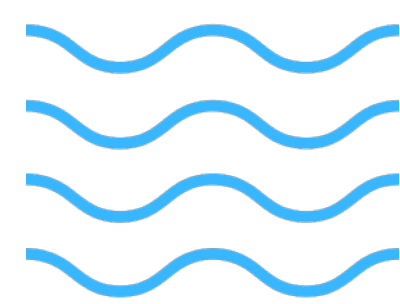


What the IBDP can do for you

Chiara Di Filippo

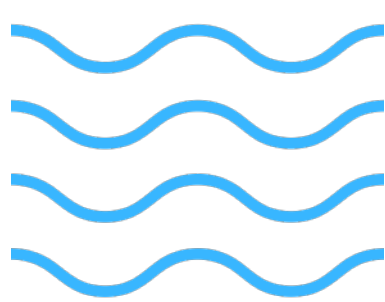


Who am I?



- 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



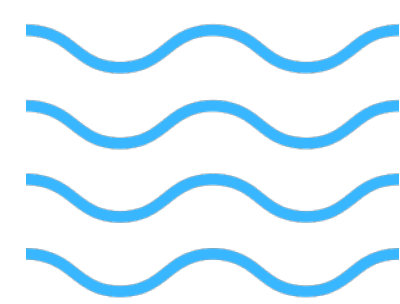
Who am I?



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

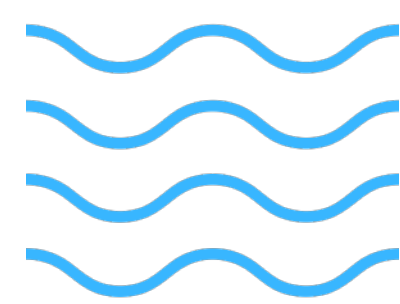


The DP is like a sport



- 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?



