

# What the IBDP can do for you

Chiara Di Filippo



# Who am I?

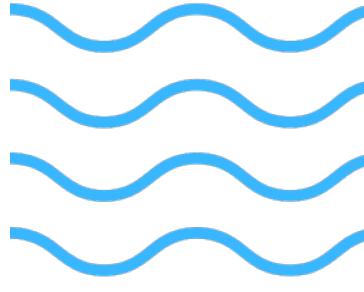


- Argentina / Italy
- France / Switzerland
- UK

# Who am I?



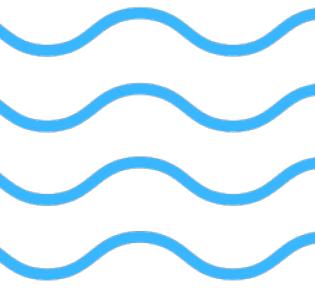
- International School of Geneva – May 2019
- HLs: English Lit, Geography, Film, and Spanish
- SLs: Maths and Physics



# Who am I?



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



# The DP is like a sport



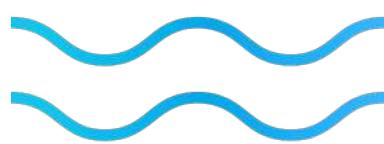
- The DP is like a sport / game / video game
- Handball

# 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**



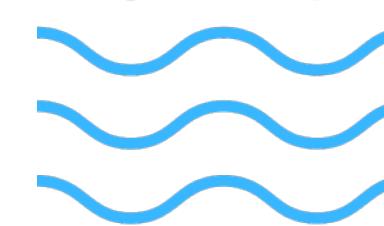
**3. Have the right mindset**



# Know the rules, have a good strategy

Section 1/3



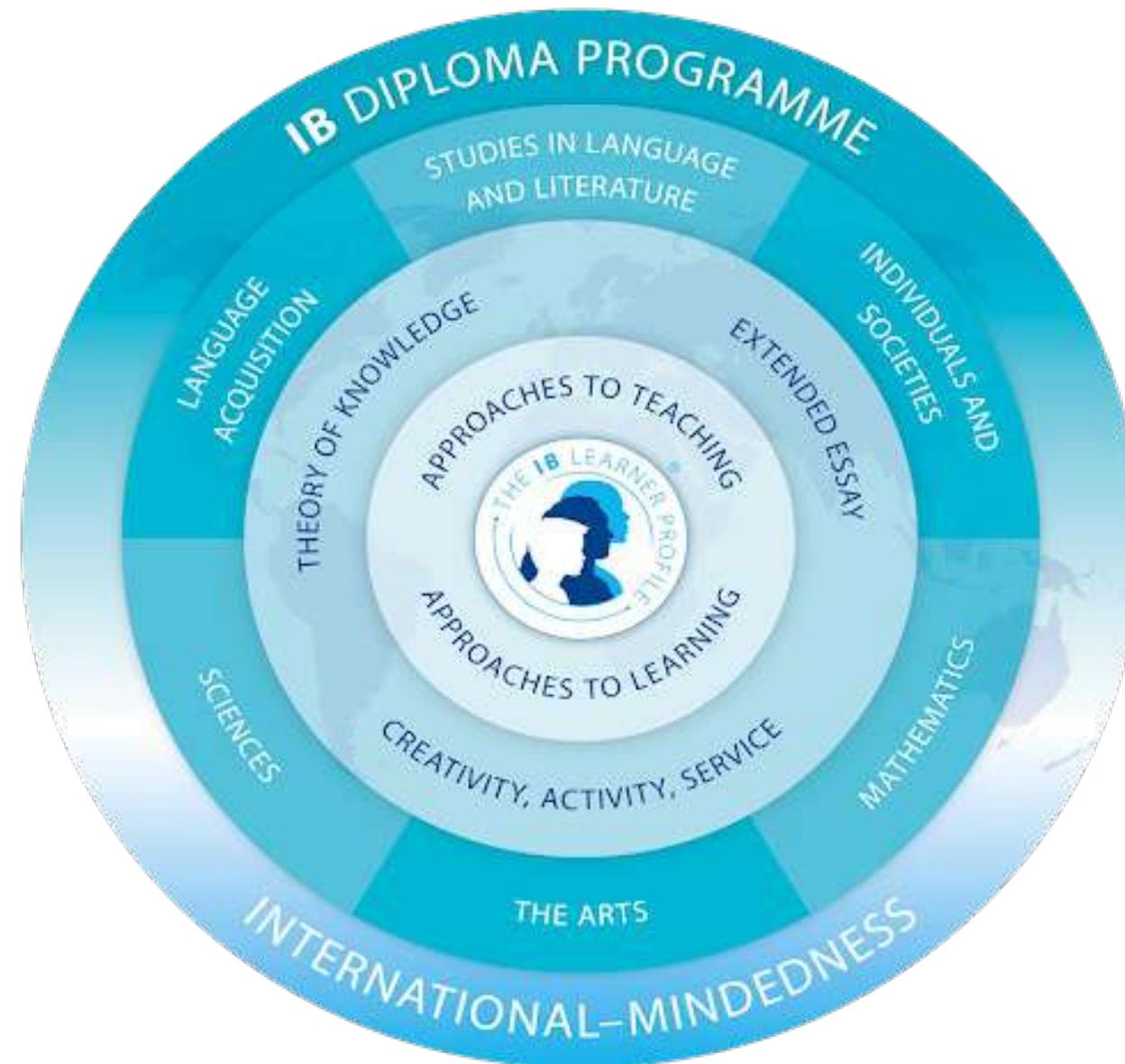


# 1.1 Know the rules: basics

×

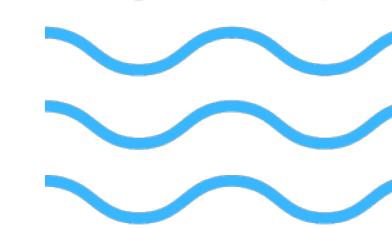
3 Standard  
Levels

Extended  
Essay (EE)



3 Higher  
Levels

Theory of  
Knowledge (TOK)  
Creativity, Activity,  
Service (CAS)



+

# 1.2 Know the rules: Points



42 Subject  
Points

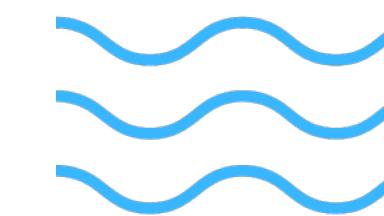
→ 7 Max. points /  
subject

+  
3 Core  
Points

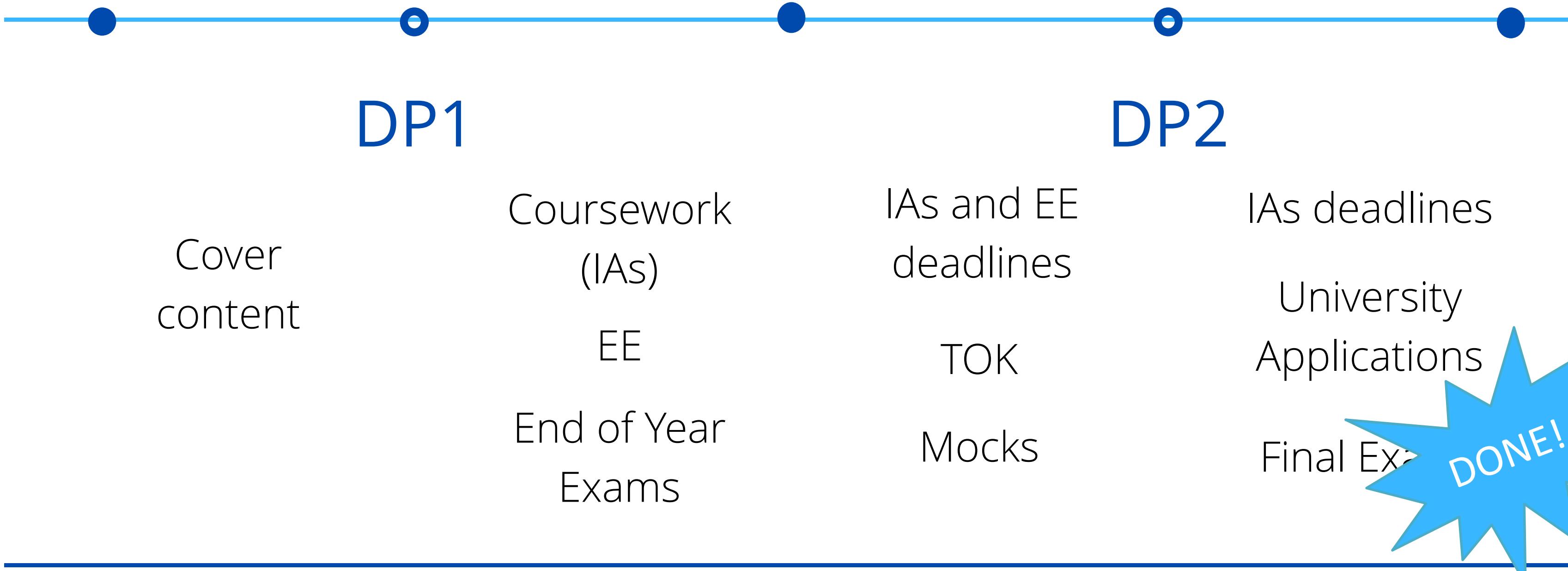
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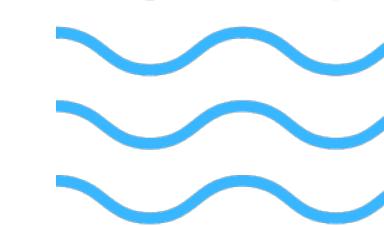
45 Points

TOK  
EE  
CAS



# 1.3 Know the rules: Timeline





# 1.4 Know the rules: worth it? \*



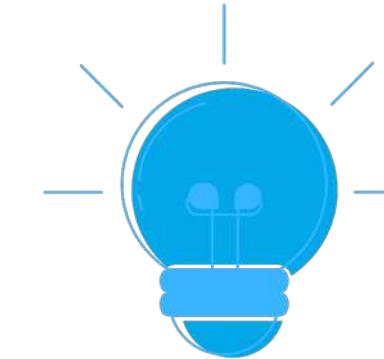
Higher Acceptance Rates



Recognised worldwide



Practice referencing

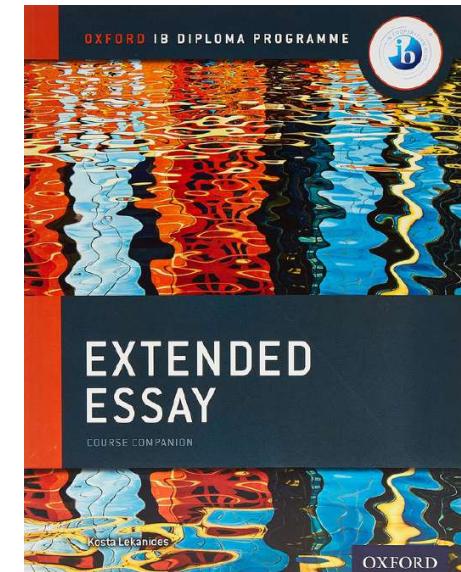
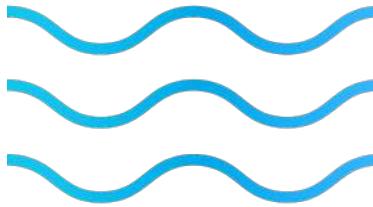


