

Supporting Your Child Through the IBDP

Chiara Di Filippo



Who am I?

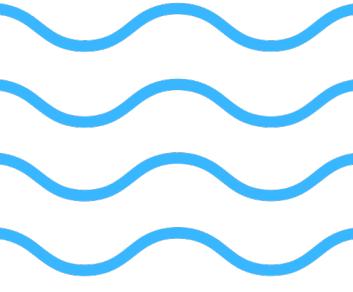


- Argentina / Italy
- France / Switzerland
- UK

Who am I?



- International School of Geneva – May 2019
- 45 points in the IB
- HLs: English A Lit, Geography, Film, and Spanish
- SLs: Maths and Physics



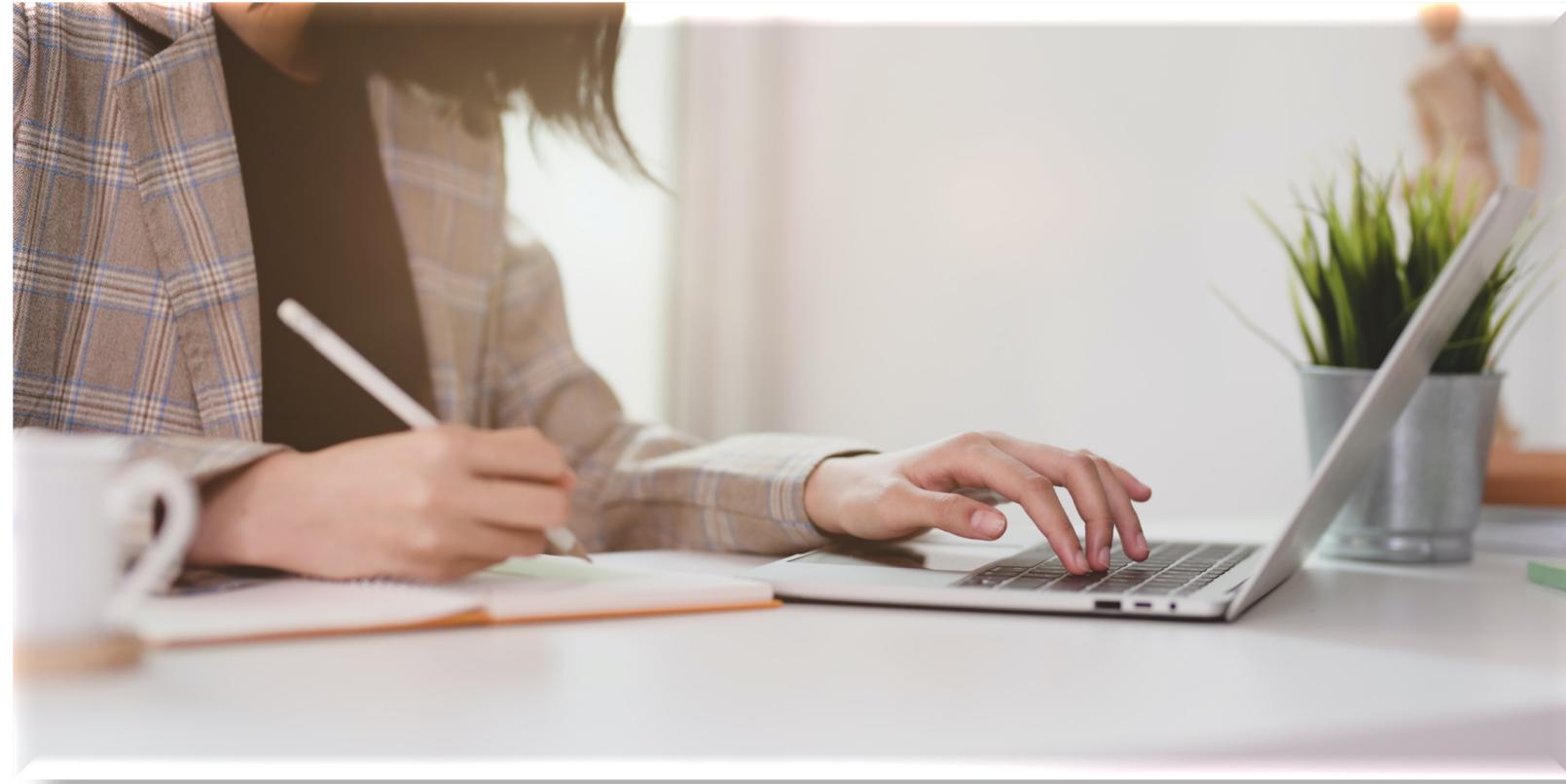
Who am I?