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

+

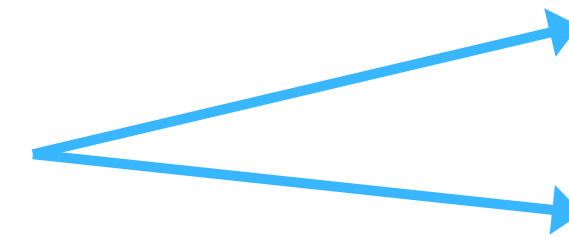
3 Core
Points

=

45 Points



7 Max. points /
subject

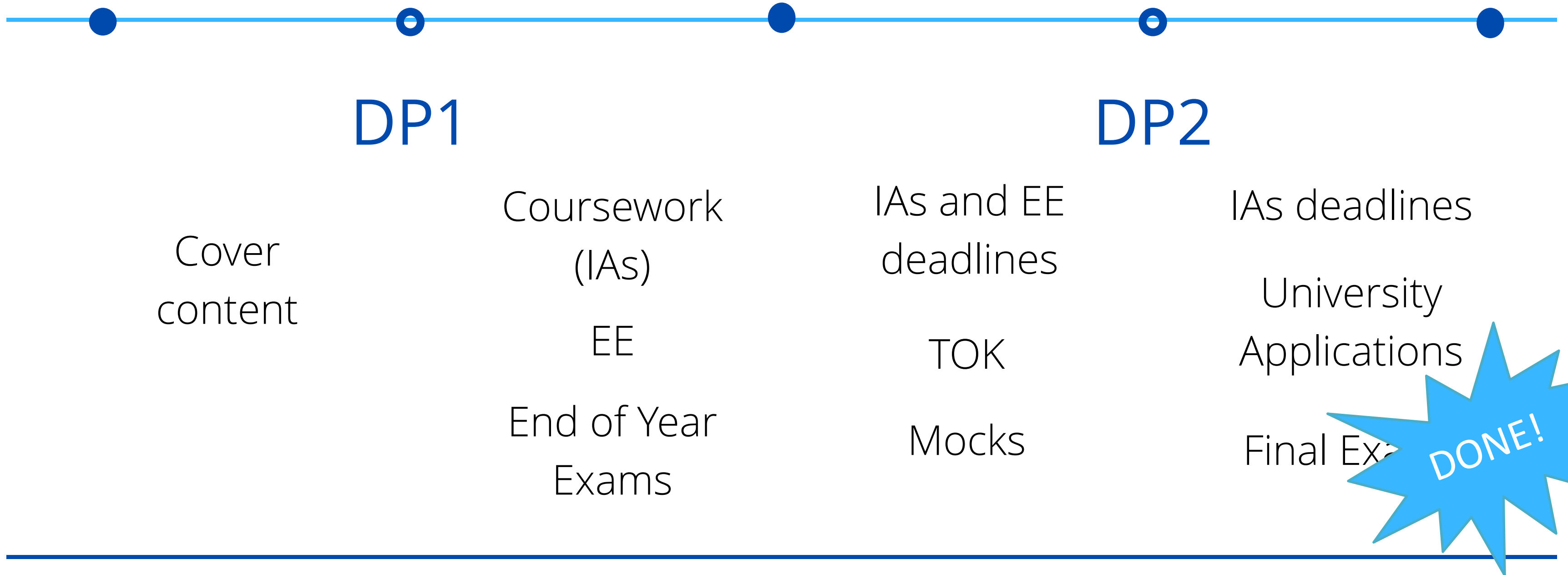


TOK

EE

CAS

1.3 Know the rules: Timeline



1.4 Know the rules: worth it?



Higher Acceptance Rates



Recognised worldwide



Practice referencing



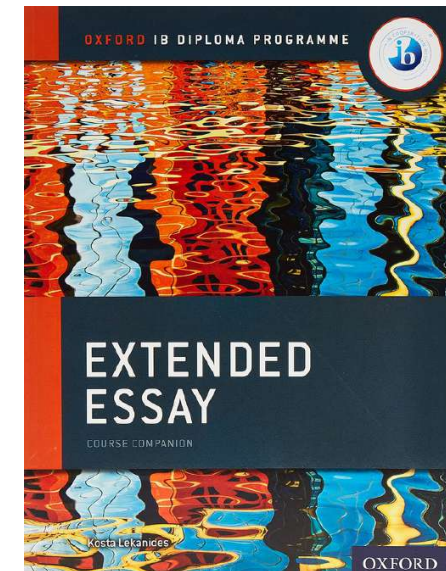
Critical Thinking Skills



Time Management

Have a good strategy

Pick your subjects



Pick your assignment topics

Pick CAS activities



2.1 Picking your subjects

My HL subjects

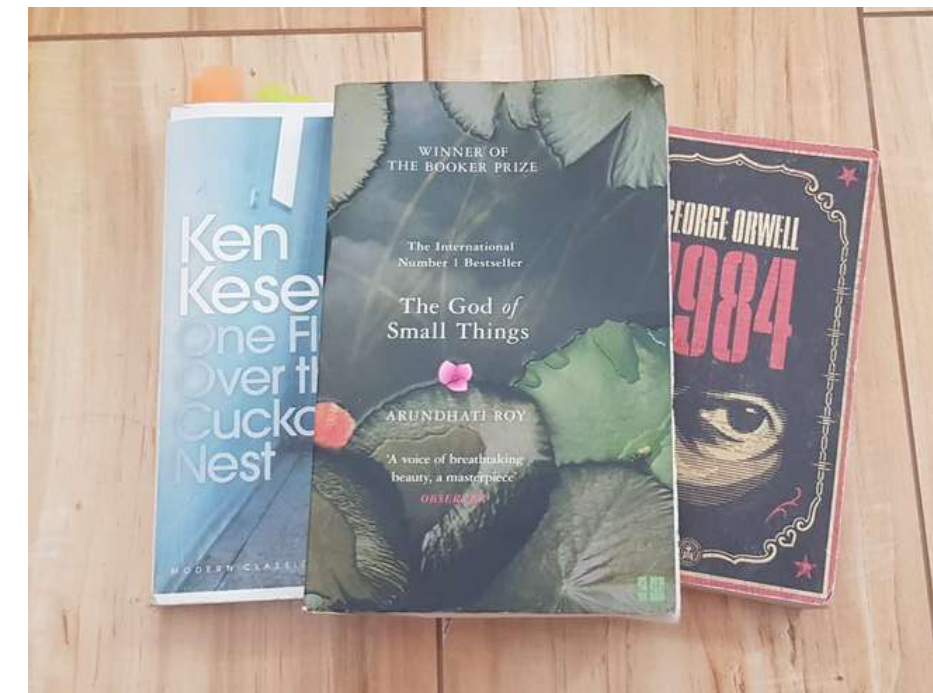
Geography



Film



Languages



2.1 Picking your subjects

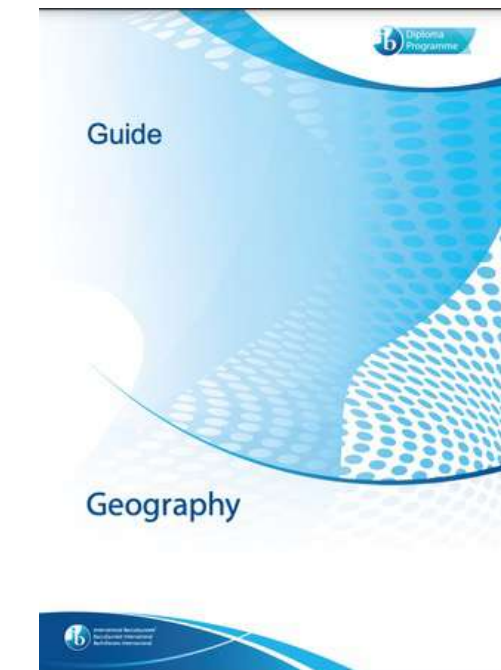
Picking your IB subjects

Pick what you most enjoy!



Look at uni courses and conditions

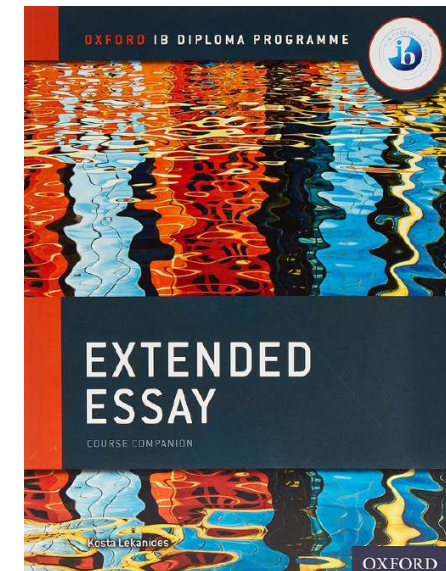
Don't be scared to pick new subjects!