Critical Thinking Skills



Time Management

# Have a good strategy



**Pick your  
assignment  
topics**



# 2.1 Picking your subjects

My HL subjects

**Geography**



**Film**

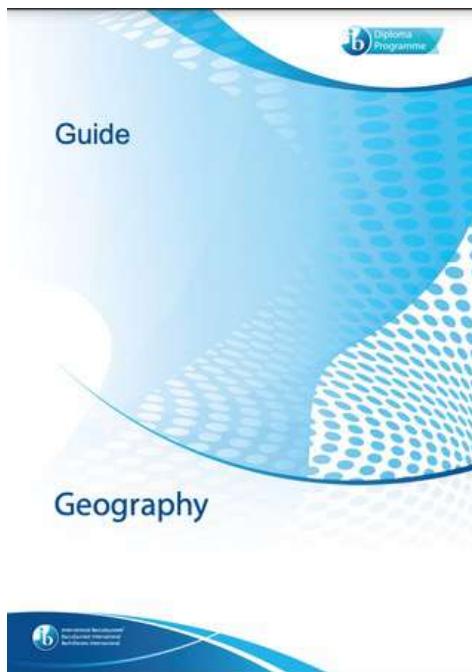
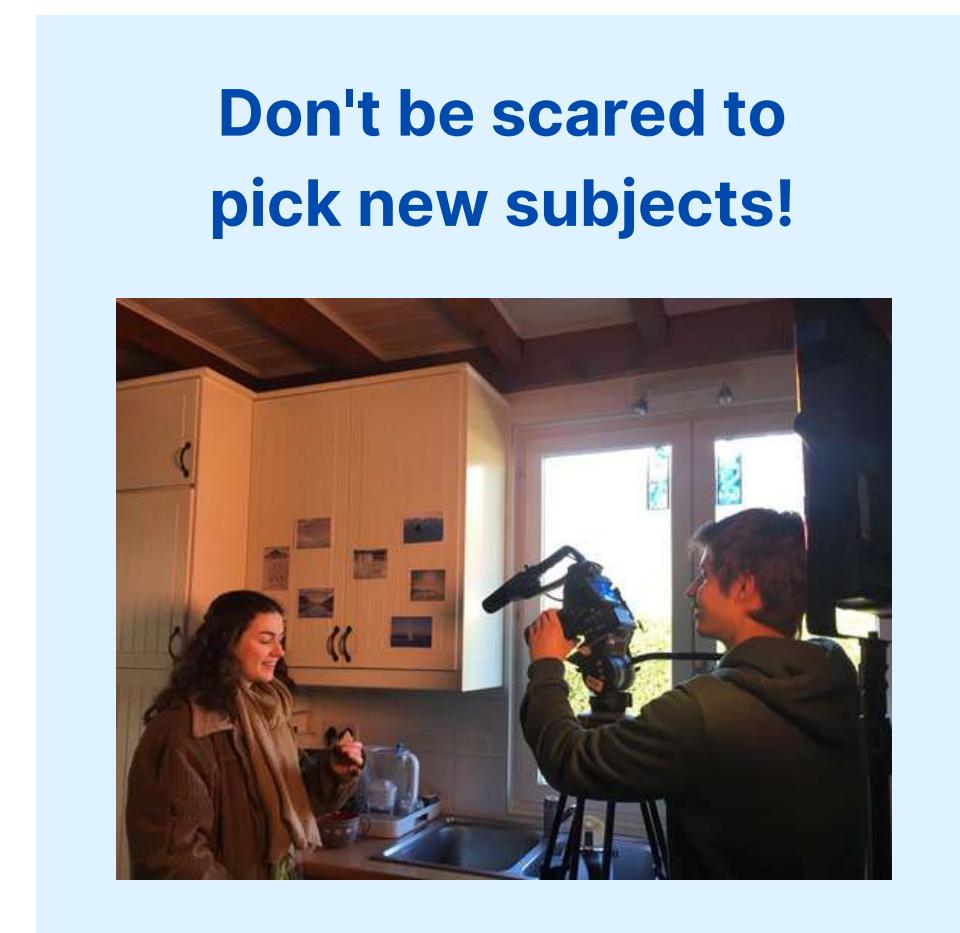
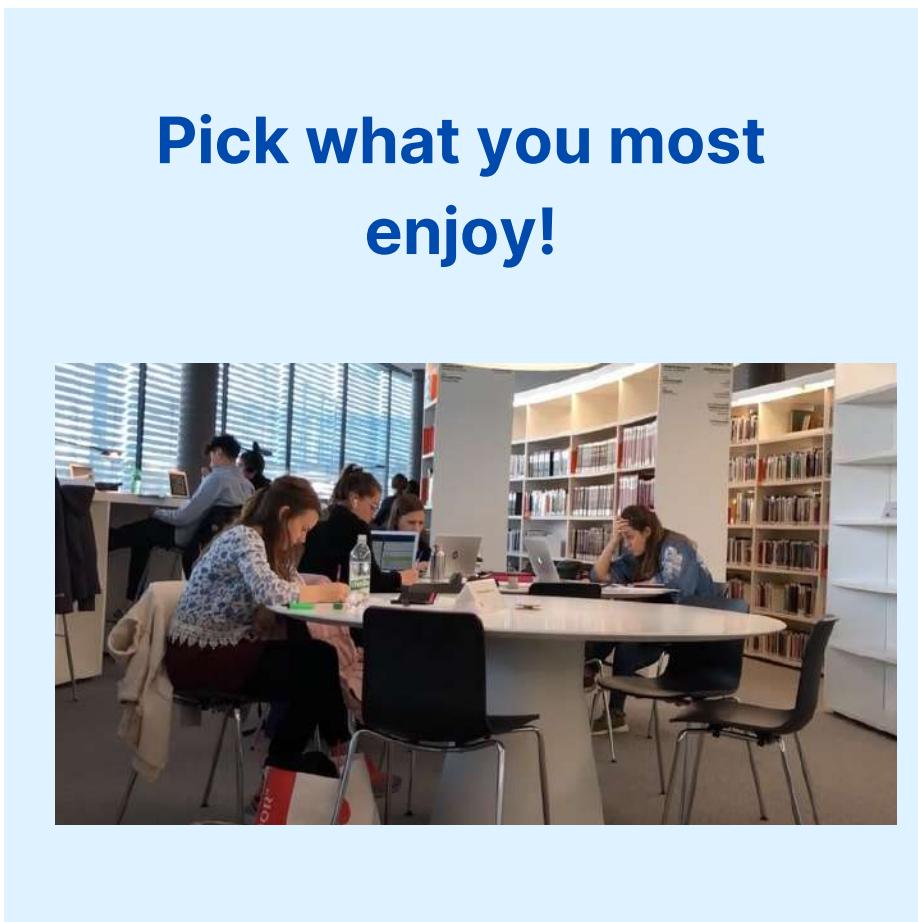


**Languages**

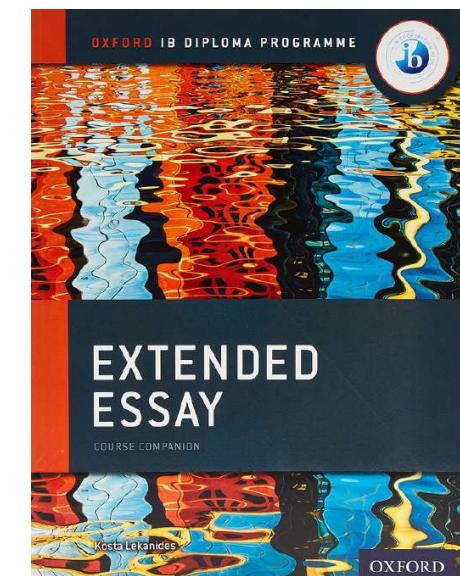
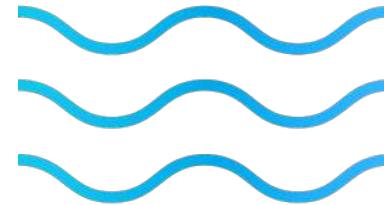
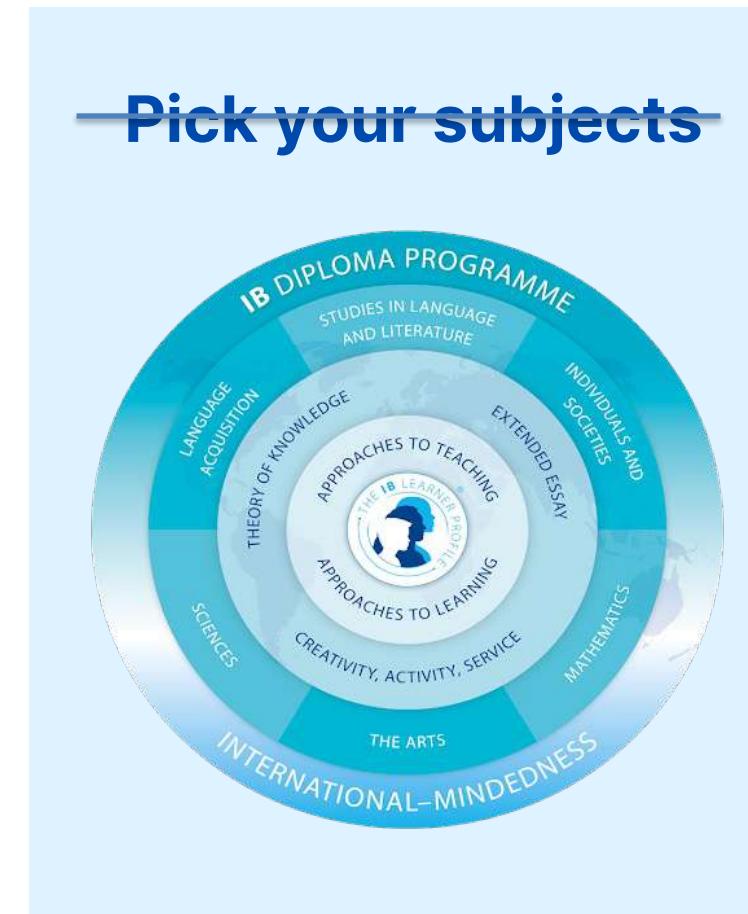


