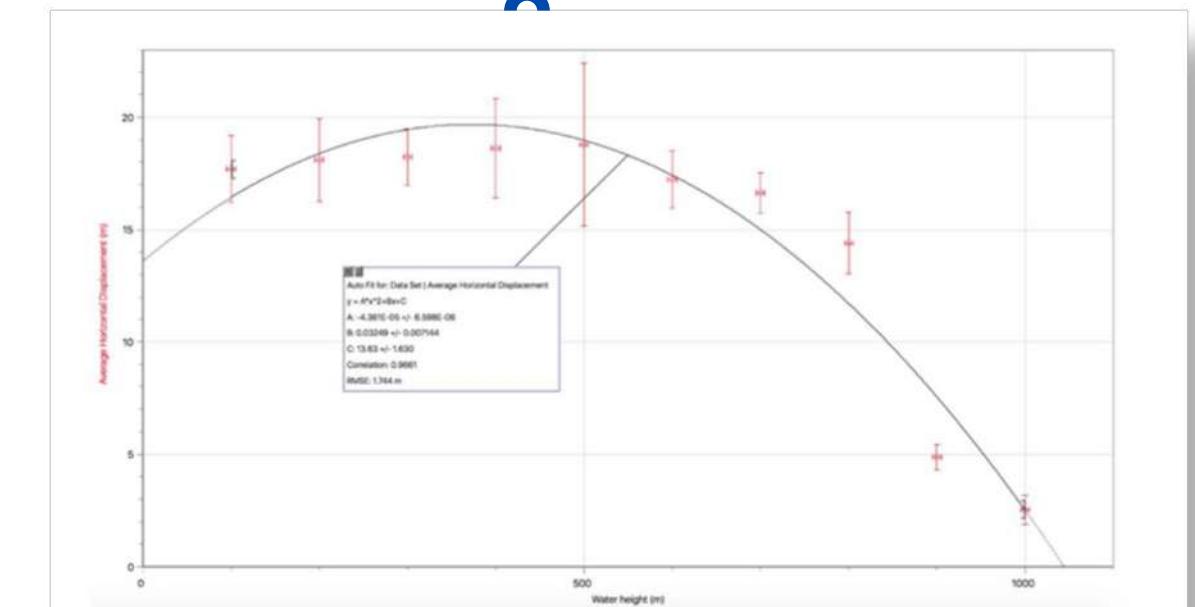
2.2 Assignments

- Choose topics that interest you



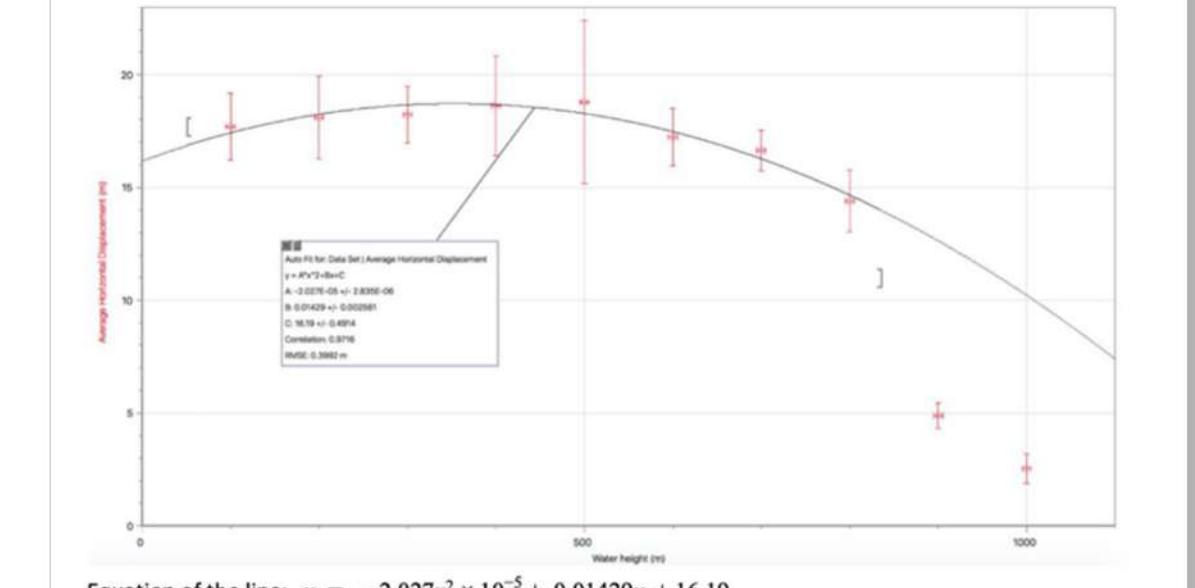
2.2 Assignments

- Choose topics that interest you
- Split workload
- Start early and set deadlines for yourself
- 1st draft > final draft

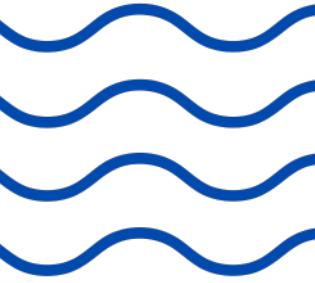


Equation of the line: $y = -4.361x^2 \times 10^{-5} + 0.0329x + 13.63$
Correlation coefficient: 0.9661

Graph showing the relationship between the volume of water inside the water rocket (ml) and its average horizontal displacement (m) with error bars - omitting the last two points:



Equation of the line: $y = -2.027x^2 \times 10^{-5} + 0.01429x + 16.19$



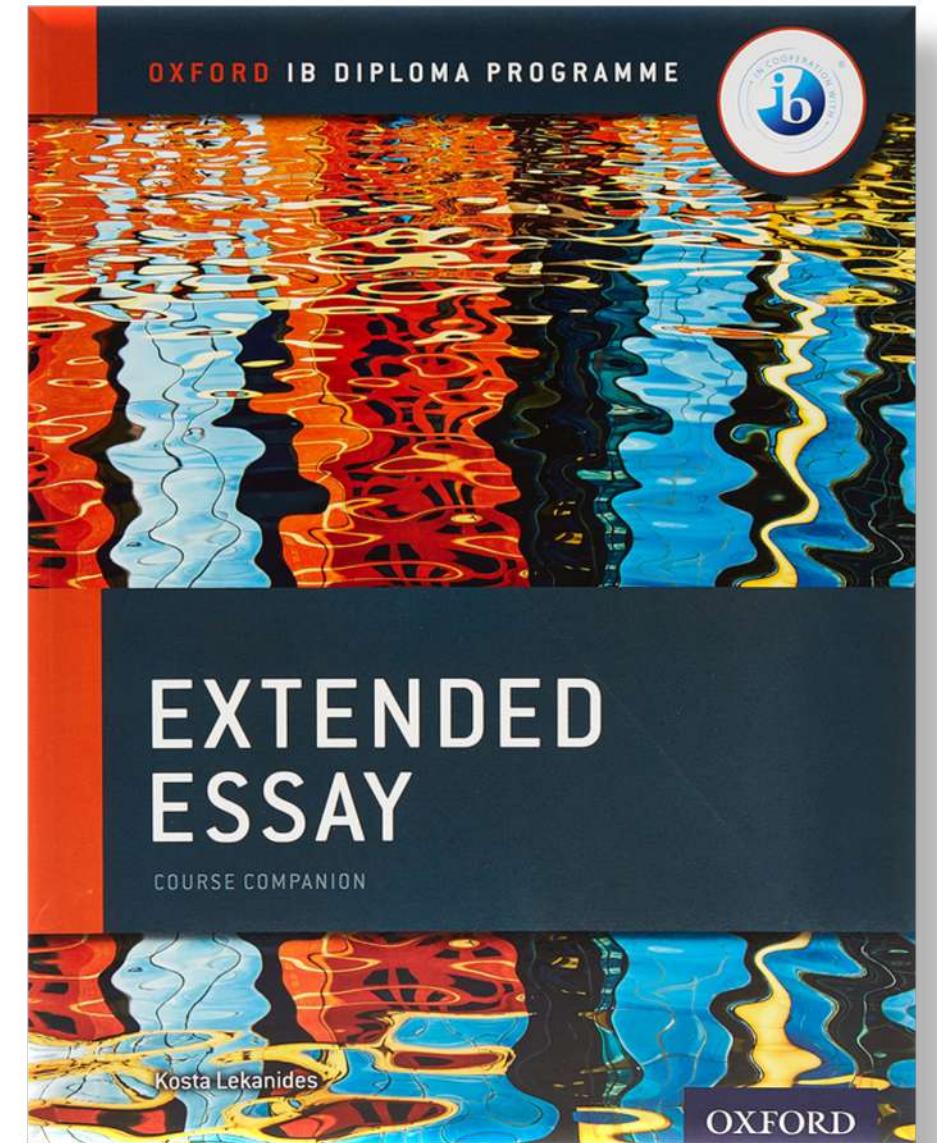
2.2 Use the criteria

Report section	Criterion	Marks allocated out of 25	Suggested word limit within 2,500 words
Fieldwork question and geographic context	A	3	300
Method(s) of investigation	B	3	300
Quality and treatment of information collected	C	6	500
Written analysis	D	8	850
Conclusion	E	2	200
Evaluation	F	3	300
Total		25	~2,450