Read the syllabus

Have a good strategy

~~Pick your subjects~~



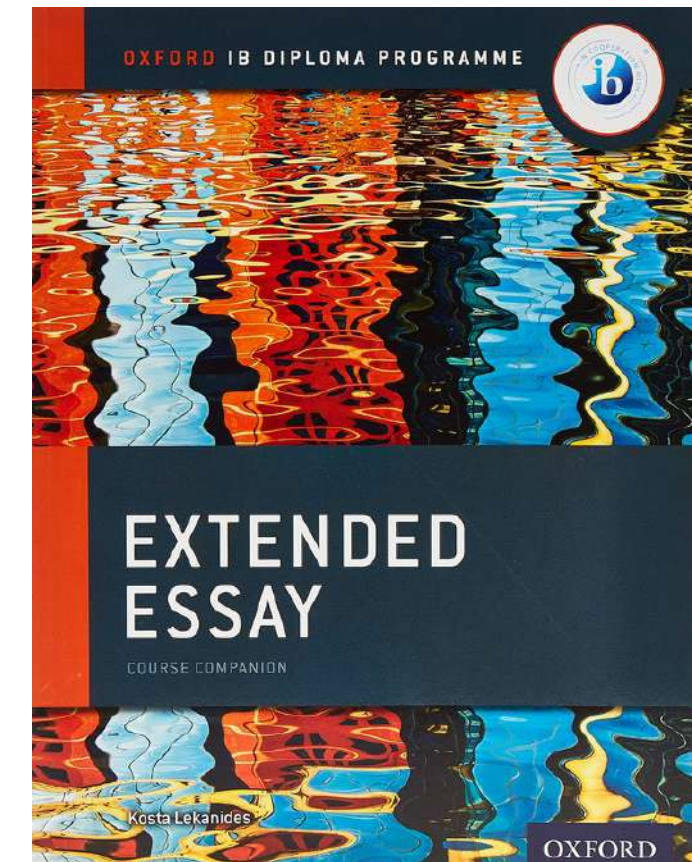
Pick your assignment topics

Pick CAS activities



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.

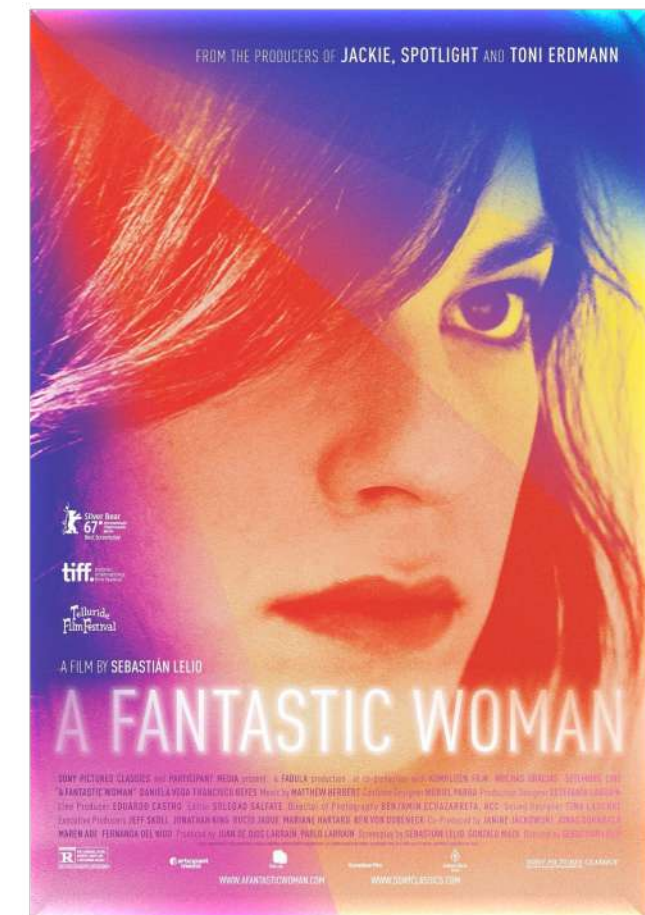
Número de páginas: 25.

Número de palabras: 4.000 (incluyendo las notas a pie de página explicativas)



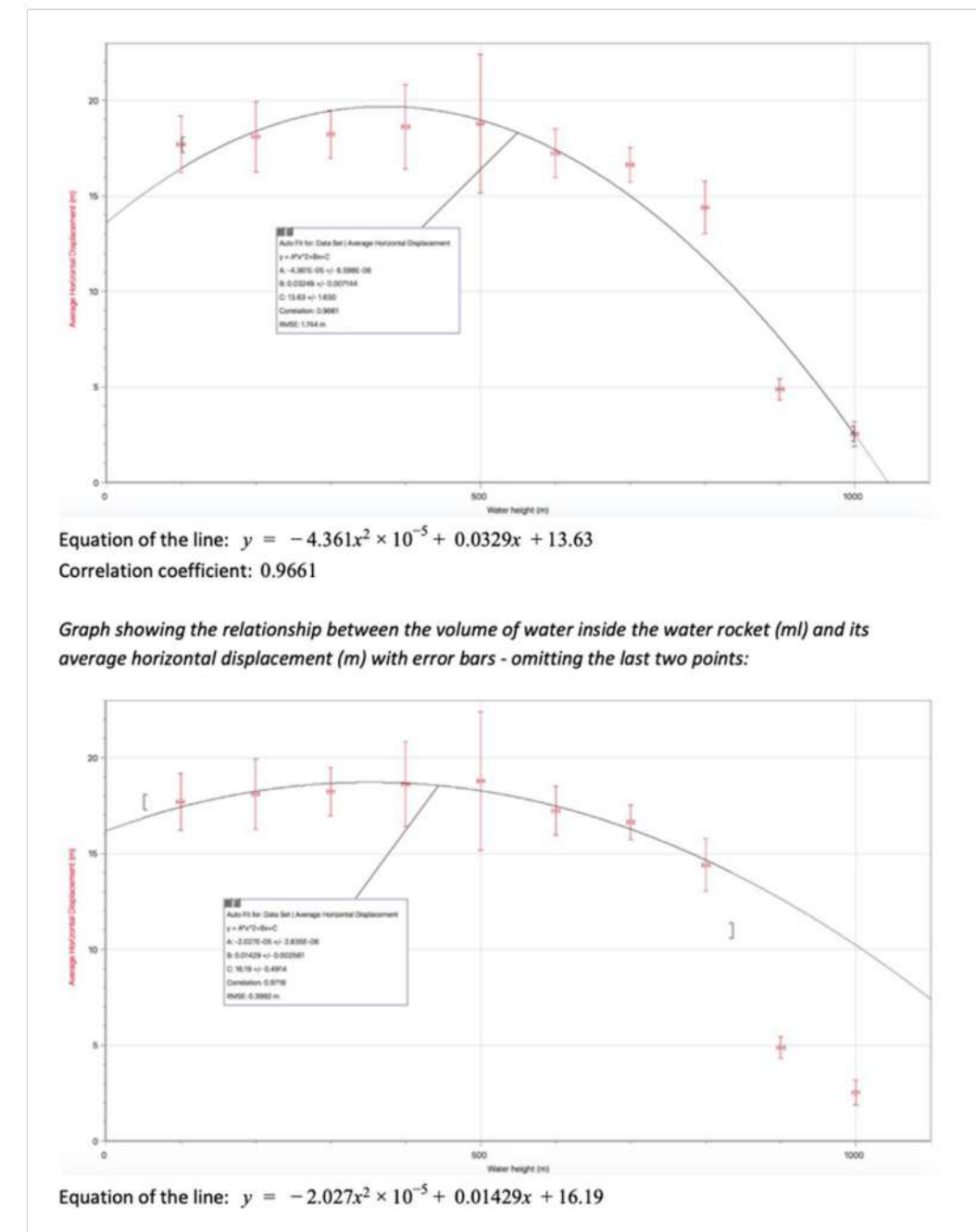
Figura 1: Marina (izquierda) hablando con el sargento (derecha), alrededor del minuto (00:23:33).