- Human, Social, and Political Sciences at Cambridge
- Graduated in June, 2022
- School Presenter and Lanterna tutor (3 years)



What is Lanterna?



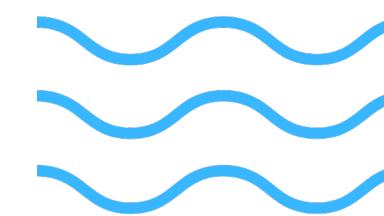
My family!



Basics of the IBDP

Tip 1/6





1.1 Basics of the IBDP

×

3 Standard
Levels

Internal
Assessment (IA)

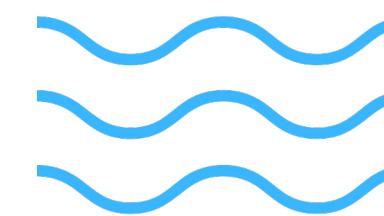
Extended
Essay (EE)

3 Higher
Levels

Theory of
Knowledge (TOK)

Creativity, Activity,
Service (CAS)





+

1.2 Grading



42 Subject
Points

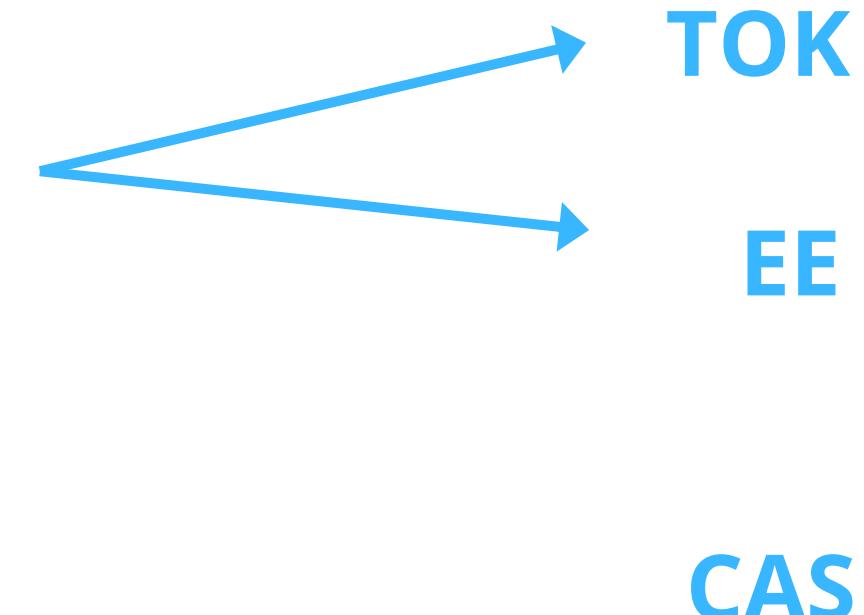
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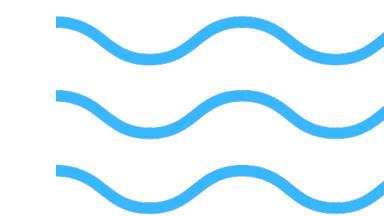
3 Core
Points