Marks	Level descriptor
0	The work does not reach the standard described by the descriptors below.
1	The fieldwork question is not formulated as a question or is not appropriately linked to the relevant syllabus topic or geographical theory. The fieldwork question does not allow for the collection of primary data, does not include a location or is too broad to address within the limits of the internal assessment. No locational map is included or the map is inappropriate for the fieldwork question.
2	The fieldwork question is geographical, identifying an appropriate link to the relevant syllabus topic, the syllabus or geographical theory. The fieldwork question identifies a specific location allowing for the collection of primary data and a question that can be addressed within the limits of an internal assessment. The locational map is a copy of an existing map (for example, internet or satellite map) with too many unnecessary details or lacking mapping conventions.
3	The link between the fieldwork question and the relevant syllabus topic, the syllabus or geographical theory is described . The link made to geographical theory allows for the possible formulation of hypotheses and predictions. The fieldwork question is geographical and focused, clearly identifying a precise location allowing for primary data collection within the limits of the internal assessment. One or more locational maps are presented and follow mapping conventions, providing clear information and details of the fieldwork location.

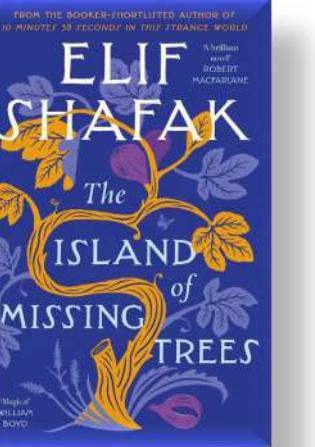
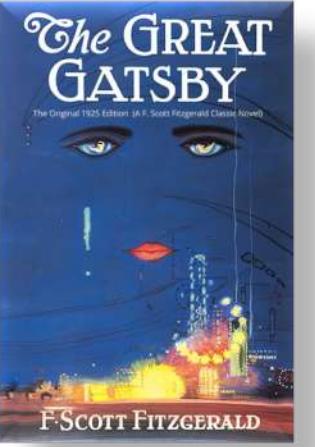
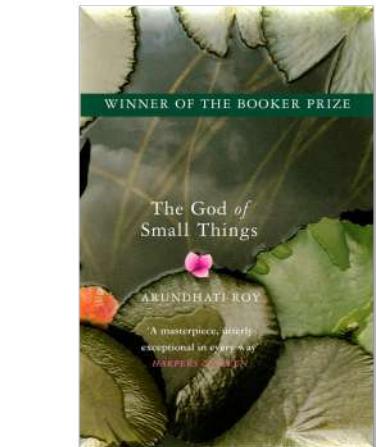
2.2 EE/RP – Choosing your topic

- Give yourself time to think about your topic
- Brainstorm your interests / research ethical dilemmas
- Combine topics you like
- Freestyle search on google / TedTalks
- Write questions



2.2 EE/RP – Research

- Research is the most essential part!
- Collecting primary and secondary data /
Creating your product

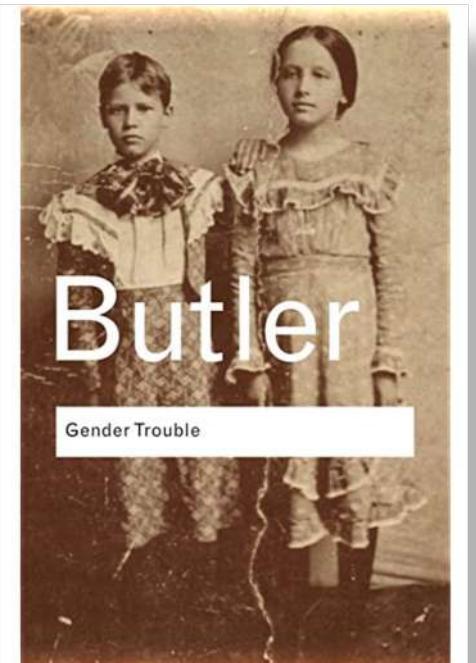
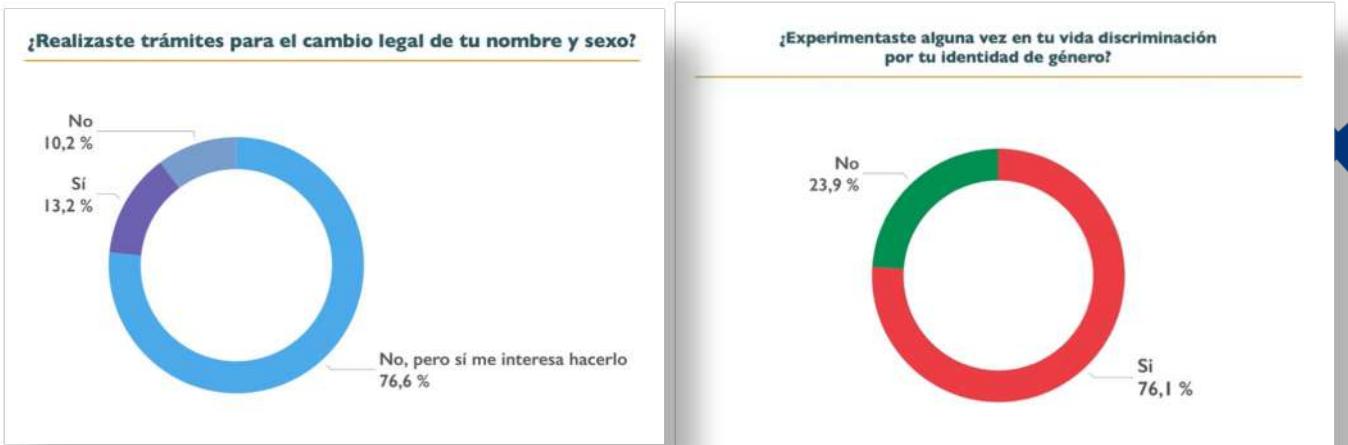
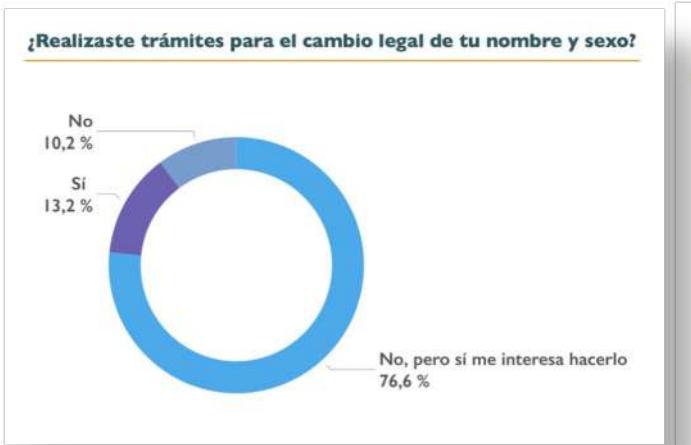
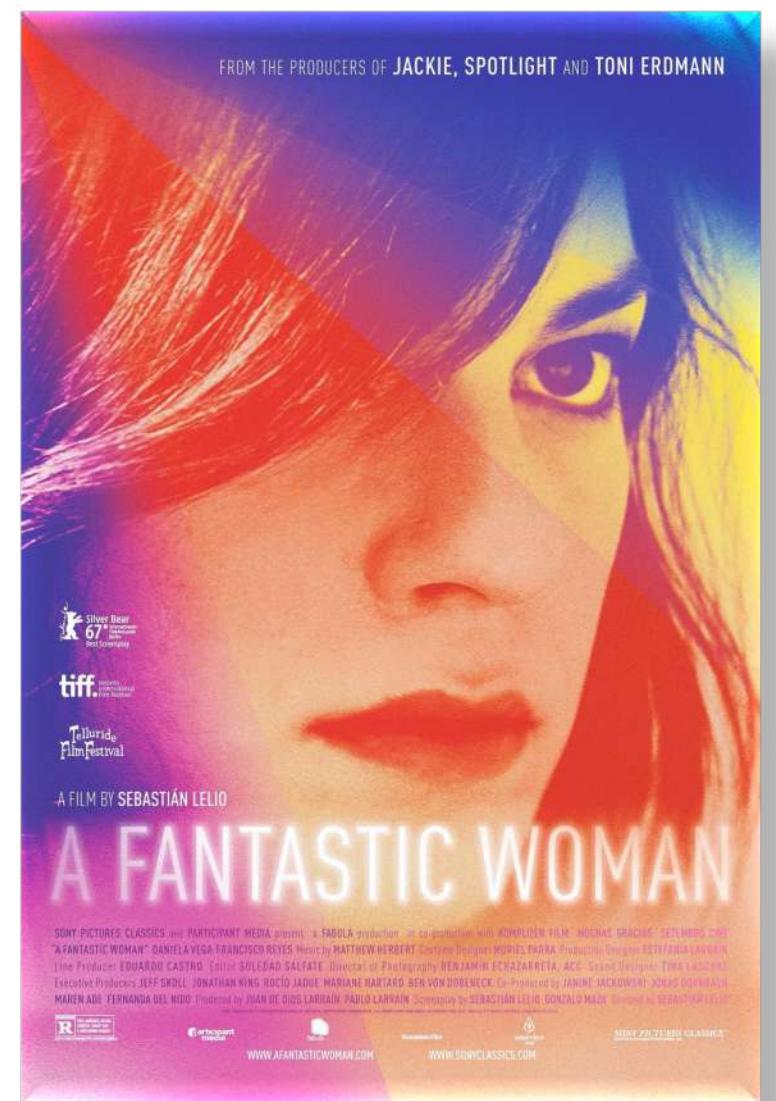