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



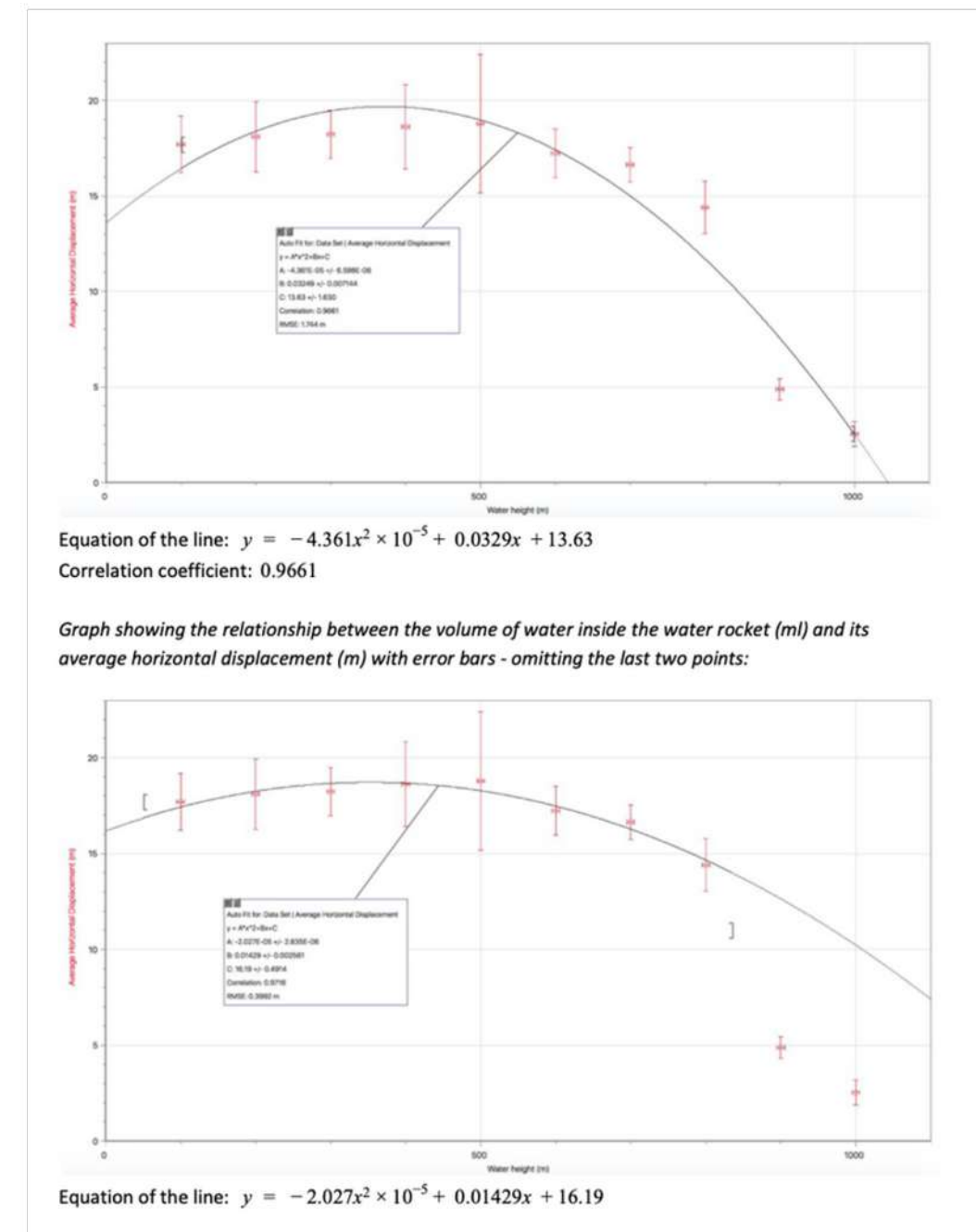
2.2 Internal Assessment

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



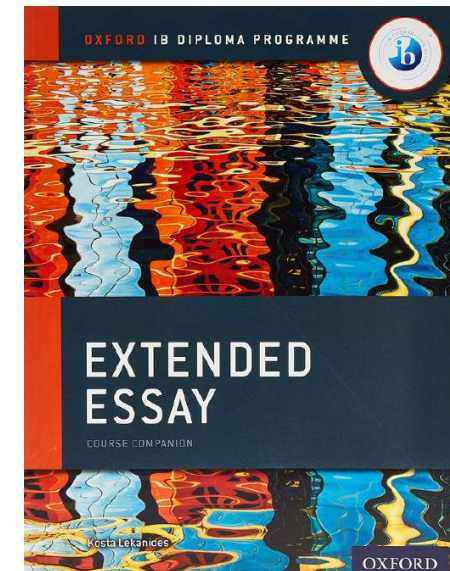
2.2 Internal Assessment

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



Have a good strategy

~~Pick your subjects~~



~~Pick your assignment topics~~

Pick CAS activities



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



1


Plan



11

Organise



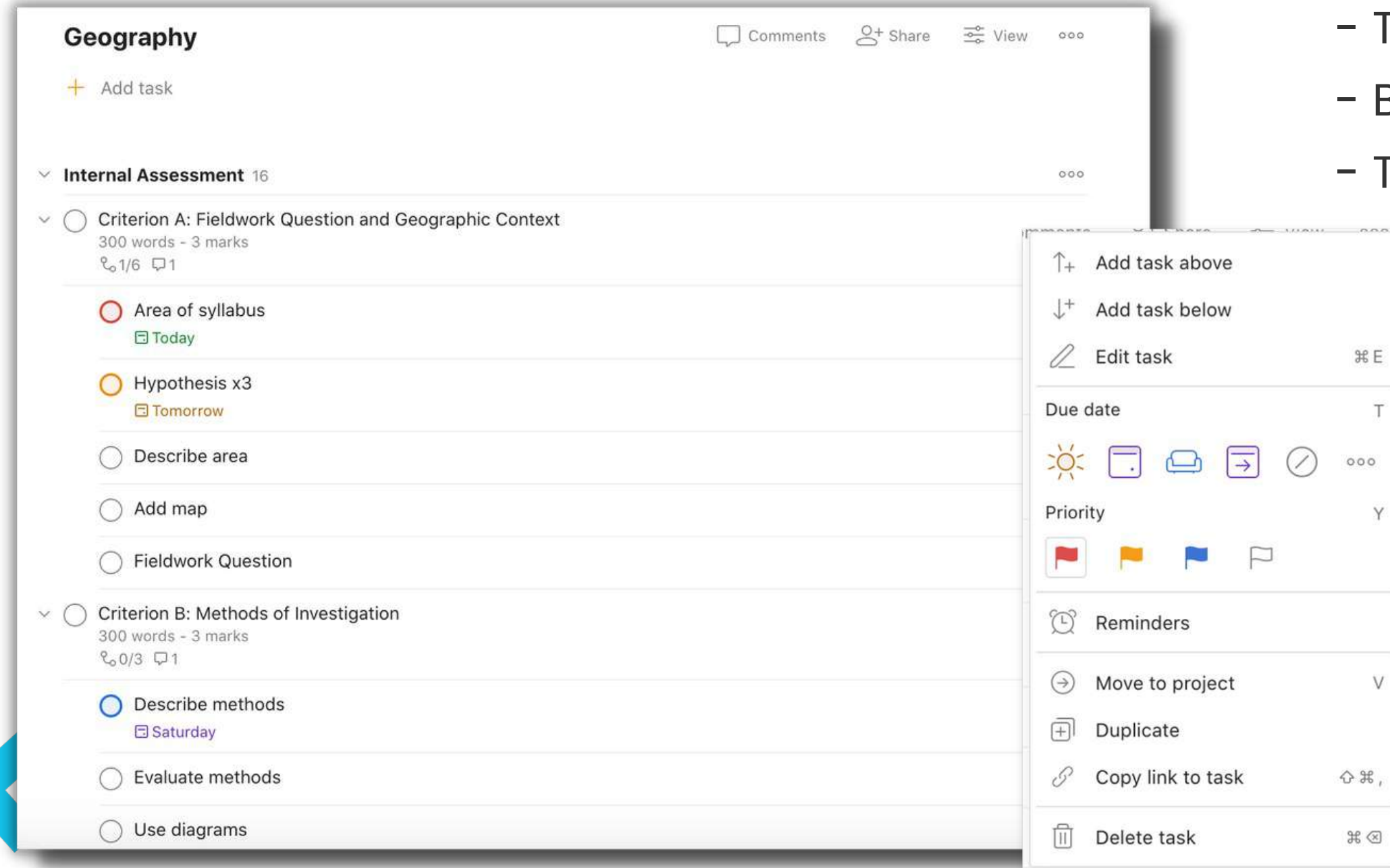
- 

[illegible]