# 2.1 Picking your subjects

Picking your IB subjects



# Have a good strategy

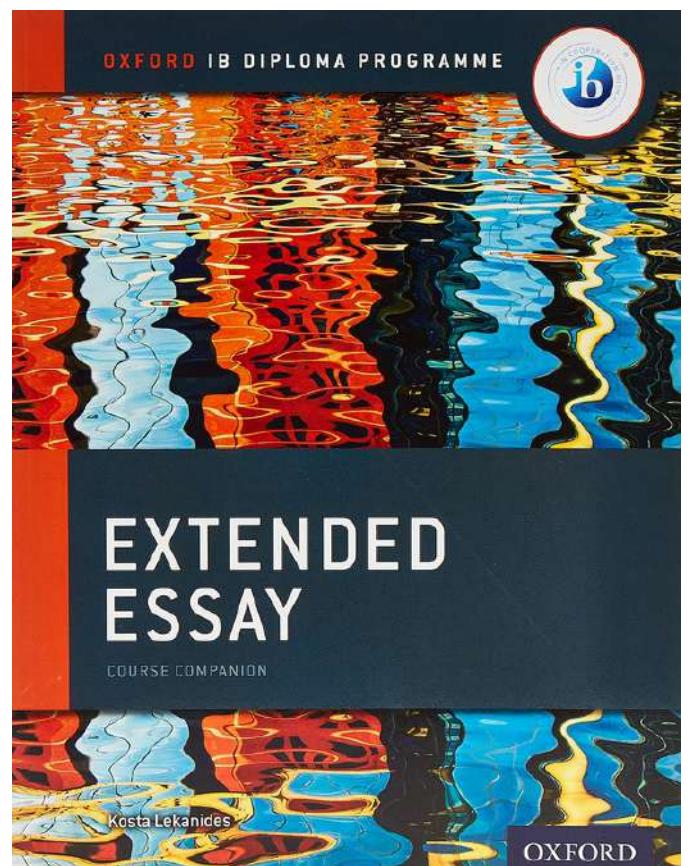
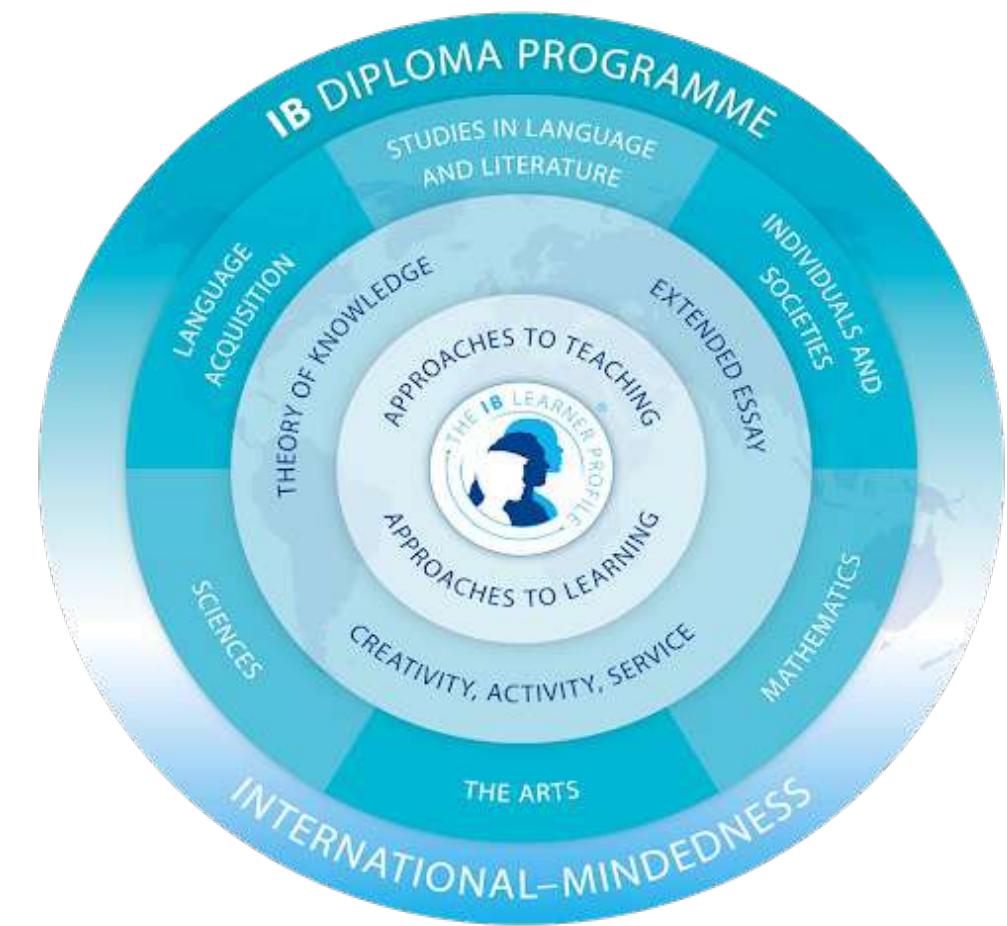


Pick your  
assignment  
topics



## 2.2 Picking your topics: EE

- Extended Essay - Core Element
- 4,000 words
- End of DP1 / Beginning of DP2
- English, French, Spanish
- Explore a topic in depth – subject or World Studies
- Good for citation!



## 2.2 My EE

- Choose something you're interested in!

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

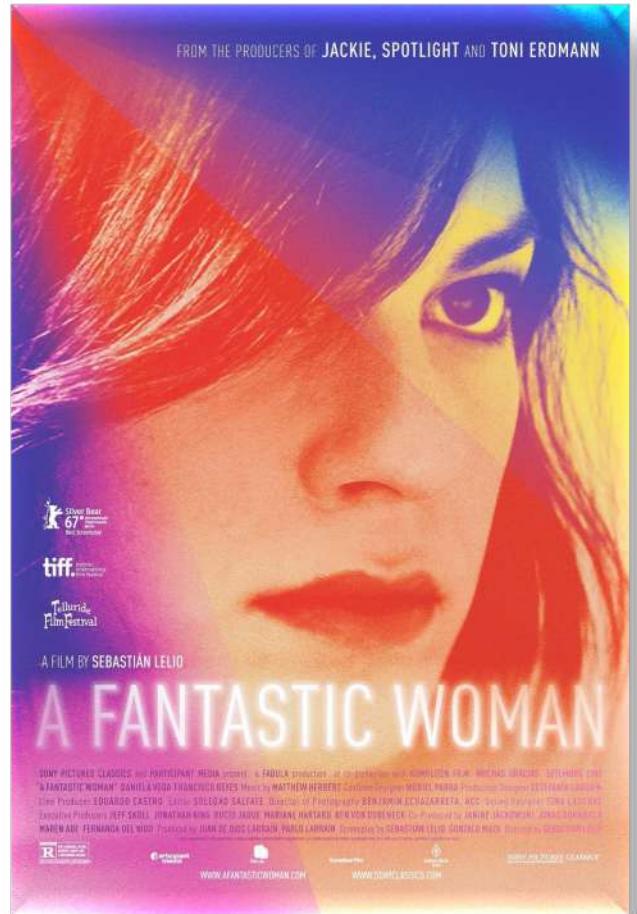
¿Hasta qué punto la película “Una mujer fantástica” (Lelio, 2017) contribuye a la visibilización de la discriminación social hacia las mujeres trans en Chile?

*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)*



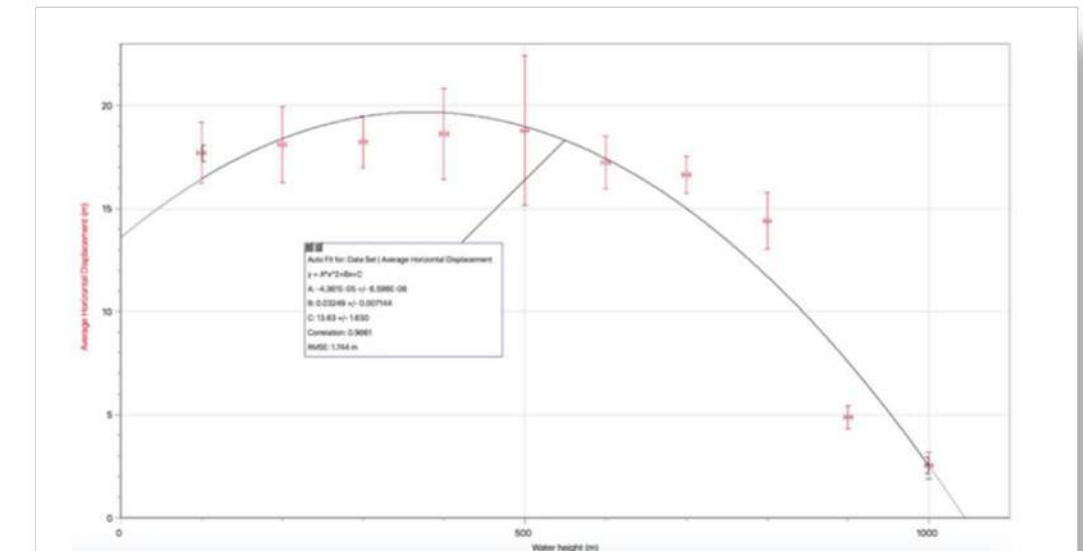
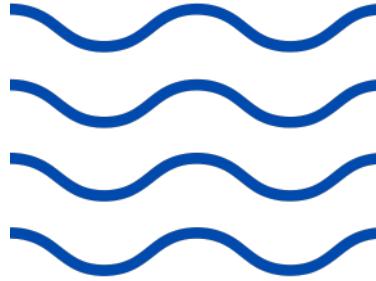
*Figura 1: Marina (izquierda) hablando con el sargento (derecha), alrededor del minuto (00:23:33).*

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

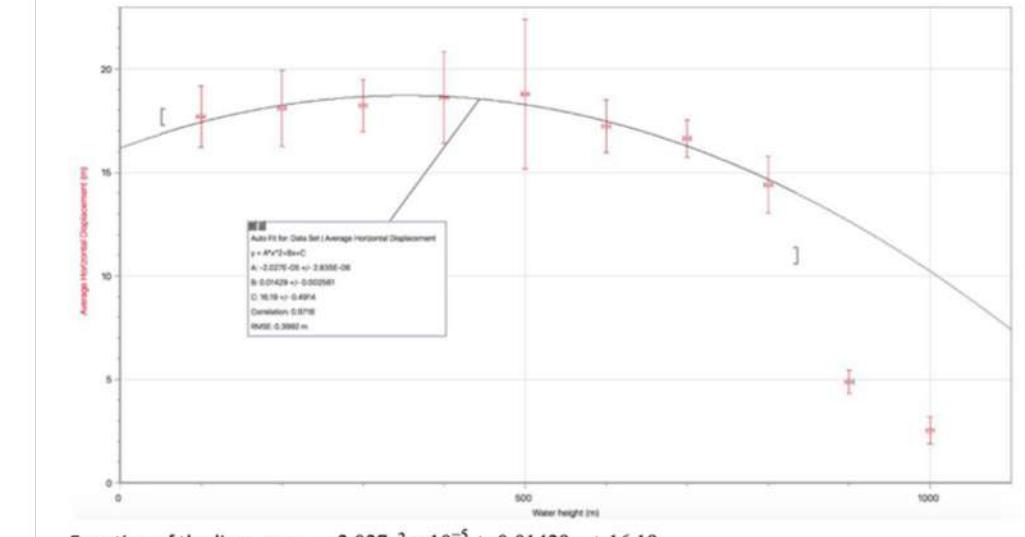


# 2.2 Internal Assessment

- Internal Assessment = coursework
- Graded internally
- Worth between 20 – 30% of your grade