2.2 EE – Research

El cine como herramienta para visibilizar la discriminación social hacia las mujeres trans.

¿Hasta qué punto la película “Una mujer fantástica” (Lelio, 2017) contribuye a la visibilización de la discriminación social hacia las mujeres trans en Chile?

Estudios del mundo contemporáneo: Cultura, lenguaje e identidad.
Asignaturas: Cine y Antropología social y cultural.
Número de páginas: 25.
Número de palabras: 4.000 (incluyendo las notas a pie de página explicativas)



2.2 EE/RP – Writing

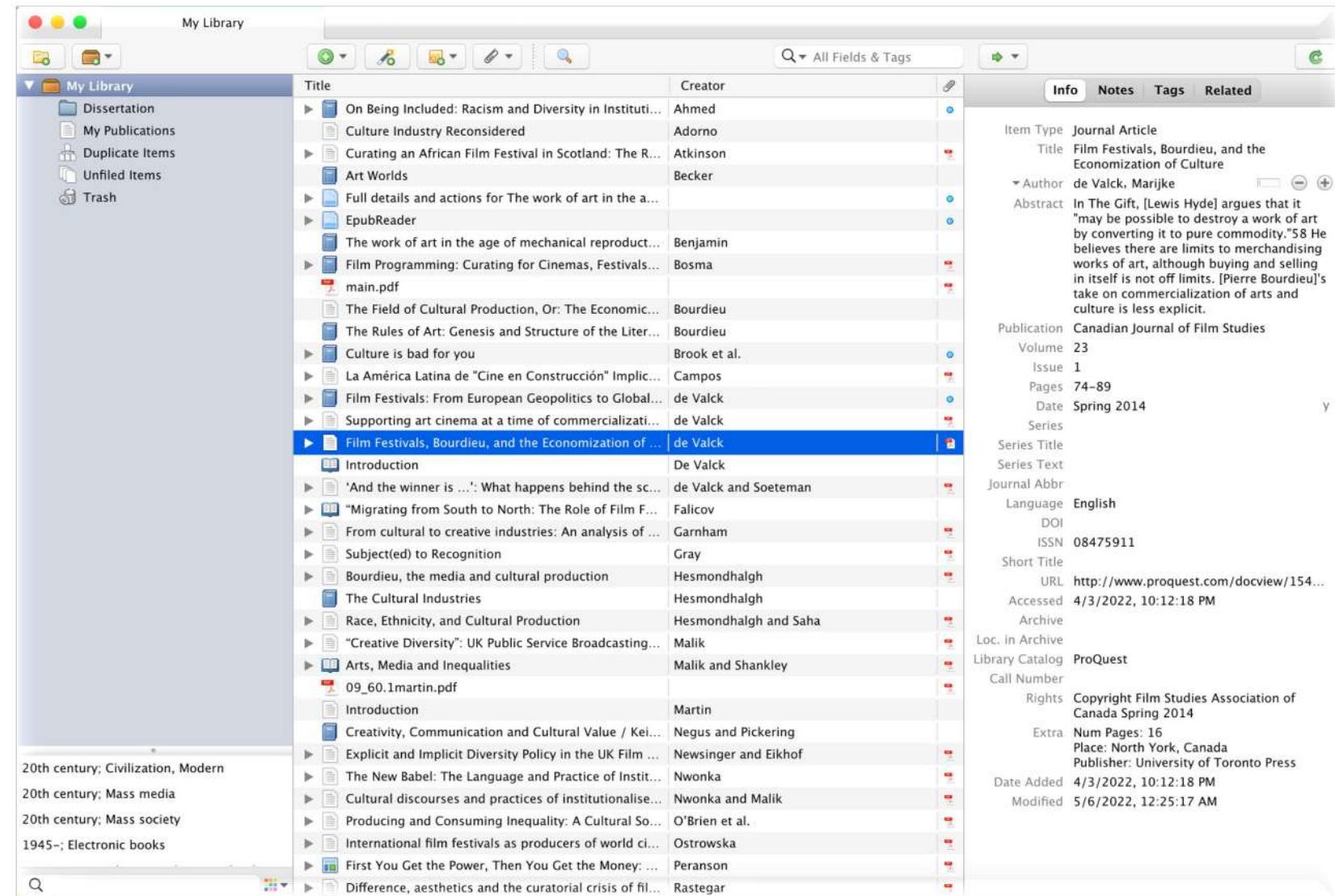
<u>Índice</u>	
Título.....	1
Introducción.....	3
El cuerpo y el nombre para las mujeres trans.....	5
Injusticia cultural hacia las mujeres trans.....	8
Discriminación social en Chile.....	9
Discriminación institucional y su visibilización en el cine.....	9
Discriminación verbal/física y su visibilización en el cine.....	12
Humillación y su visibilización en el cine.....	16
Impacto de la película “Una mujer fantástica”.....	17
Evaluación de impactos.....	19
Conclusión.....	20
Bibliografía.....	21
Apéndice.....	23



Figura 1: Marina (izquierda) hablando con el sargento (derecha), alrededor del minuto (00:23:33).