II. Organise

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



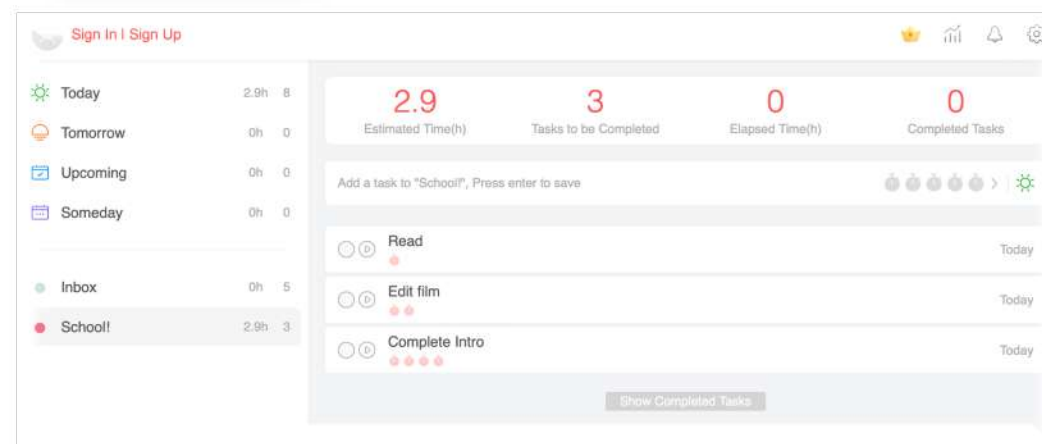
Everything ready?