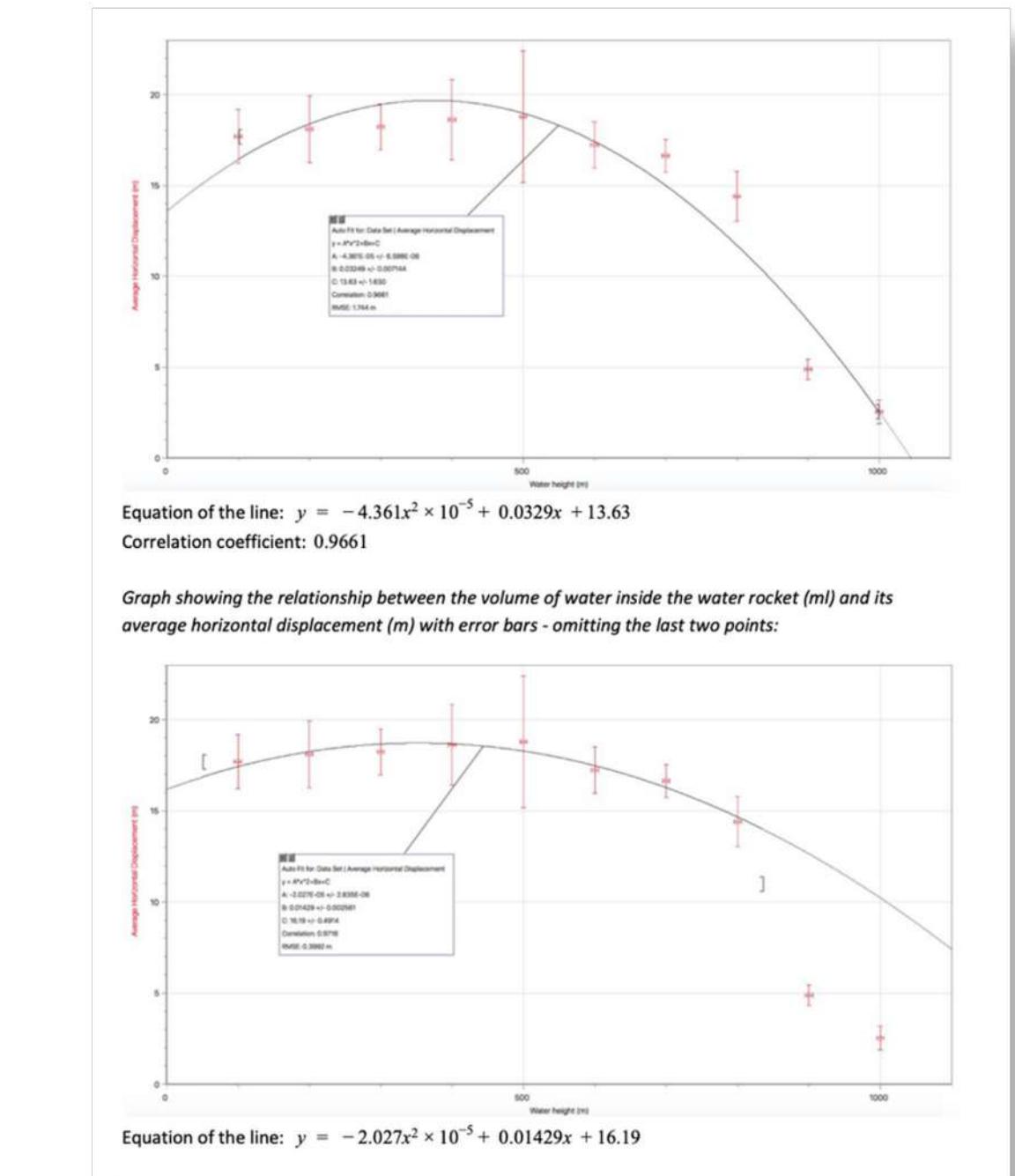


Graph showing the relationship between the volume of water inside the water rocket (ml) and its average horizontal displacement (m) with error bars - omitting the last two points:

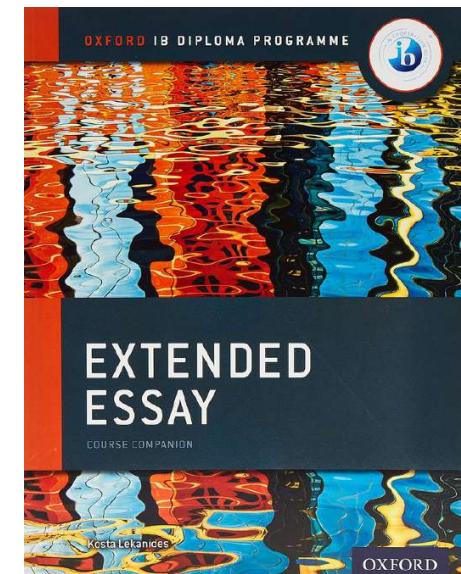
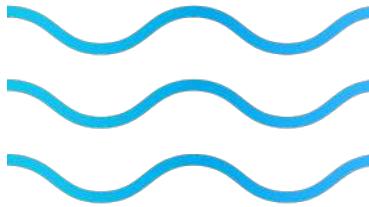


## 2.2 Internal Assessment

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# Have a good strategy

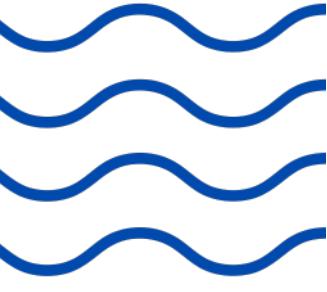


**Pick your  
assignment  
topics**



# 2.3 CAS

- CAS is a main component
- Creativity, Activity, Service
- Similar to SA from MYP
- Make it enjoyable!