En esta escena, tanto el diálogo como la composición cinematográfica son significativas para establecer las relaciones de poder entre ambos personajes. Después de haberle preguntado su nombre, el sargento le exige a Marina su cédula de identidad. Mientras el sargento la examina, Marina, anticipando su comentario, dice: “ese asunto está en trámite, señor”, refiriéndose al cambio de nombre en sus documentos legales. “Mientras no lo cambie, este es su nombre legal”, le contesta el sargento, negando de esta manera el nombre propio de Marina. Enfrentada a esta

2.2 Citation



[BOOK] Gender trouble
J Butler - 2002 - taylorfrancis.com

All rights reserved. No part of this book may be reprinted or reproduced or utilized in any form or by any electronic, me

Save **Cite** **Cite**

Cite

MLA Butler, Judith. *Gender trouble*. routledge, 2002.

APA Butler, J. (2002). *Gender trouble*. routledge.

Chicago Butler, Judith. *Gender trouble*. routledge, 2002.

Harvard Butler, J., 2002. *Gender trouble*. routledge.

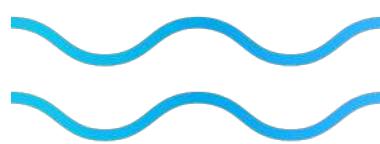
Vancouver Butler J. *Gender trouble*. routledge; 2002 May 3.

BibTeX EndNote RefMan RefWorks



Any questions?





What makes a successful IB student sportsperson?

1. Know the rules, have a good strategy



A group of handball players in light blue uniforms are gathered in a huddle on a wooden court. One player in the foreground is looking at a tablet displaying a strategy diagram with various lines and shapes.

2. Develop your skills



A group of students in athletic wear are posing together in a gym. They are standing in front of a weightlifting rack with various weight plates. The students are smiling and some are making peace signs.

3. Have the right mindset



A screenshot of a Spotify public playlist titled "Handball Celebrations". The playlist features 25 songs from artists like Pesukone, Lena Zevgara, Michael Tourat, MEDUZA, Goodboys, and Bomb A Drop. The playlist has 4 likes and was added by sarahpos6.

#	Title	Album	Added By	Length
1	Machine	Machine	Servicedesk	2:39
2	Ela Ela	Ela Ela	Georgiafringe	1:56
3	Piece Of Your Heart	Piece Of Your Heart	chiara.difi	2:33
4	Bomb A Drop	Bomb A Drop	sarahpos6	2:39

Have the right mindset

Section 3/3



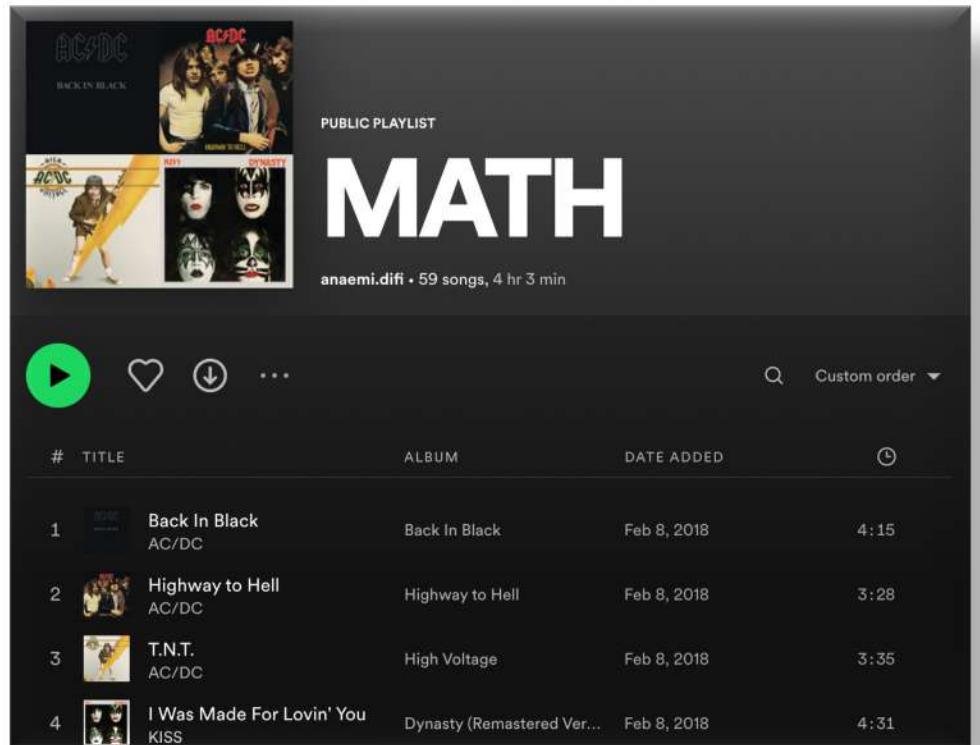
3.1 Study Space



- Comfortable and tidy
- Everything you need
- Outside? Inside? Library?
Home? Try different places!
- Morning? Evening?

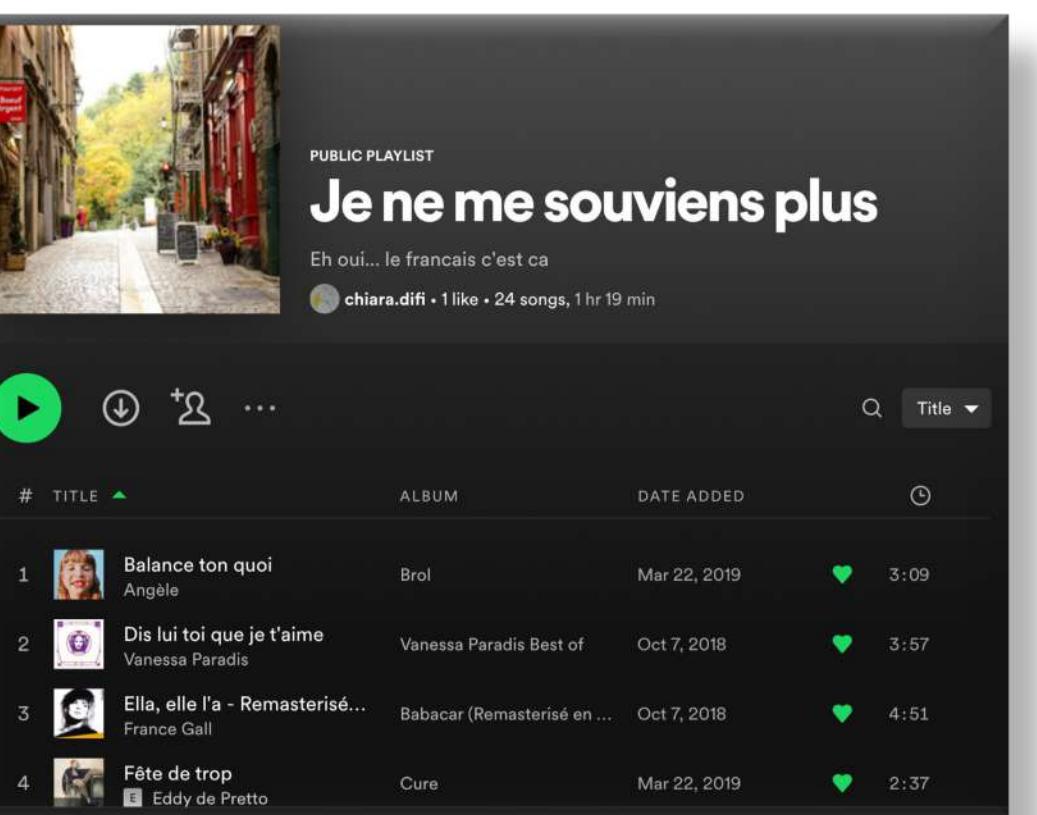


3.2 Music



MATH
anaemi.difi • 59 songs, 4 hr 3 min

#	TITLE	ALBUM	DATE ADDED	🕒
1	Back In Black	Back In Black	Feb 8, 2018	4:15
2	Highway to Hell	Highway to Hell	Feb 8, 2018	3:28
3	T.N.T.	High Voltage	Feb 8, 2018	3:35
4	I Was Made For Lovin' You	Dynasty (Remastered Ver...	Feb 8, 2018	4:31



Je ne me souviens plus
Eh oui... le français c'est ça
chiara.difi • 1 like • 24 songs, 1 hr 19 min