Useful Apps



Focus To-Do
Pomodoro



Forest



Self Control 





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



PUBLIC PLAYLIST

MATH

anaemi.difi • 59 songs, 4 hr 3 min





▶

♡


↓

⋮

Q Custom order ▾

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





PUBLIC PLAYLIST

Je ne me souviens plus

Eh oui... le francais c'est ca

chiara.difi • 1 like • 24 songs, 1 hr 19 min





▶

↓

+P

⋮

Q Title ▾

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



PODCAST EPISODE

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

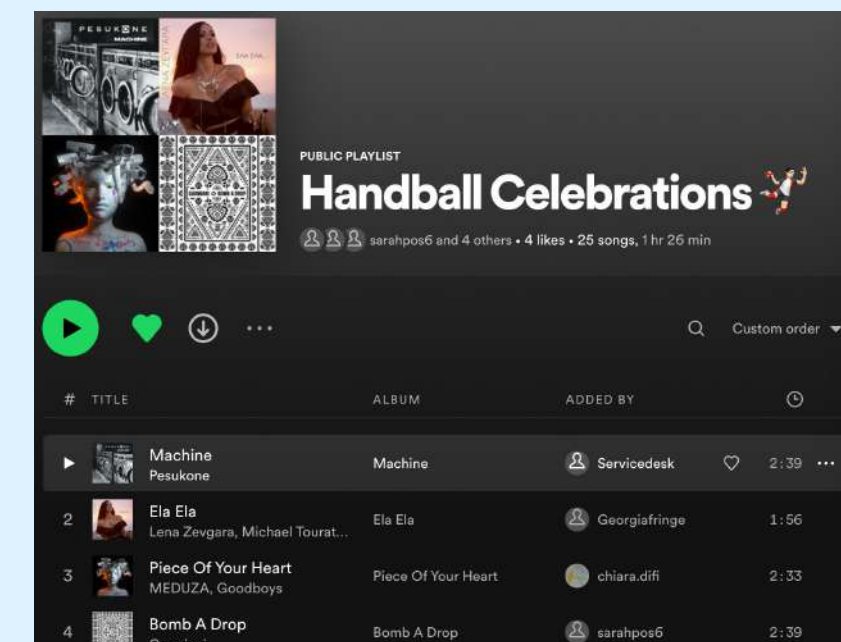
1. Know the rules, have a good strategy



2. Develop your skills



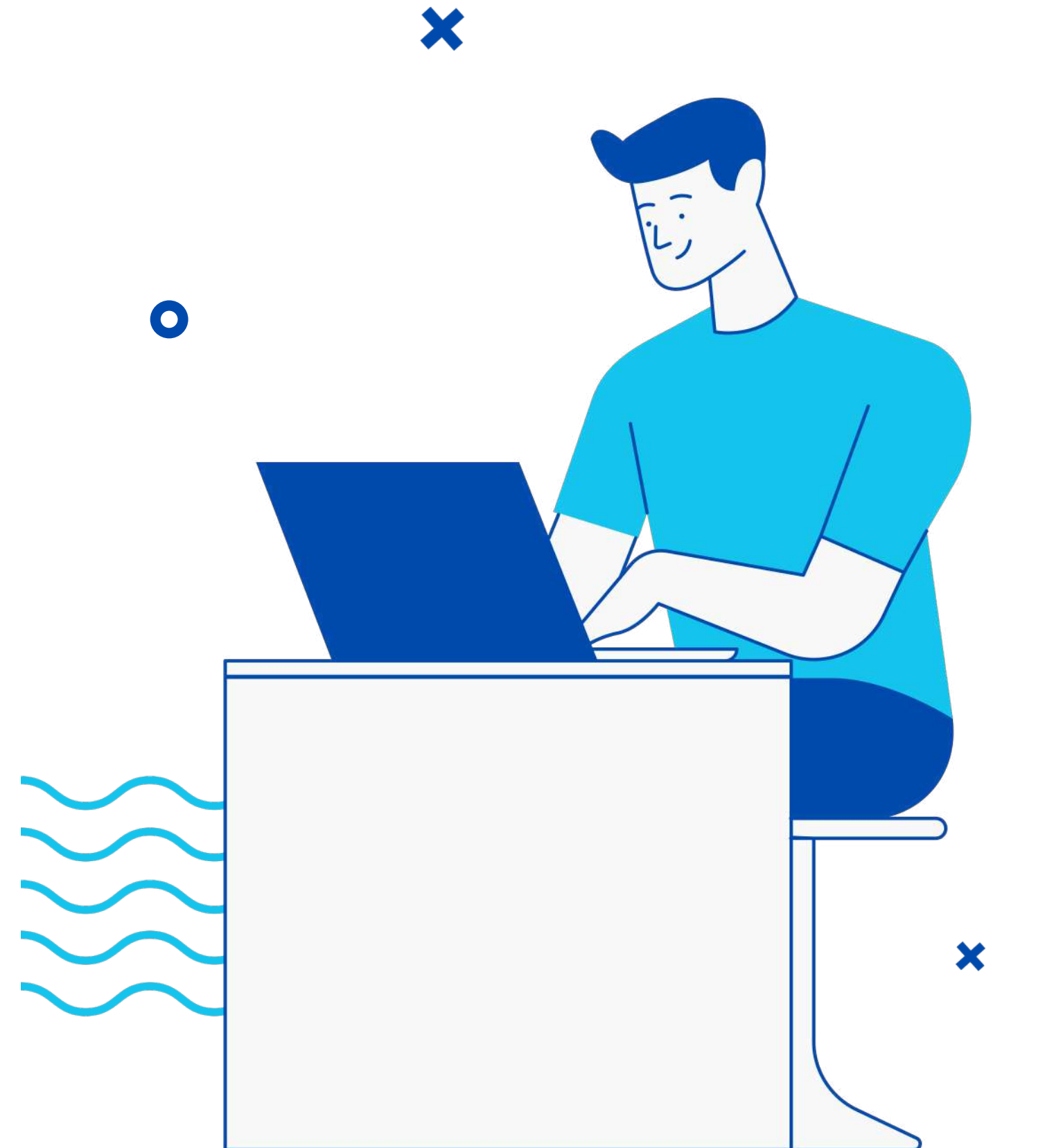
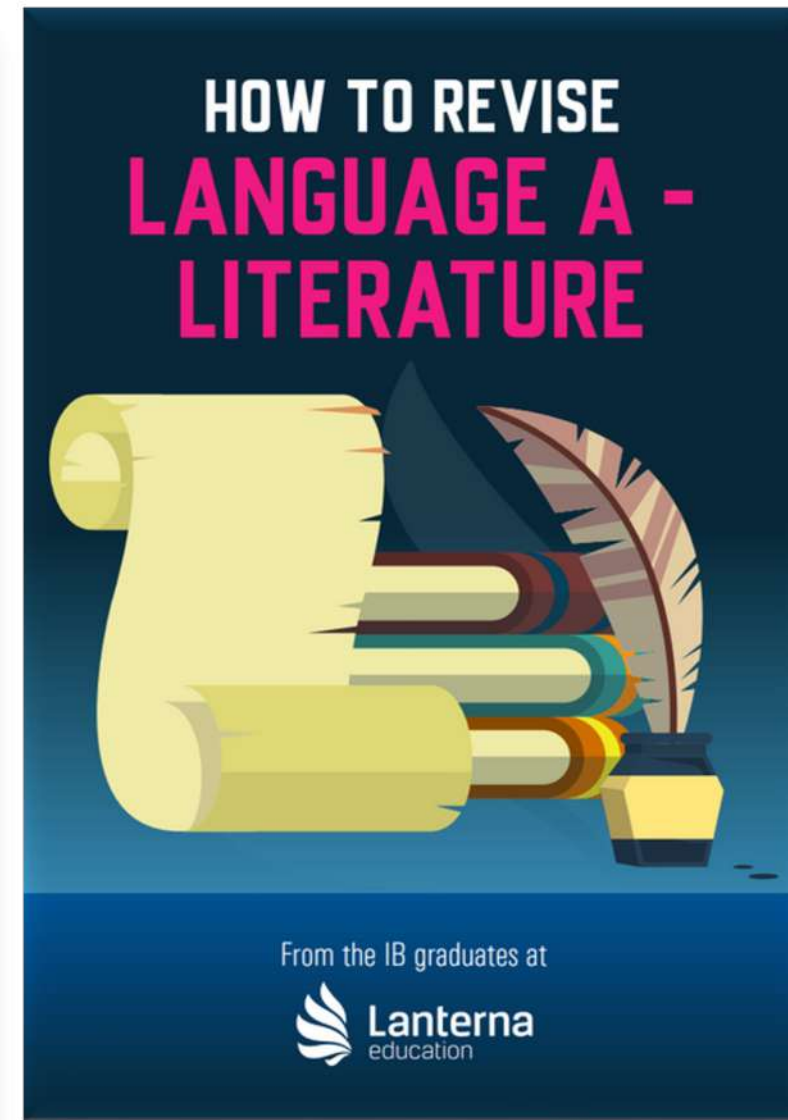
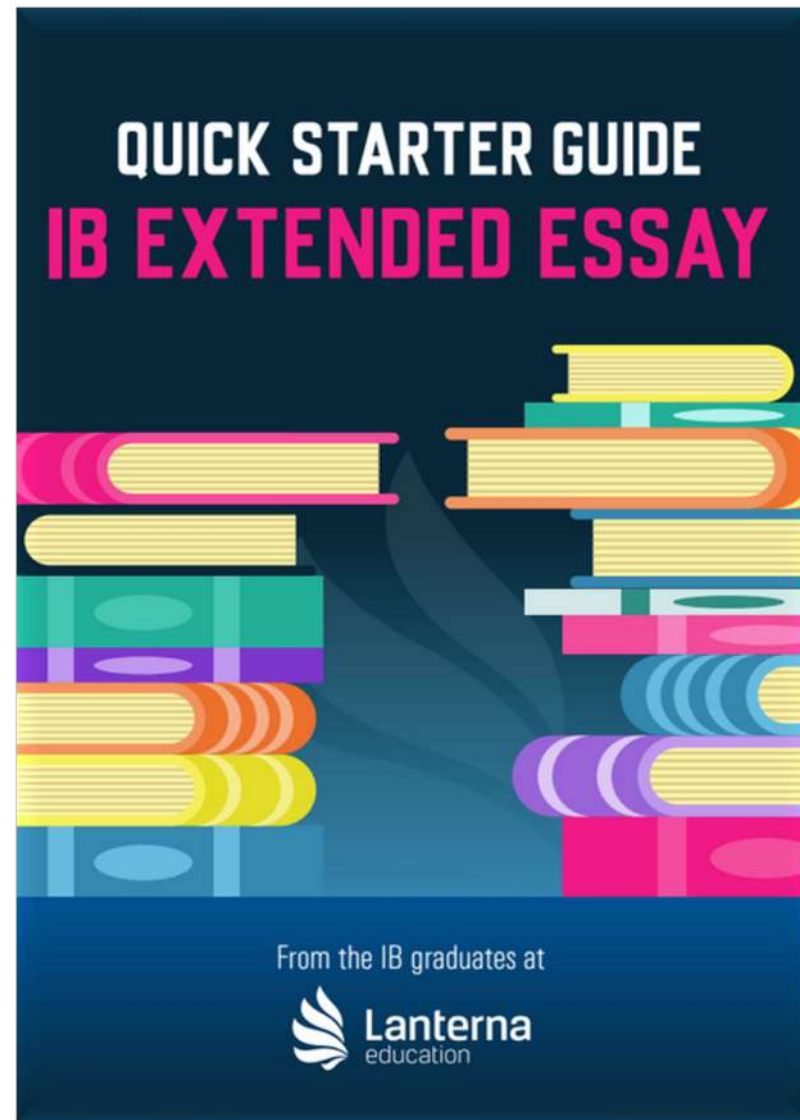
3. Have the right mindset