=

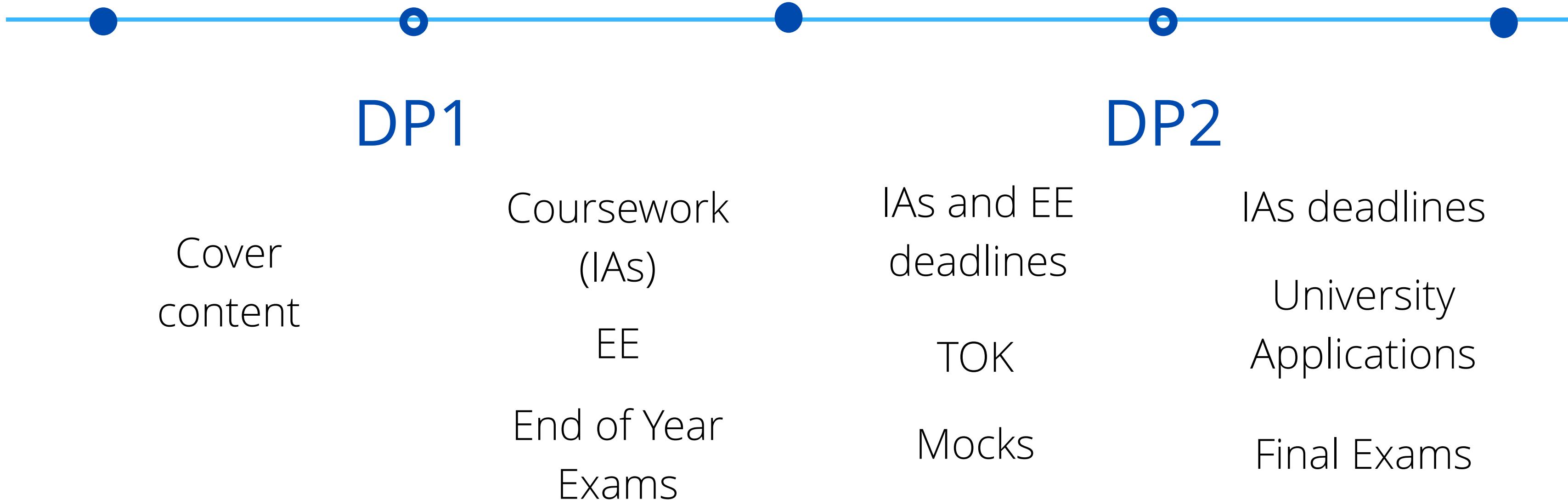
45 Points

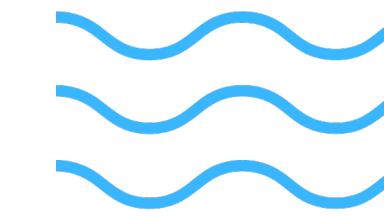
7 Max. points /
subject





1.3 Timeline





+

1.4 Stress Chart