#	TITLE	ALBUM	DATE ADDED	🕒
1	Balance ton quoi	Brol	Mar 22, 2019	3:09
2	Dis lui toi que je t'aime	Vanessa Paradis Best of	Oct 7, 2018	3:57
3	Ella, elle l'a - Remasterisé...	Babacar (Remasterisé en ...	Oct 7, 2018	4:51
4	Fête de trop	Cure	Mar 22, 2019	2:37



White Noise (3 hours continuous) 432 Hz LPF
Best Noise Labs

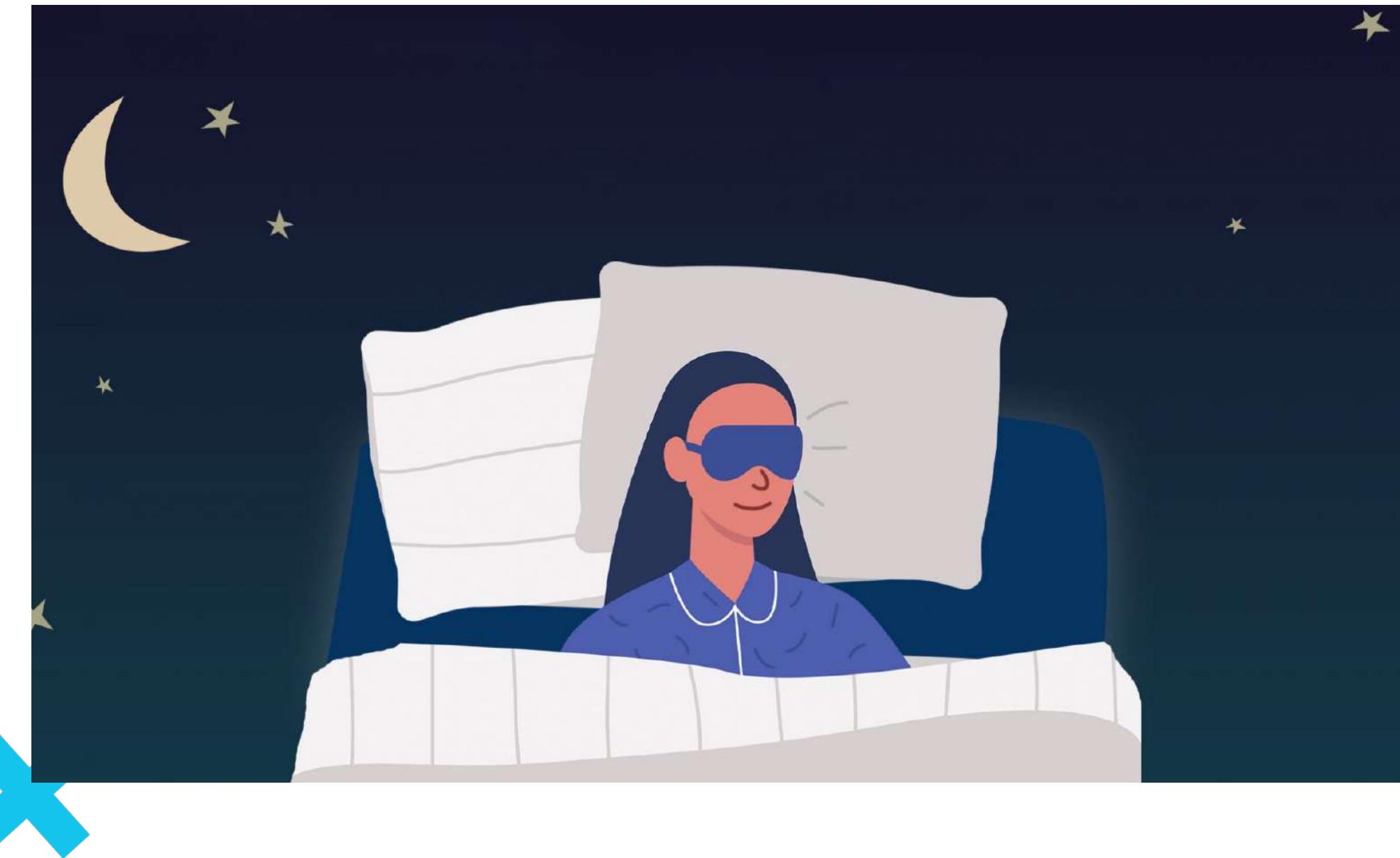
Sep 2020 • Played ✓

Episode Description

Best Noise Podcast exclusive upload. Three hours of continuous white noise. A special, ear-friendly blend with 432 Hz low-pass filter. For overall good sleep, fast sleeping baby, relaxation and focus.



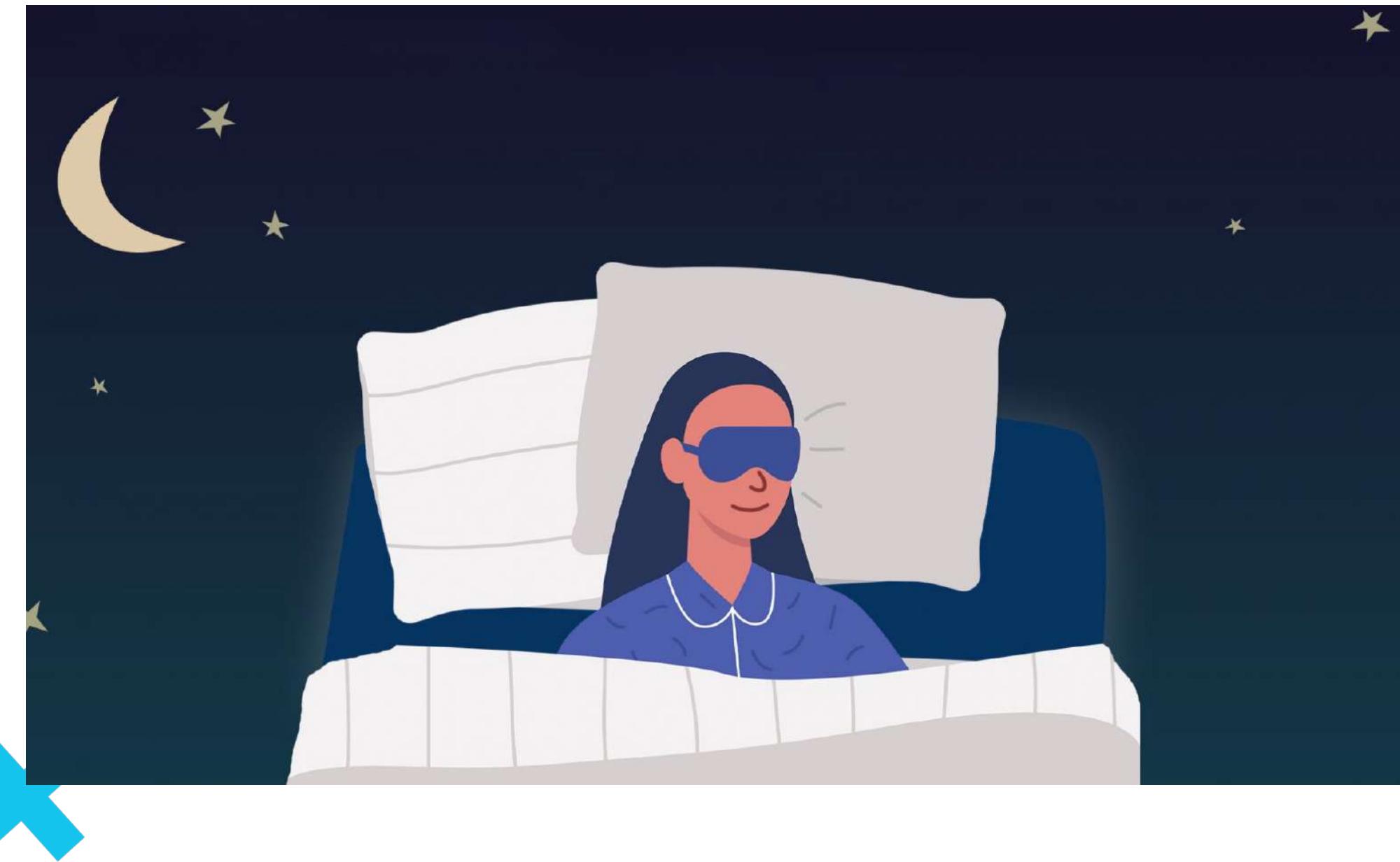
3.3 Take care of yourself°



- Try to sleep 8 hours!
- Stay hydrated!
- Exercise
- Have fun!