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

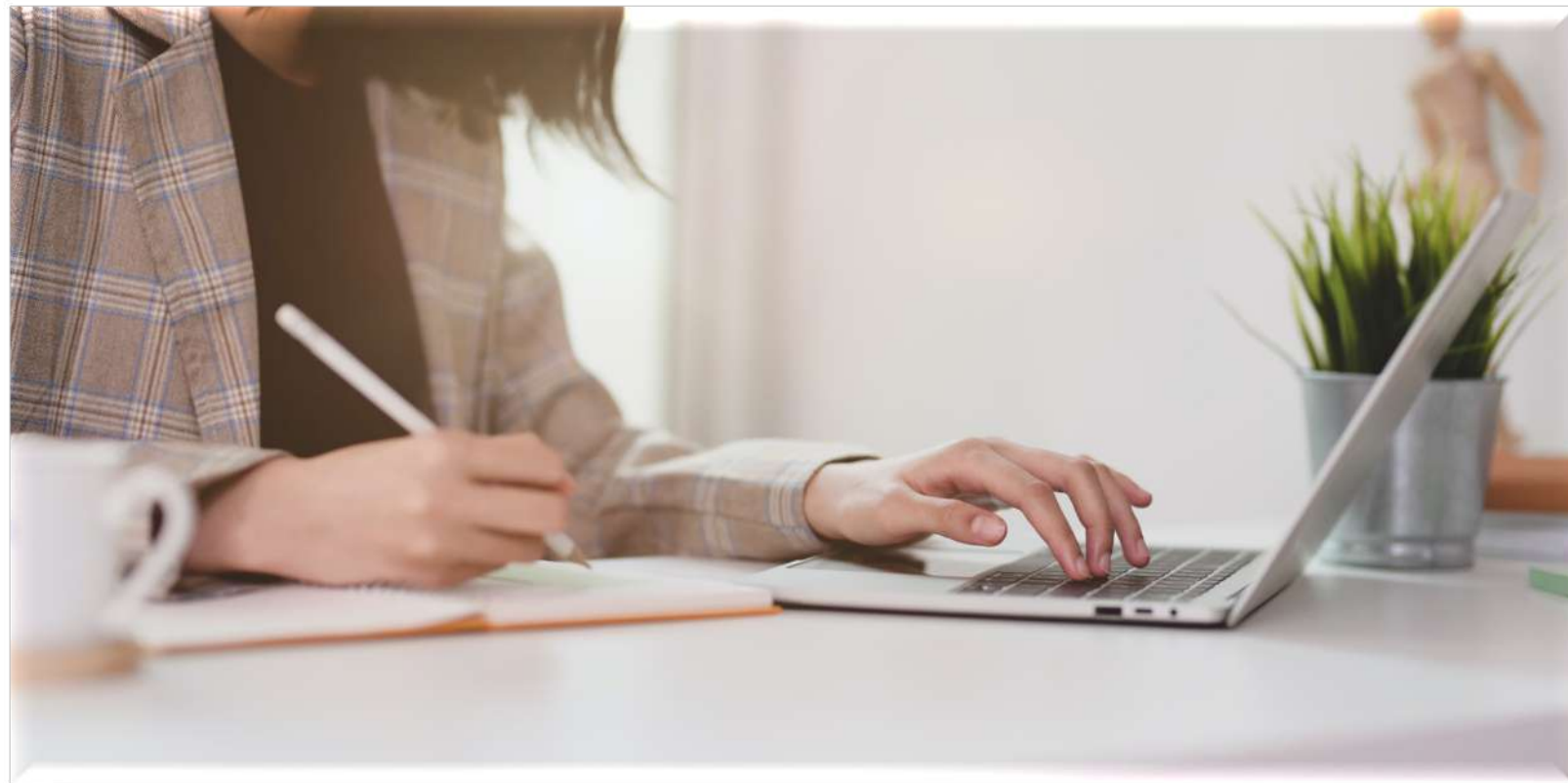
April 21, 2022

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