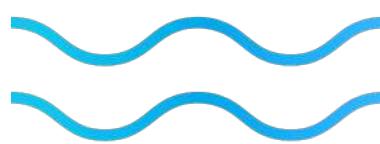
## 2.3 CAS





# 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**

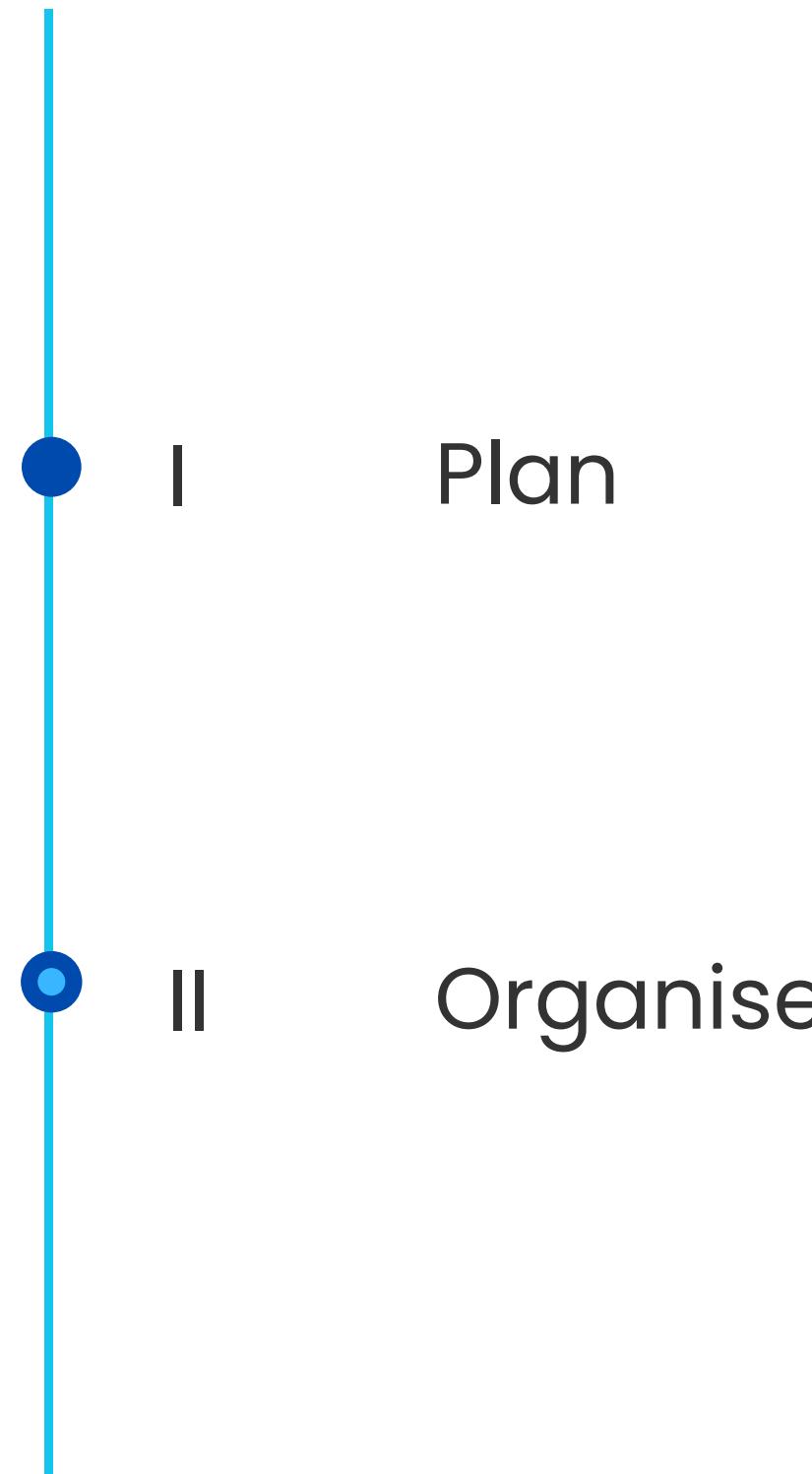


# Developing your skills

Section 2/3



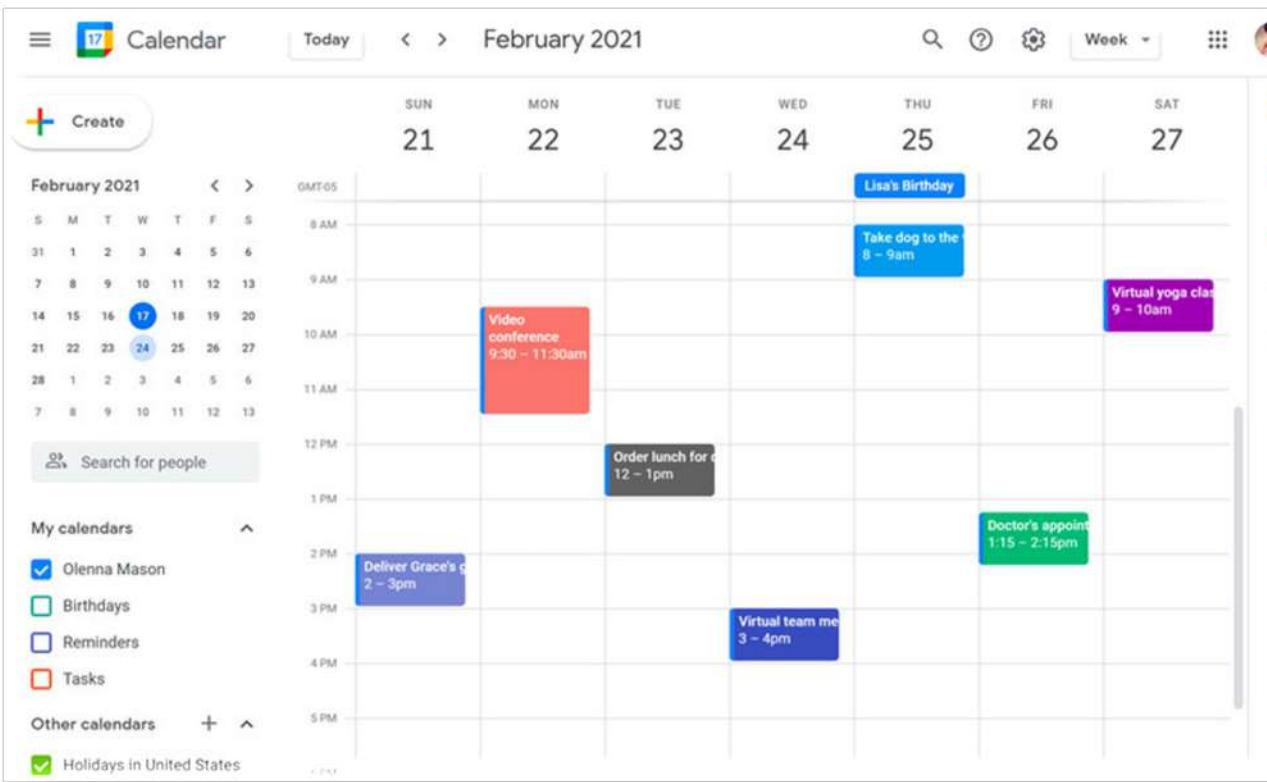
# 3.1 Skills: Time management



# I. Plan



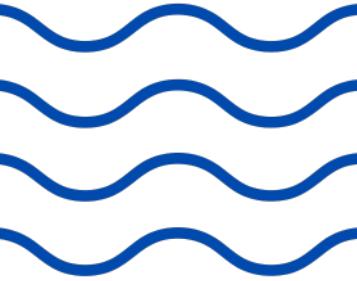
- Most essential step!
- Juggle deadlines and assignments
- Do you plan? What do you use to plan?

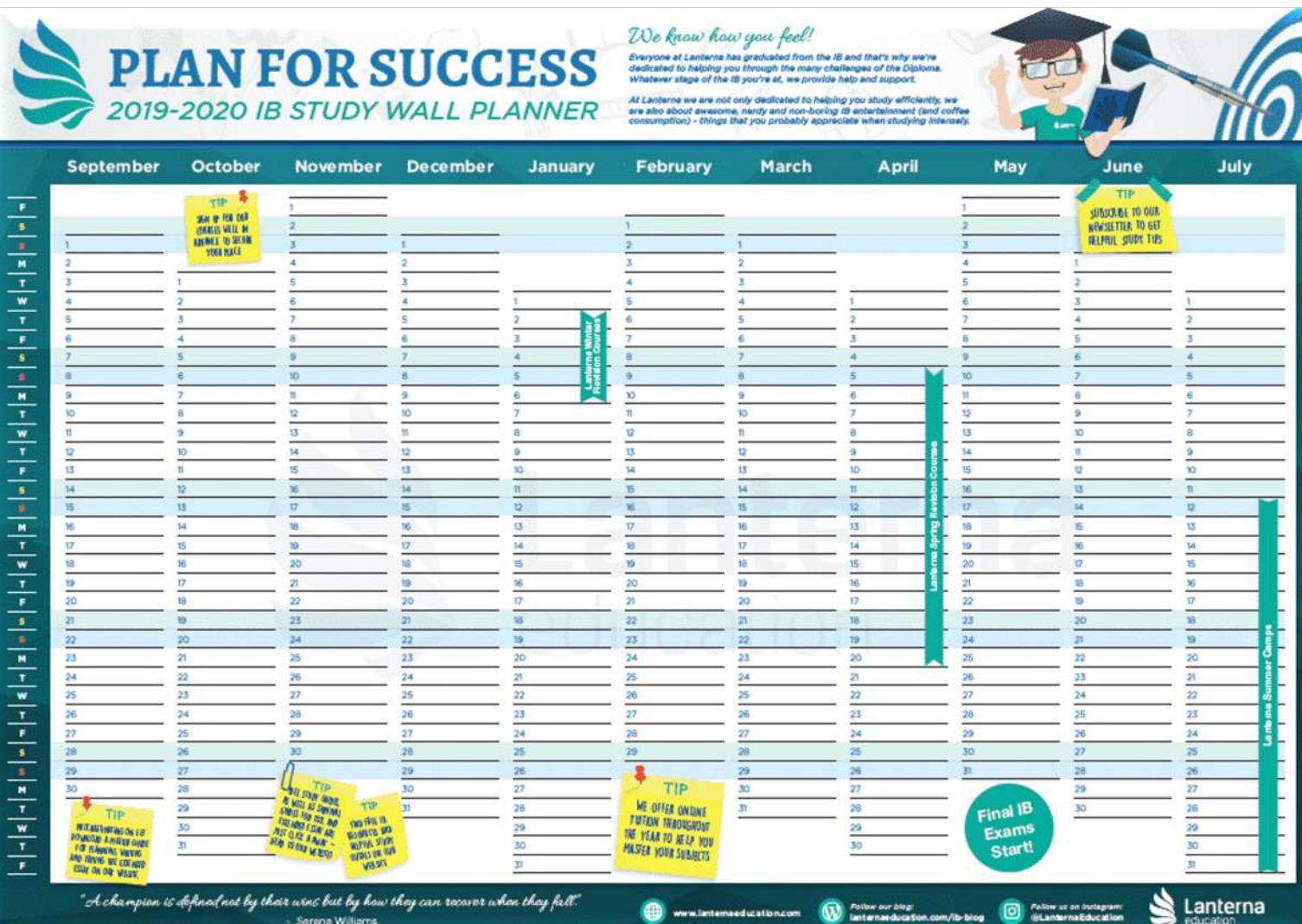
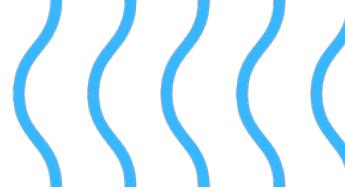