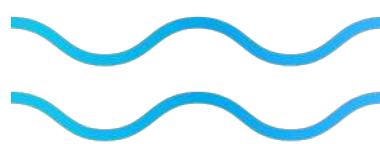


3.3 Take care of yourself°



- Try to sleep 8 hours!
- Stay hydrated!
- Exercise
- Have fun!





Recap

1. Know the rules, have a good strategy



2. Develop your skills



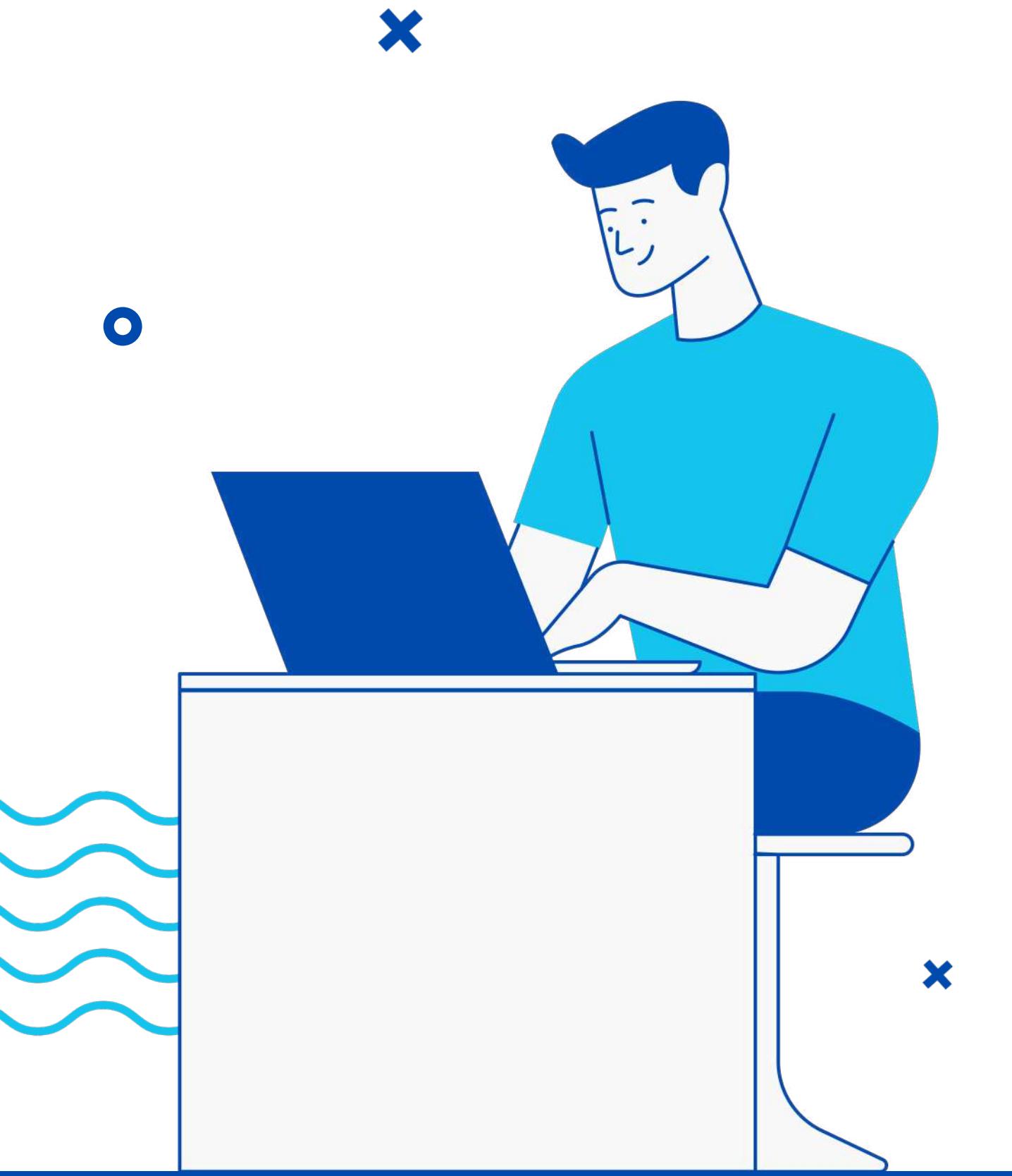
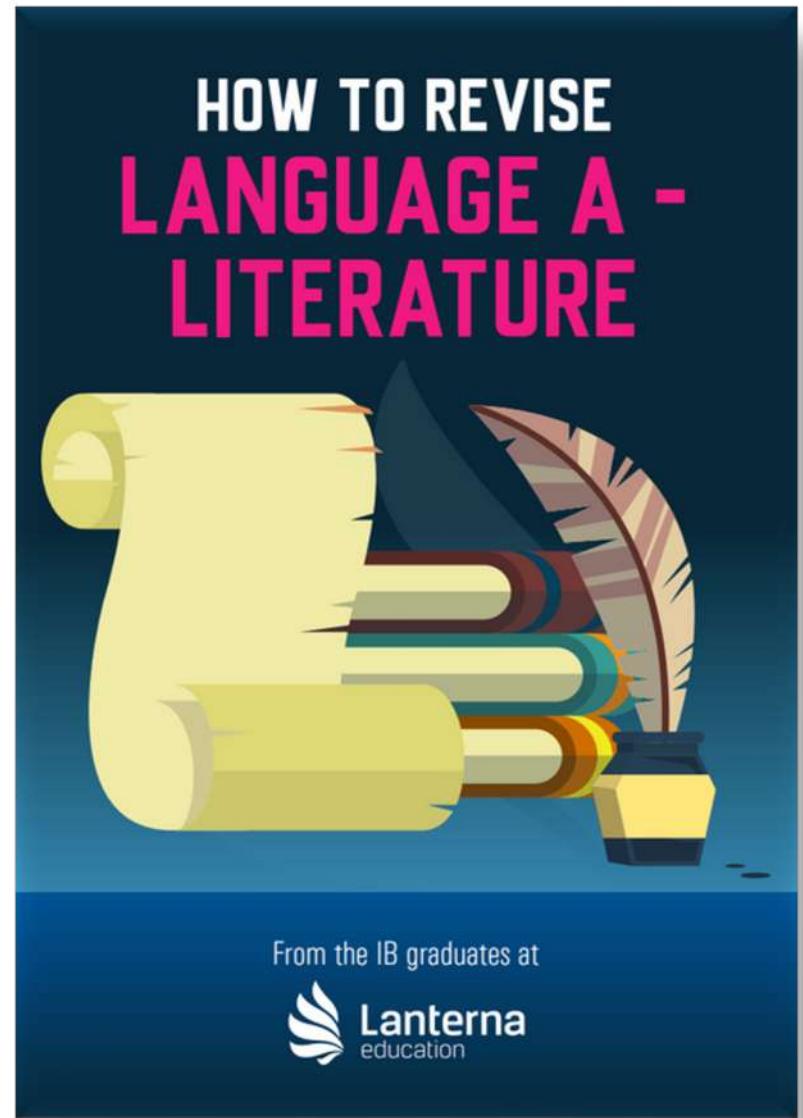
3. Have the right mindset