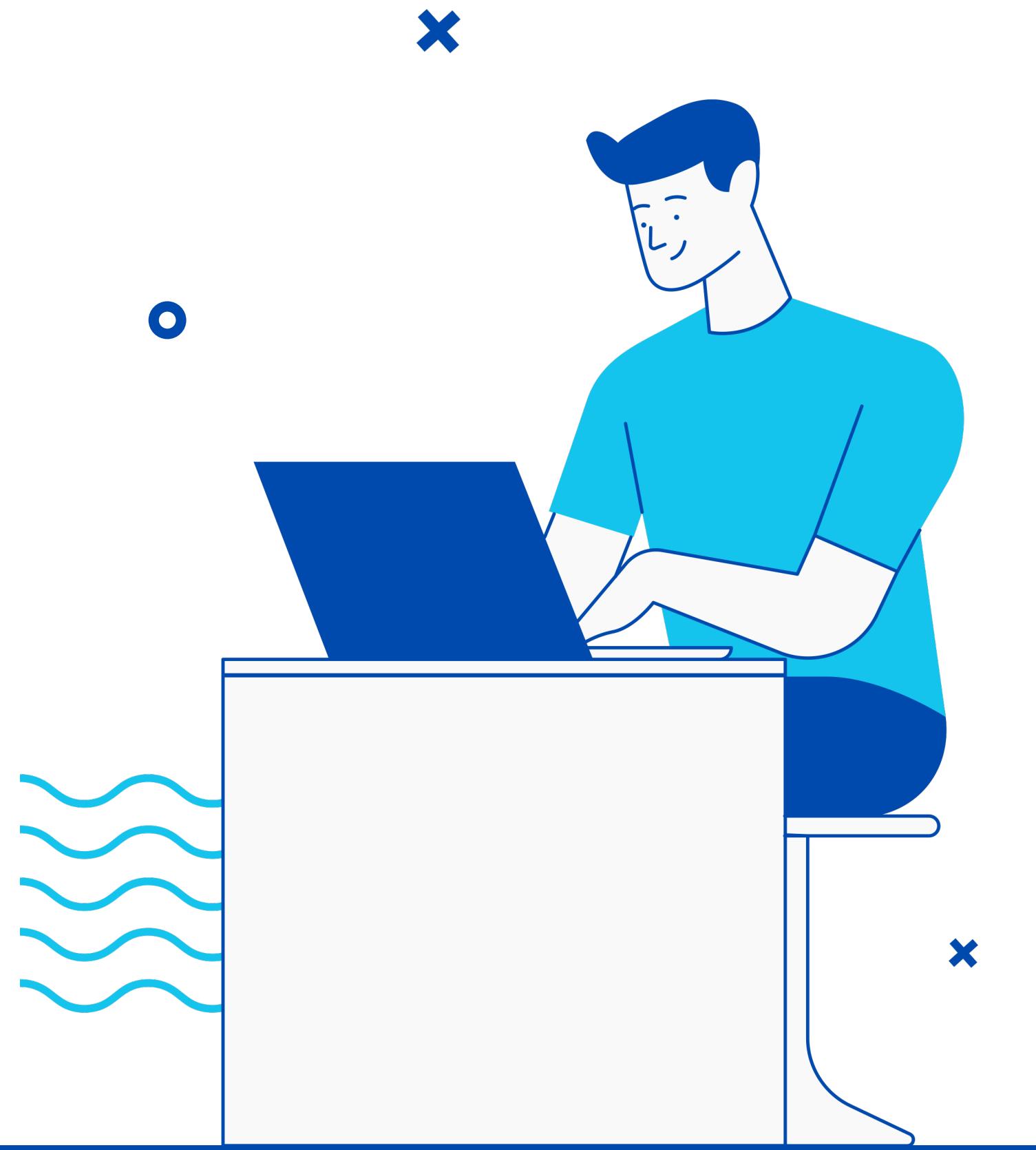


DP1

DP2



Ask meaningful questions



Be comfortable stepping back

Tip 2/6



Trust is important!



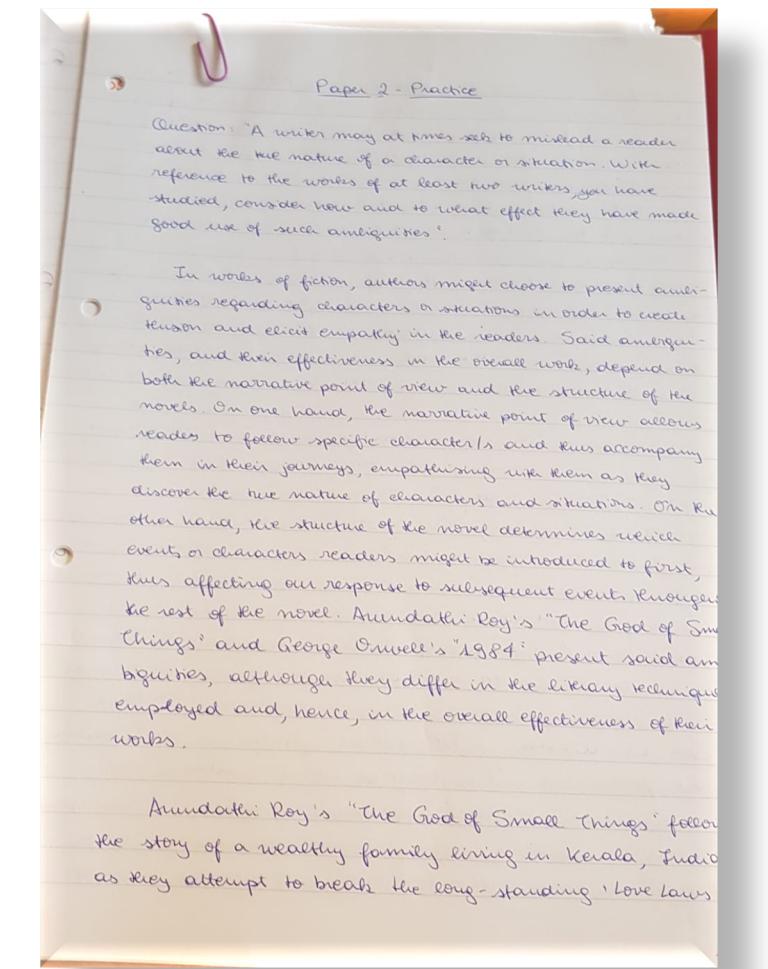
Help when needed!