# Google Calendar

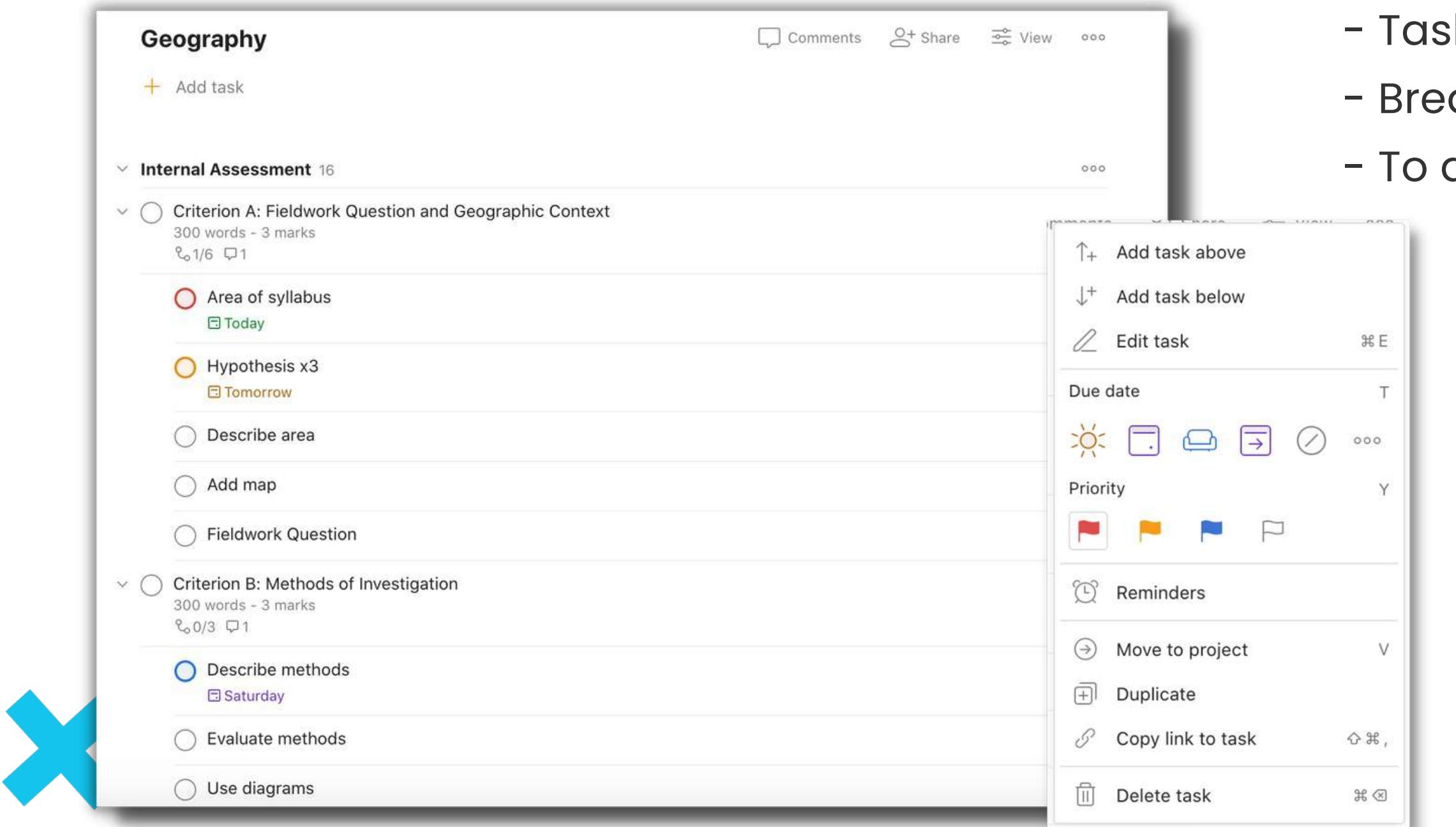


GetRevising





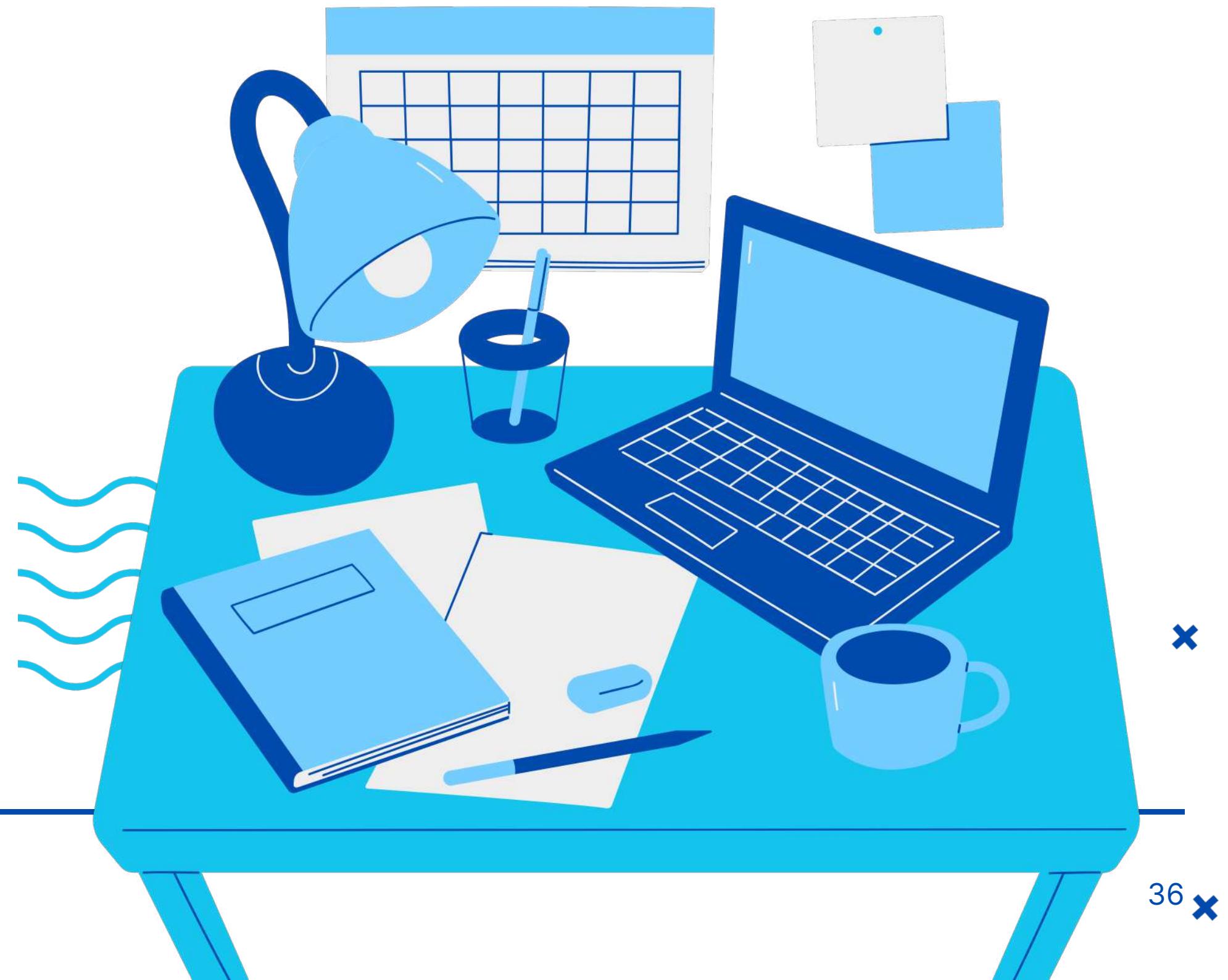
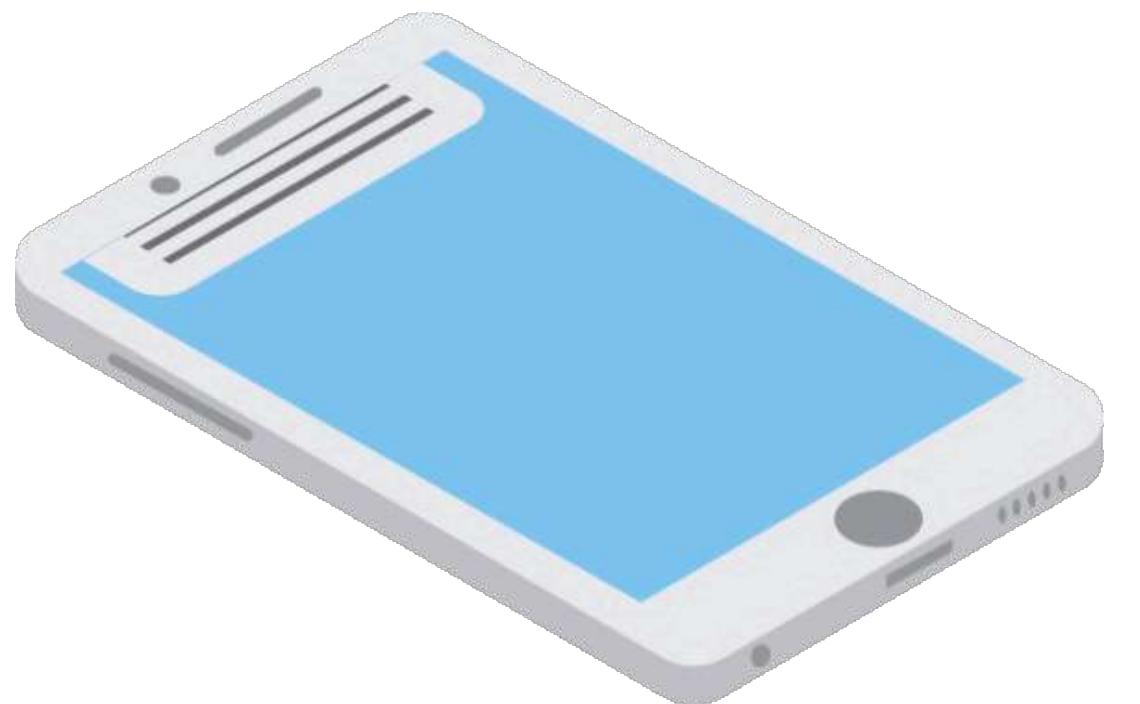
# II. Organise



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



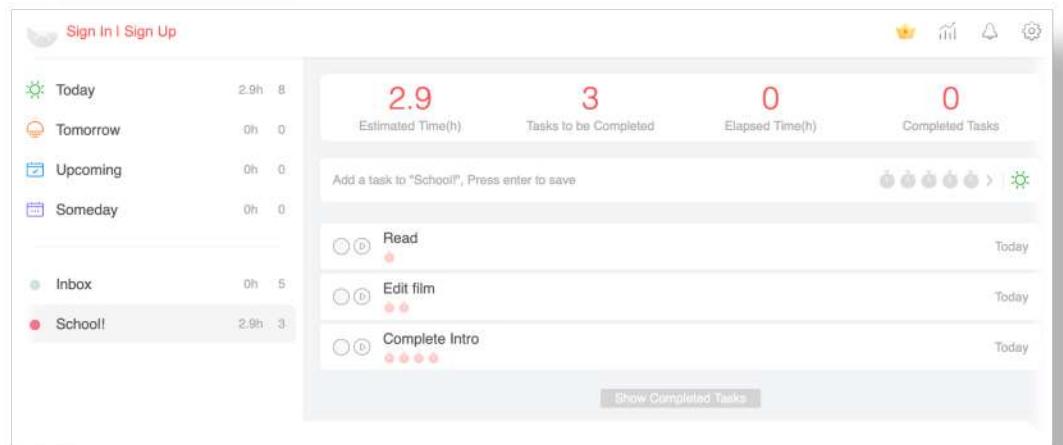
# Everything ready?



# Useful Apps



Focus To-Do  
Pomodoro



Forest

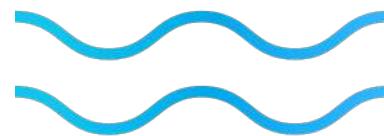


Self Control A blue X icon.