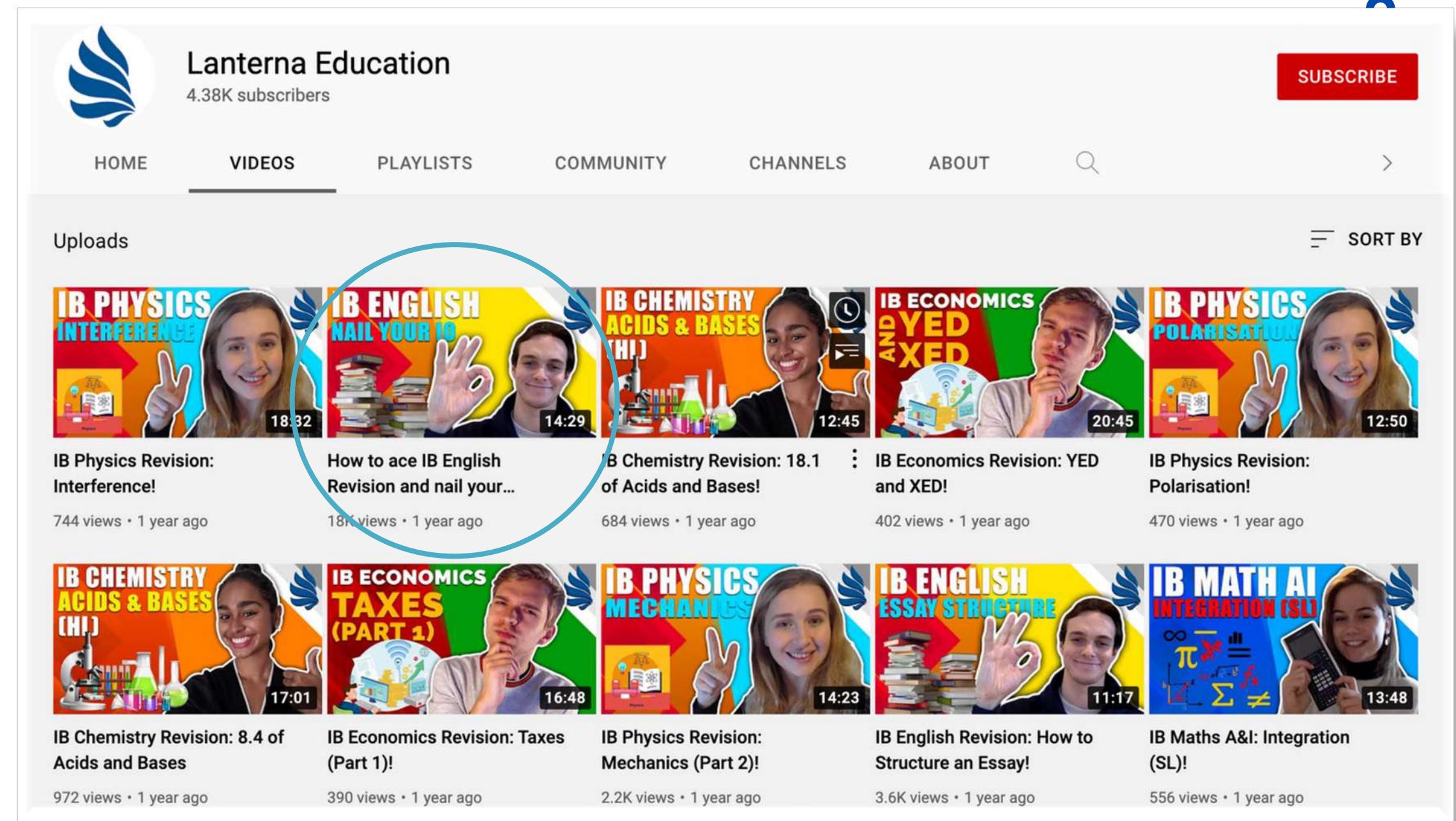
Useful Resources



Free guides



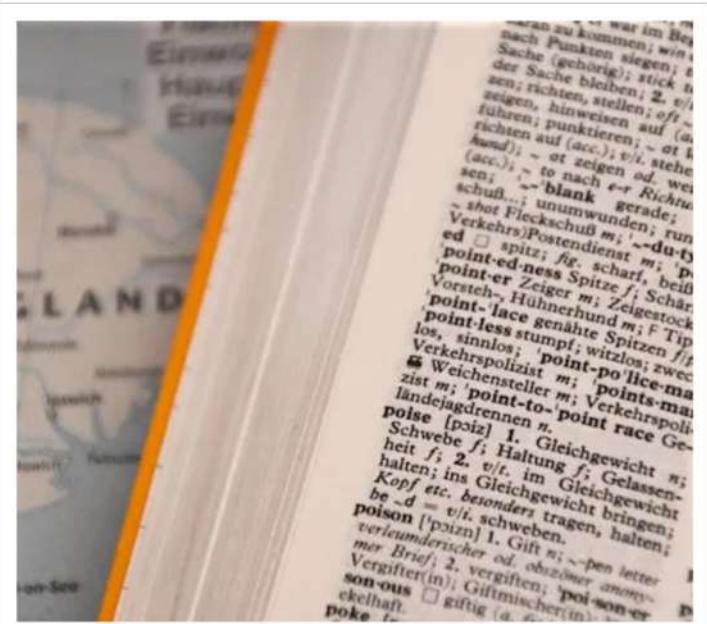
YouTube



The image shows a screenshot of a YouTube channel page for 'Lanterna Education'. The channel has 4.38K subscribers. The 'VIDEOS' tab is selected, showing a grid of 10 video thumbnails under the 'Uploads' heading. A blue circle highlights the second video in the first row: 'How to ace IB English Revision and nail your...'. The channel navigation bar includes links for HOME, VIDEOS, PLAYLISTS, COMMUNITY, CHANNELS, ABOUT, and a search bar. A red 'SUBSCRIBE' button is in the top right. A blue 'X' icon is in the top right corner of the image frame.

Video Title	Length	Views	Published
IB Physics Revision: Interference!	18:32	744	1 year ago
How to ace IB English Revision and nail your...	14:29	181	1 year ago
IB Chemistry Revision: 18.1 of Acids and Bases!	12:45	684	1 year ago
IB Economics Revision: YED and XED!	20:45	402	1 year ago
IB Physics Revision: Polarisation!	12:50	470	1 year ago
IB Chemistry Revision: 8.4 of Acids and Bases	17:01	972	1 year ago
IB Economics Revision: Taxes (Part 1)!	16:48	390	1 year ago
IB Physics Revision: Mechanics (Part 2)!	14:23	2.2K	1 year ago
IB English Revision: How to Structure an Essay!	11:17	3.6K	1 year ago
IB Maths A&I: Integration (SL)!	13:48	556	1 year ago

Blog



IB Extended Essay

February 24, 2022

Extended Essay Tips from Grads Who Got an A

Getting an A on your Extended Essay certainly isn't easy, but it is possible! In this article we're giving you the insider knowledge on how to get an A, from IB grads who did. We've asked our tutors for their best tips and consolidated them for you! Tip 1: Start early! You've probably heard this [...]



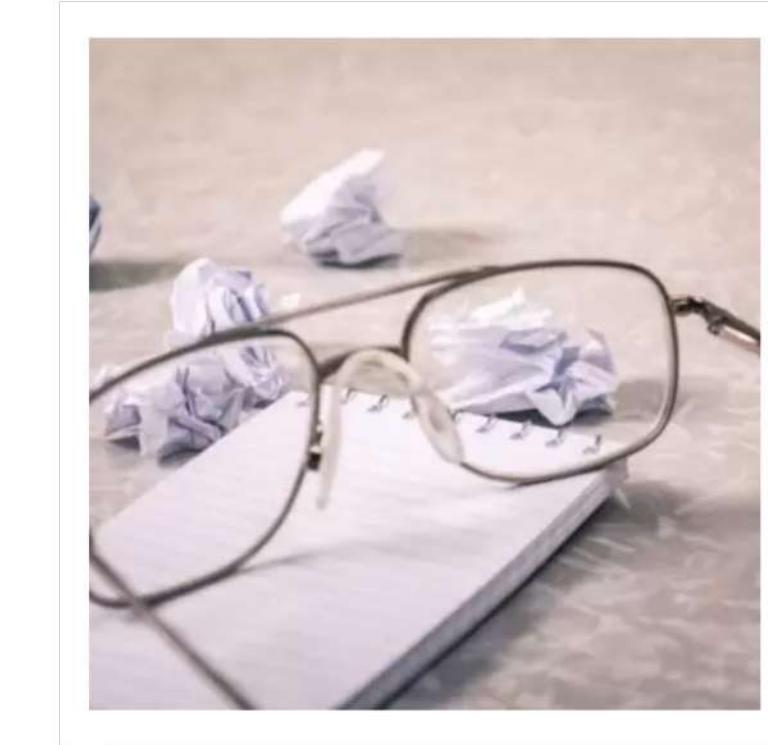
IB Extended Essay

Most Popular

March 28, 2019

100 IB Extended Essay Topic Ideas!

One of the biggest keys to the Extended Essay is choosing which subject you want to write your work in and developing that crucial research question. Read on to find inspiration for blog topics across a wide range of subjects. Extended Essay: The Love/Hate aspect of the IB Coming up with that idea and research [...]