# Any questions?





# What makes a successful IB student sportsperson?

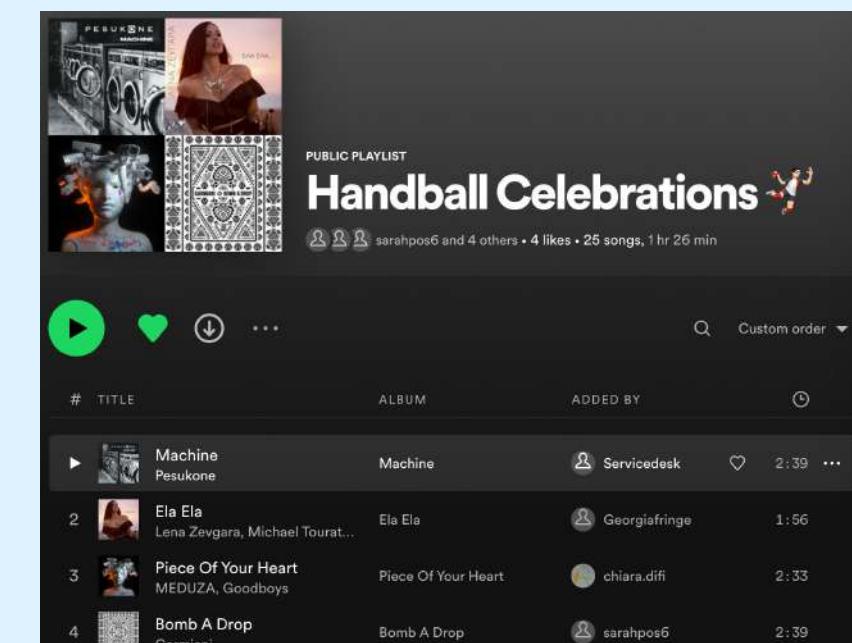
1. Know the rules, have a good strategy



2. Develop your skills



3. Have the right mindset



# Have the right mindset

Section 3/3



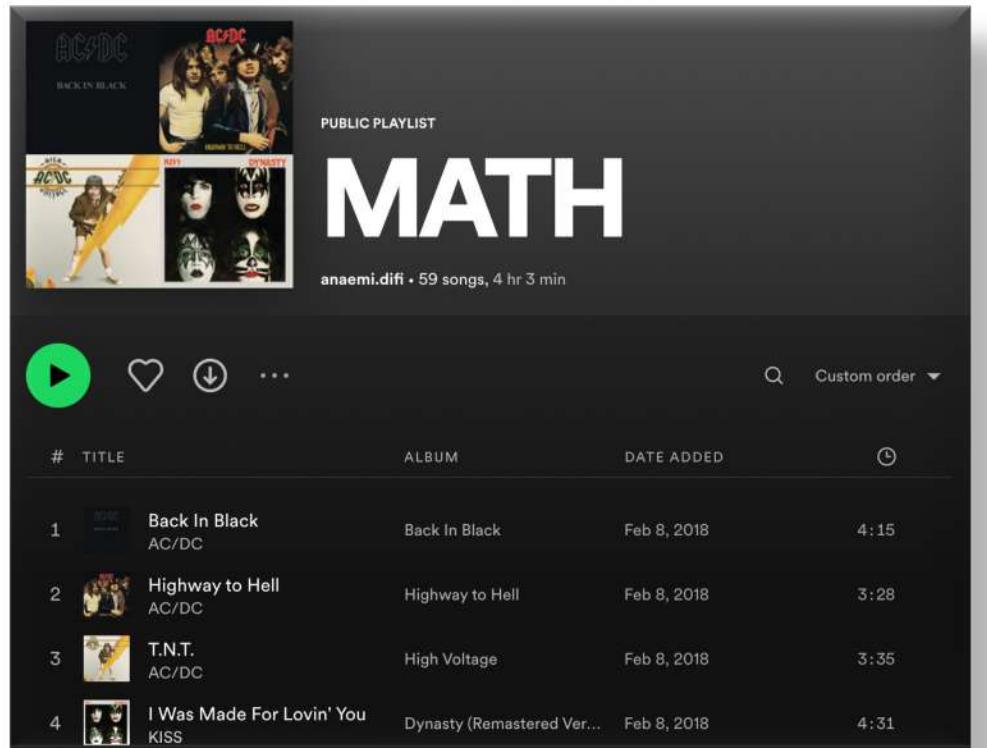
# 3.1 Study Space



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

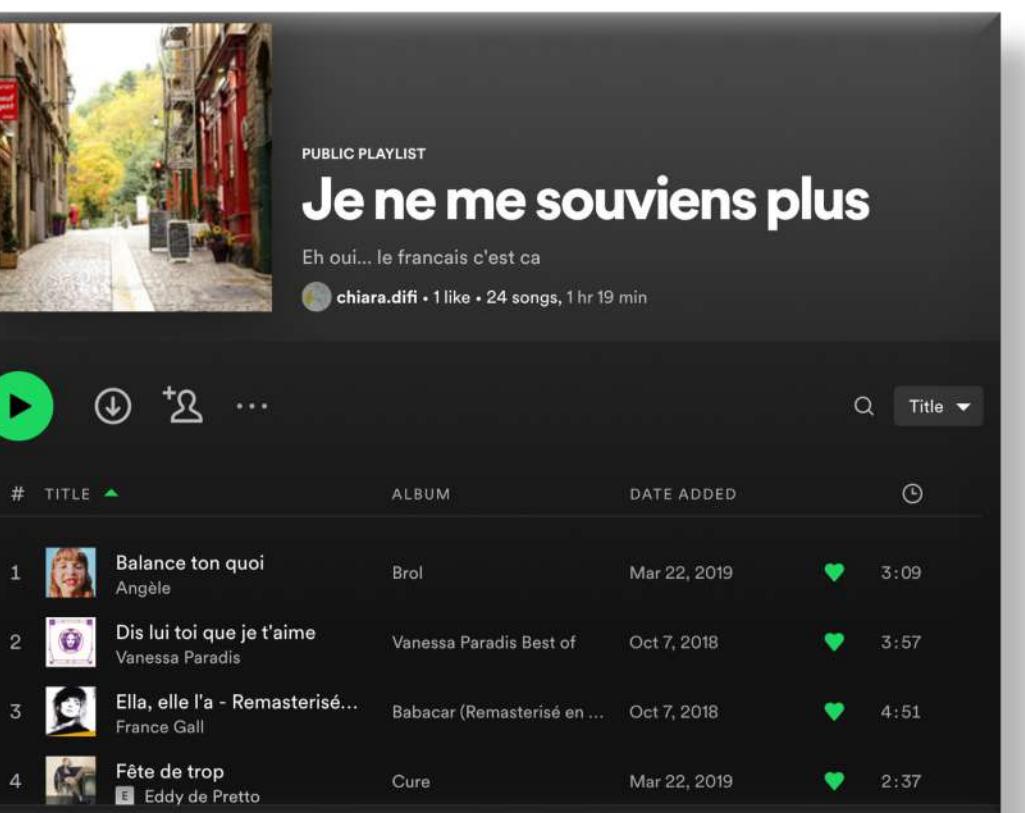


# 3.2 Music



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

#	TITLE	ALBUM	DATE ADDED	TIME
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	TIME
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



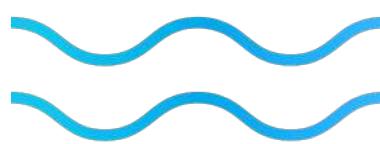
**White Noise (3 hours continuous) 432 Hz LPF**  
Best Noise Labs

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.





# Recap

## 1. Know the rules, have a good strategy



## 2. Develop your skills



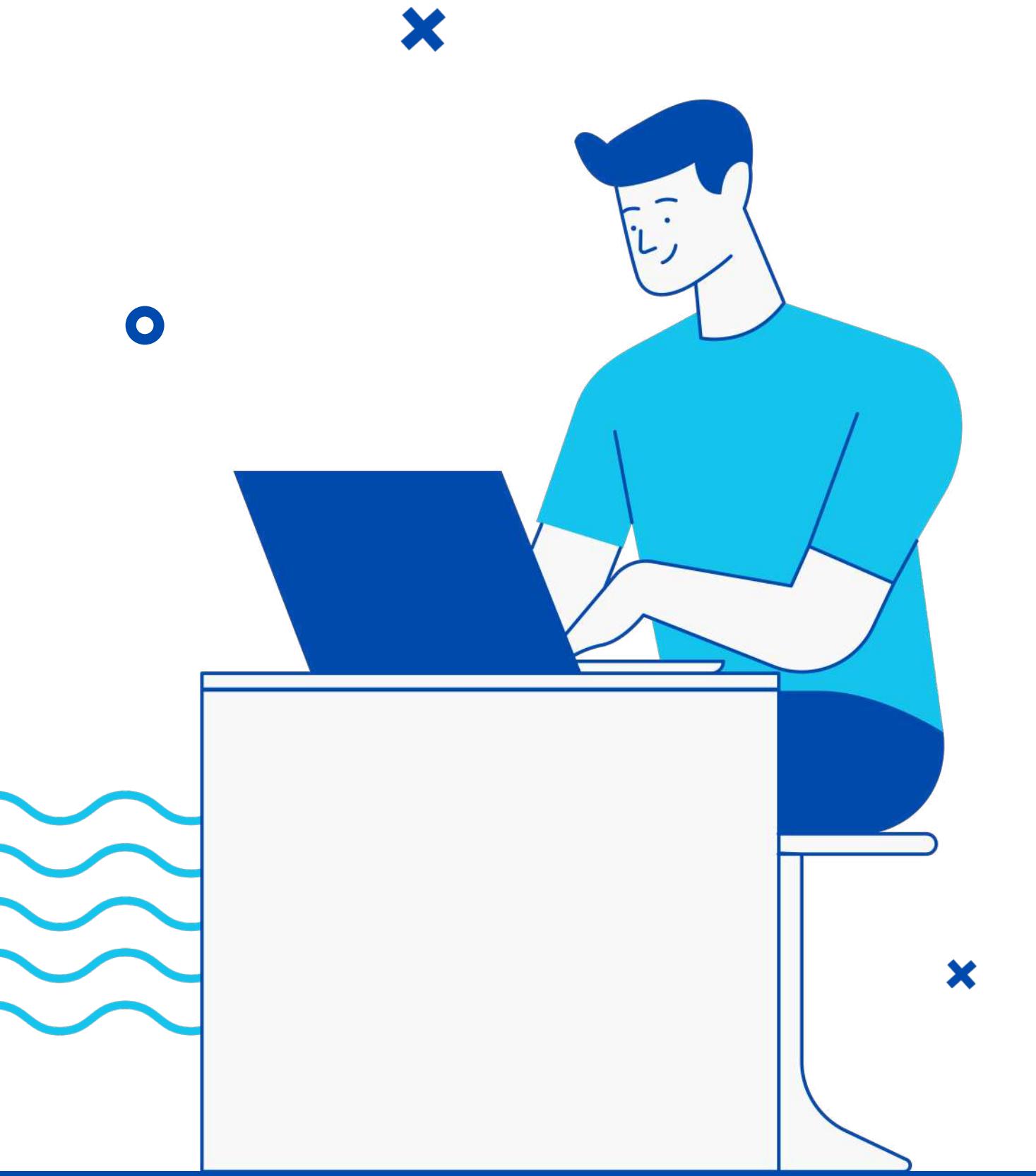
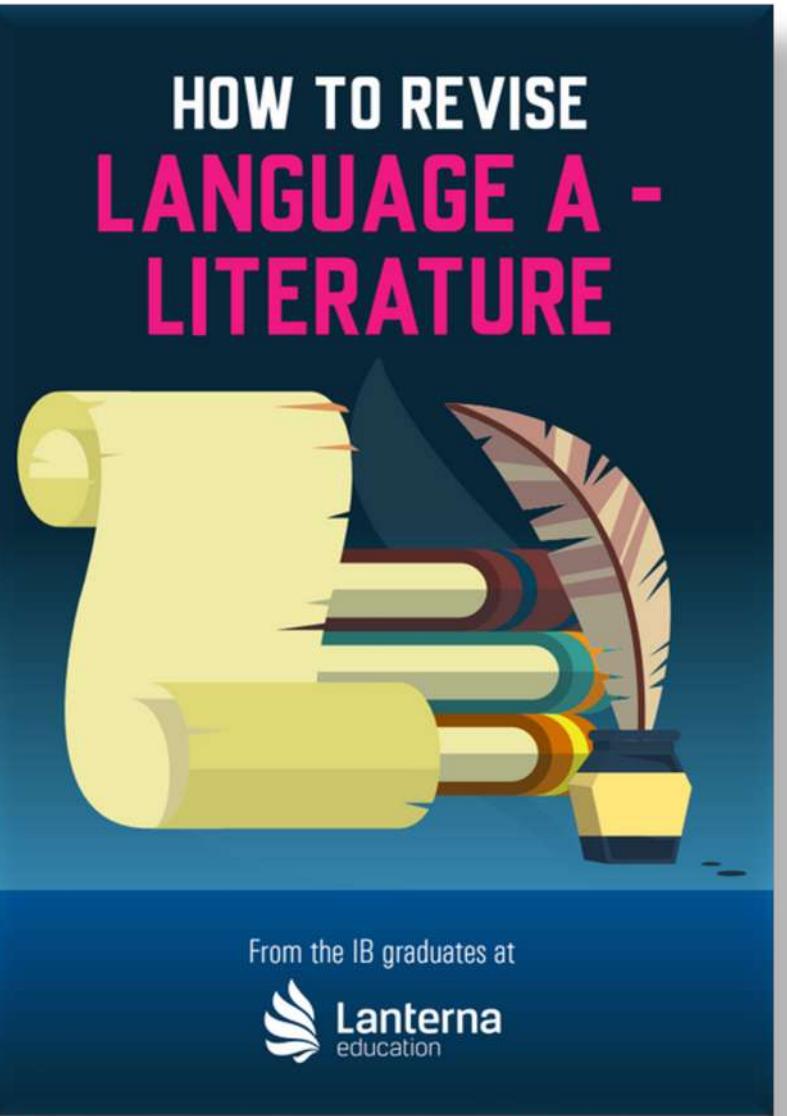
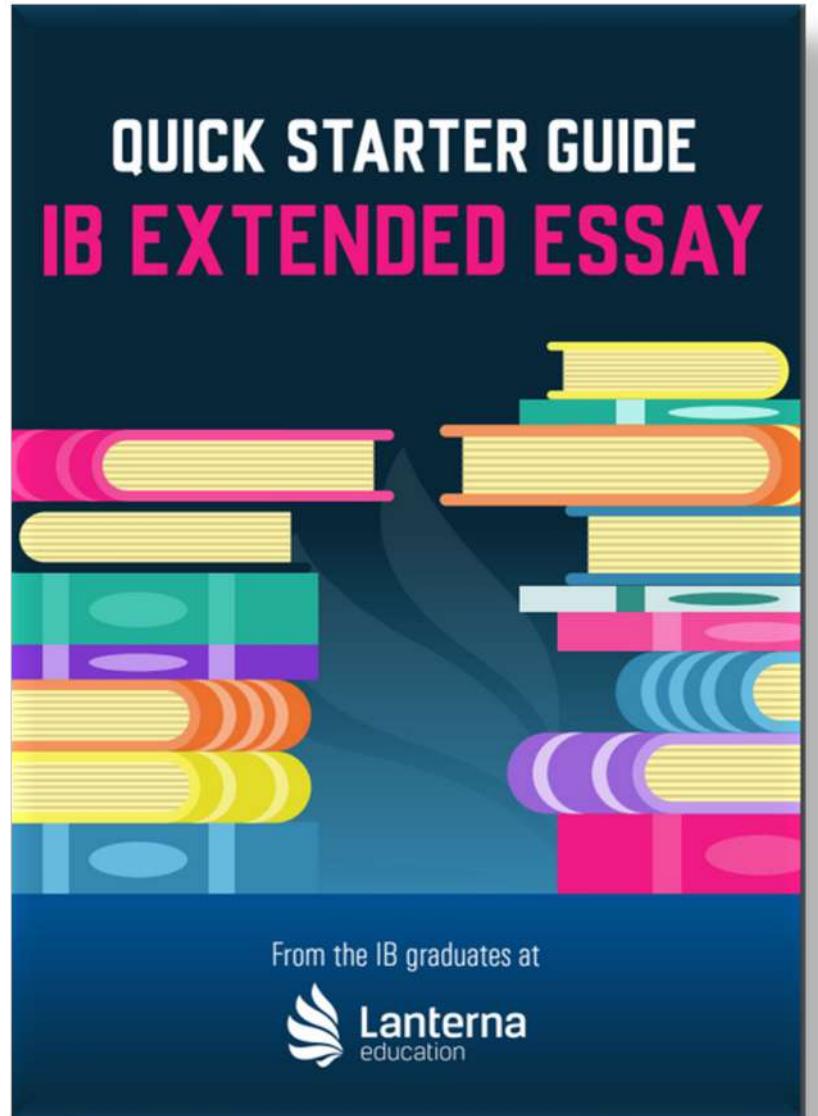
## 3. Have the right mindset