IB Extended Essay

25 Unique EE Ideas



Jascha Schäfer, June 30, 2022

Read article



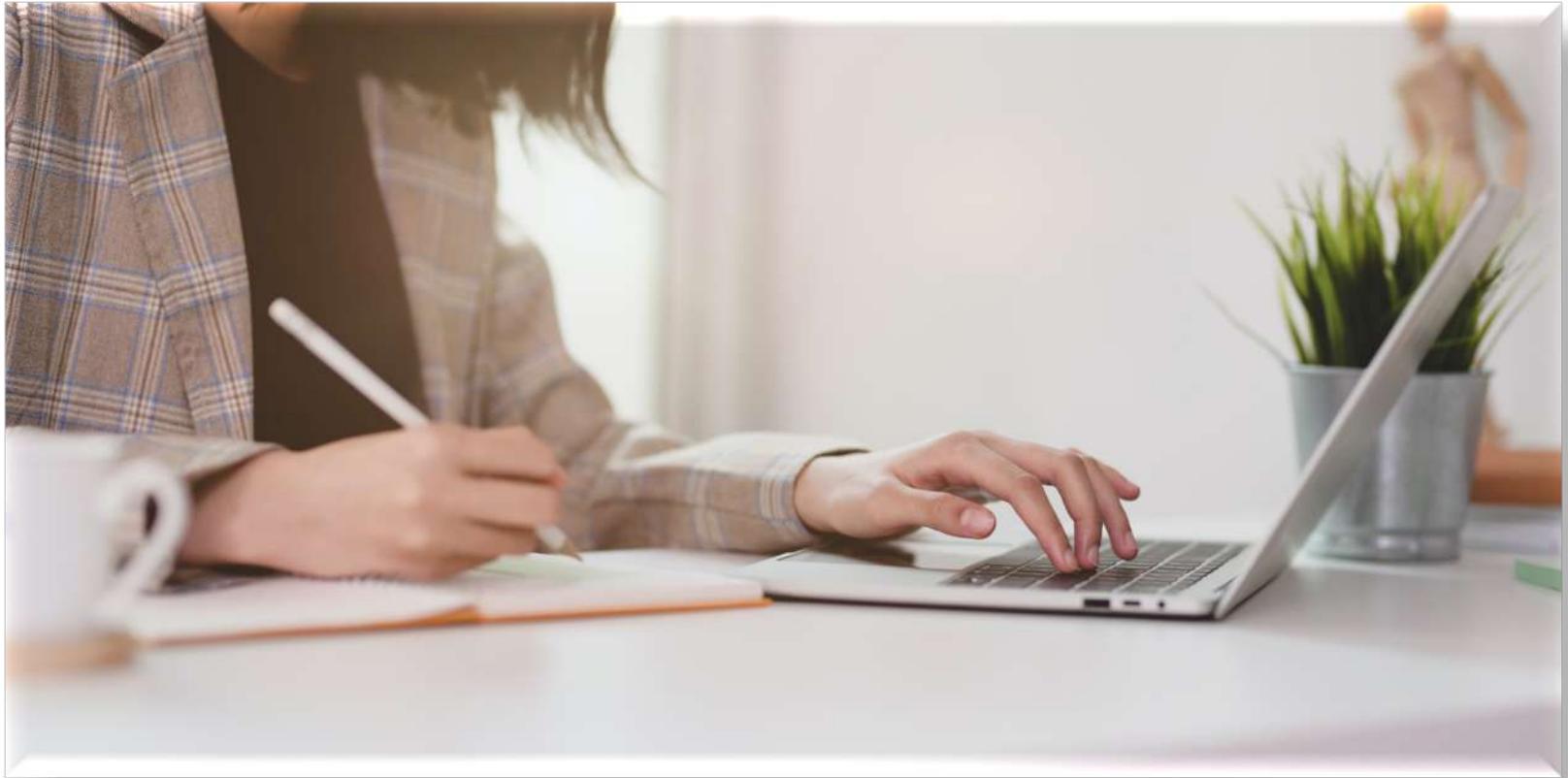
IB Extended Essay

February 03, 2022

How to Write an Extended Essay Proposal

The first 'official' step in the Extended Essay process is often writing a proposal. This can seem intimidating at first, but it's a really helpful thing to write. It's a great way to get an overview of the steps along the EE journey and it helps you get started – which can be one of [...]

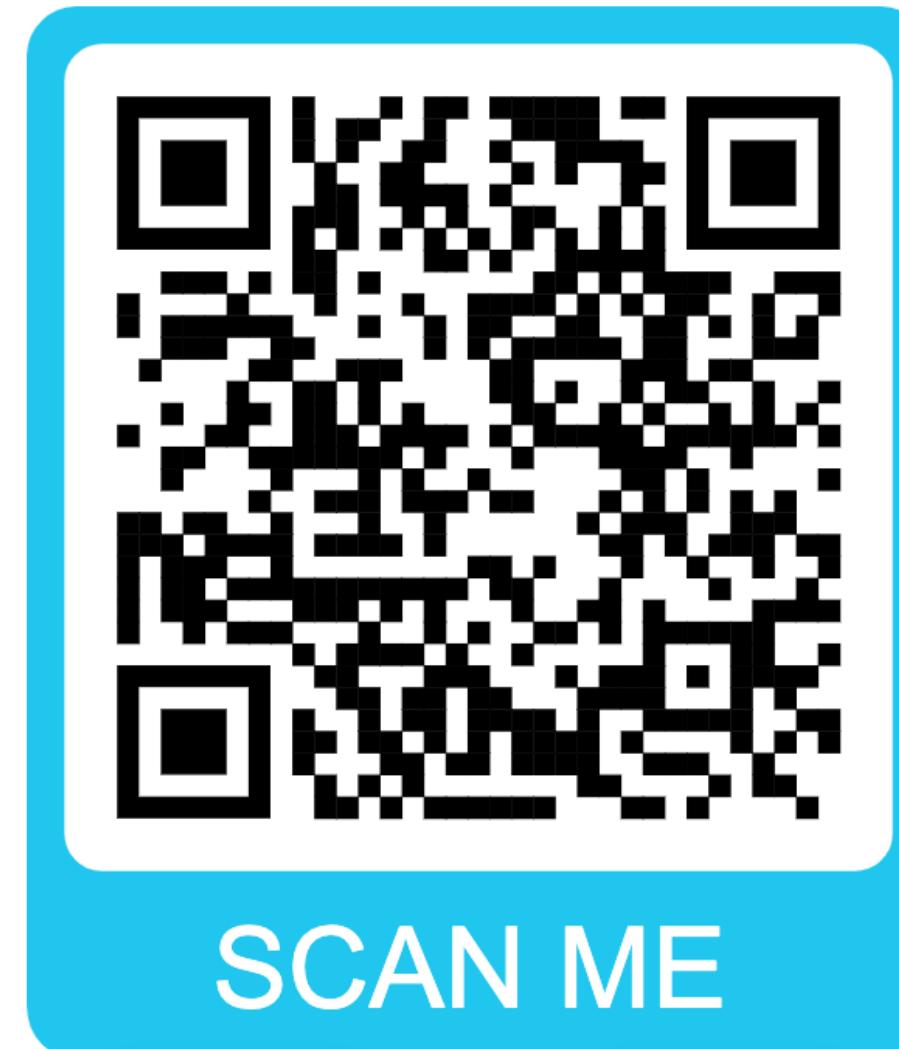
Support



Online Private Tutoring



Scan and Q&A



**Scan to access free
resources!**

chiara@lanterna.com



Thank you for your attention!