# Useful Resources



# Subject guides



# Blog

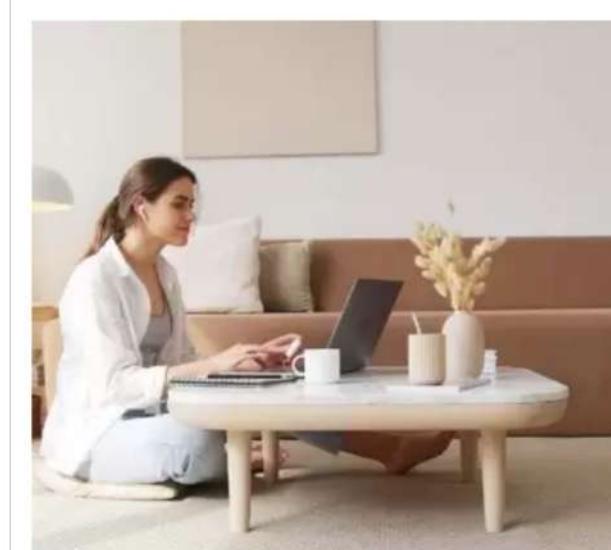


Efficiency   Study Skills

August 18, 2022

## Study More Effectively With These Innovative Apps and Websites

Using apps and websites to supplement your IB study sessions is nothing new, particularly not to us at Lanterna. We've collected our tutors' top recommendations for the best apps and websites (that you might not have seen before) to take your studies to the next level! (2) and (3) written with Jascha Schäfer. I talked [...]



Study Skills

August 11, 2022

## Designing the Perfect IB Study Session

Believe it or not, studying on the IB doesn't have to be awful. Today, I'll show you some of my personal top tips to make that long, tough, late-night study session a bit more bearable – possibly even enjoyable 😊 Find the right study playlist. A top playlist can make the difference between a [...]



Efficiency   IB - Understanding It   Study Skills

## Study Resources to Get a 45

 Jascha Schäfer, August 25, 2022

Read article



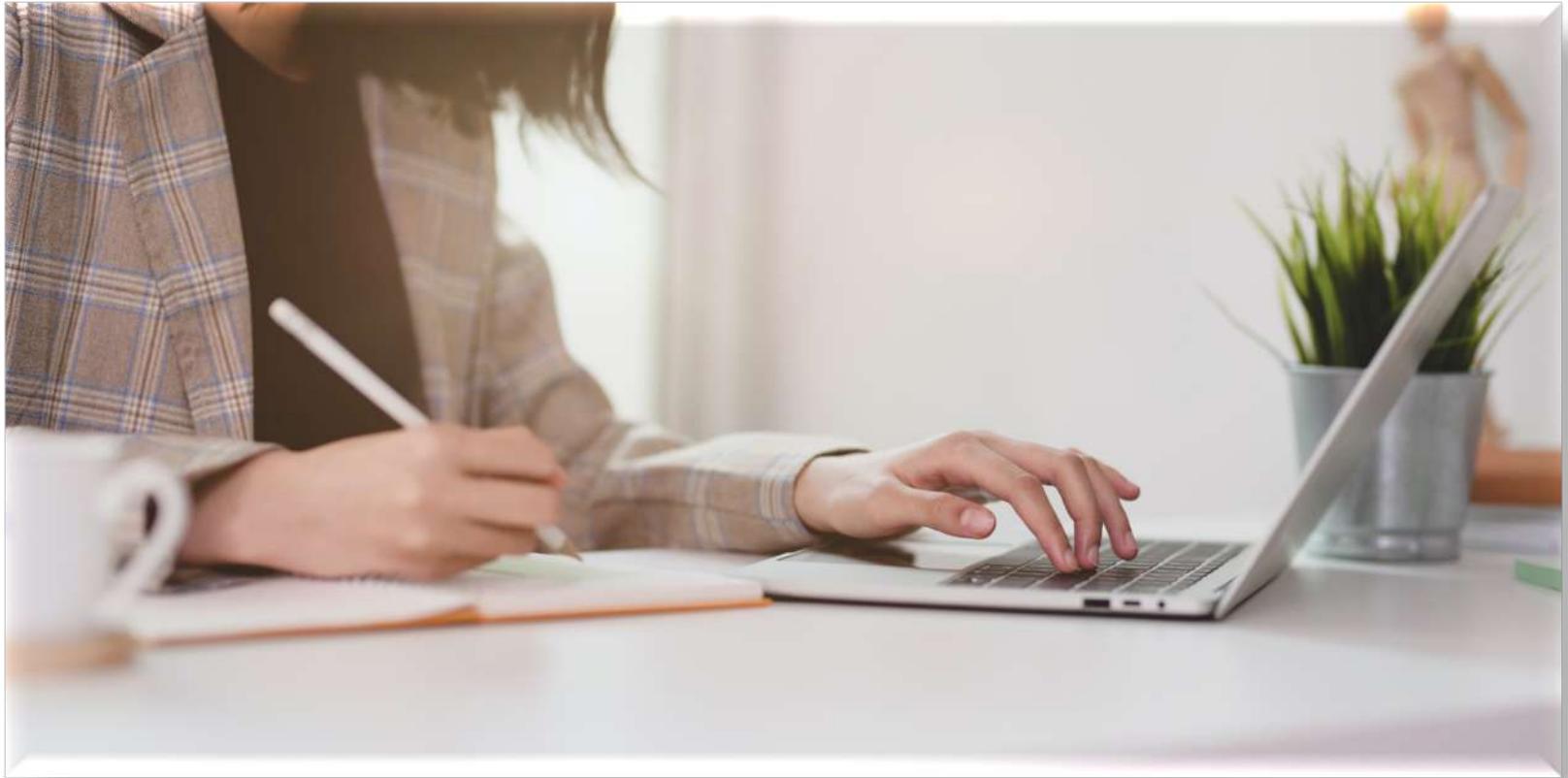
Revision Skills   Study Skills

April 21, 2022

## How to Remember Equations and Models (Maths/Physics)

"Insanity is doing the same thing over and over and expecting different results." This phrase is often (mis)attributed to Einstein and is eerily apt for IB revision. Despite its suspected apocryphal nature, I have found the witticism to hold true for IB maths with its equations and models especially. Too often, I have witnessed a student [...]

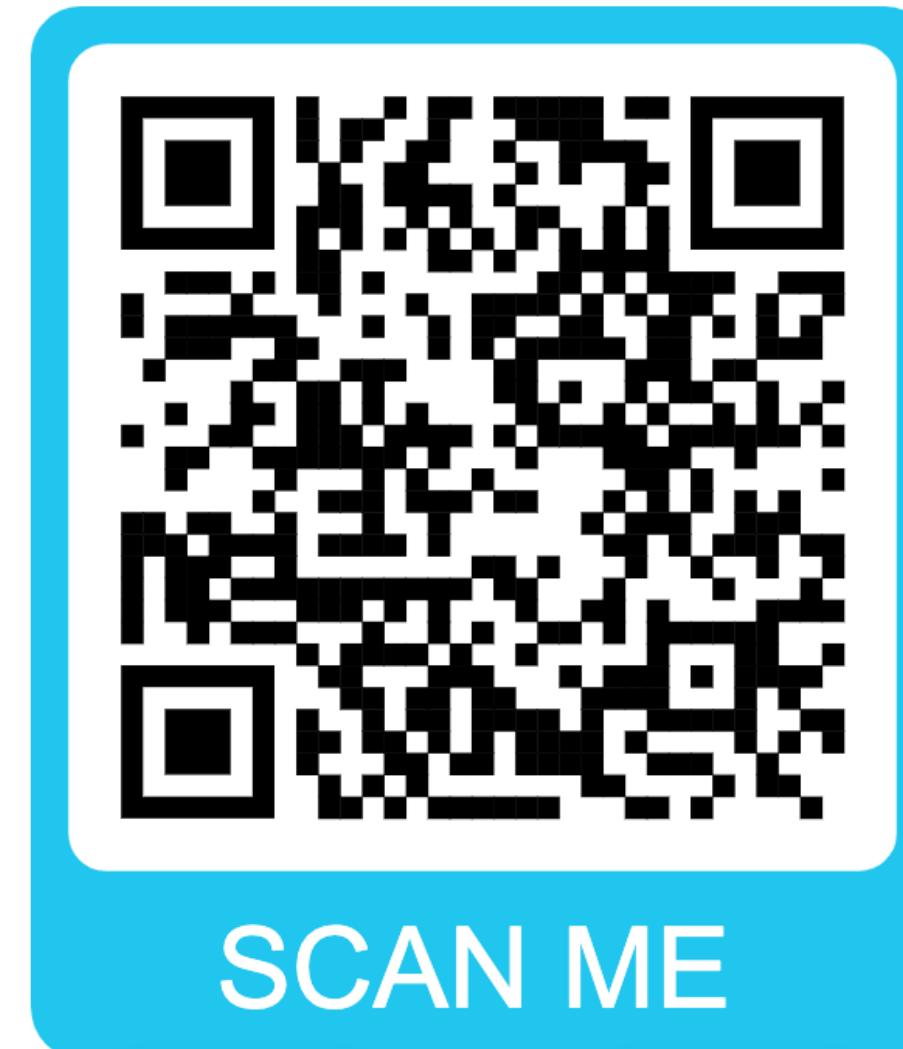
# Support



# Online Private Tutoring

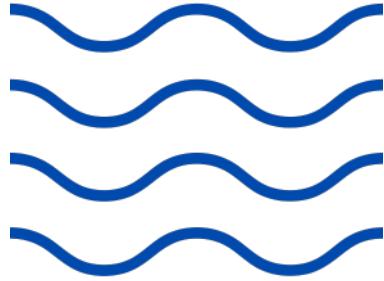


# Scan and Q&A



**Scan to access free  
resources!**

chiara@lanterna.com



# Thank you for your attention!

Any questions? Contact me at [chiara@lanterna.com](mailto:chiara@lanterna.com)