Tip 3/6



Help when needed

- Offer help when needed and asked
- Make sure your child feels comfortable coming for you for help / a break / explain topics
- Listening and supportive ears
- Help from parents (proofreading work)



Identifying stress levels .

- Important to identify when stress levels get high (IA season, mocks, exams, etc.)
- Conversations about what they find stressful
- Encourage time away from the IB
- Reach out for help (DP coordinator, teachers, professional help)

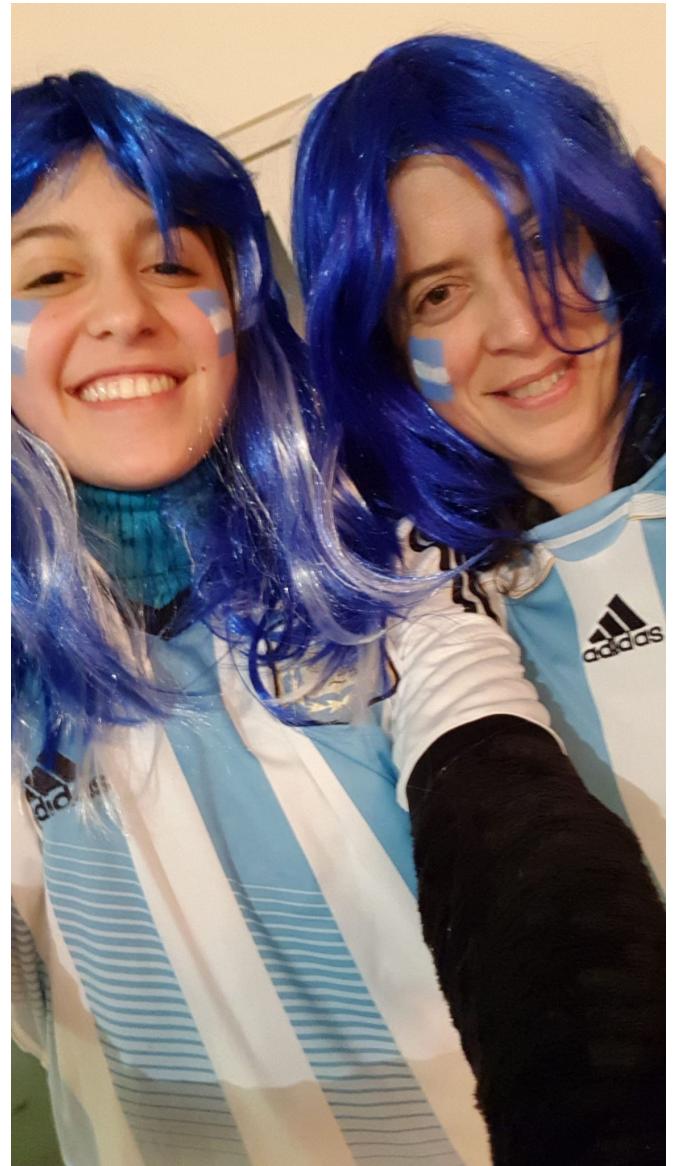


Encourage balance

Tip 4/6



Free time



Help your child stay organised

Tip 5/6



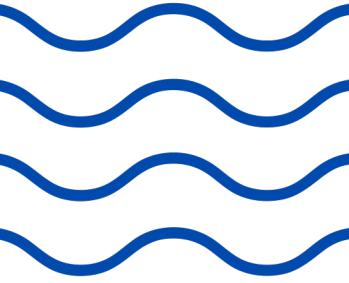
Planning methods



Google Calendar

Google Calendar

GetRevising

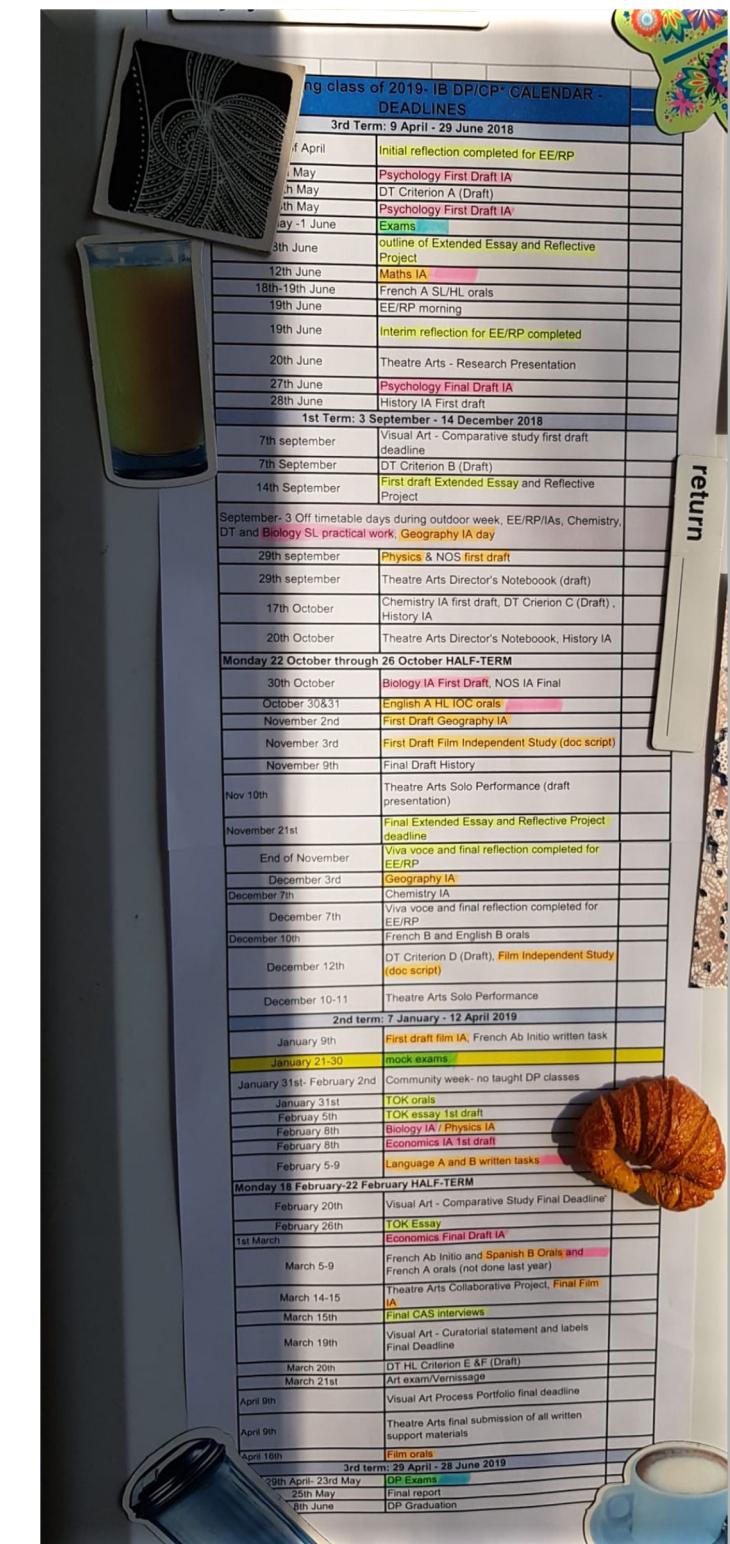






November 2018

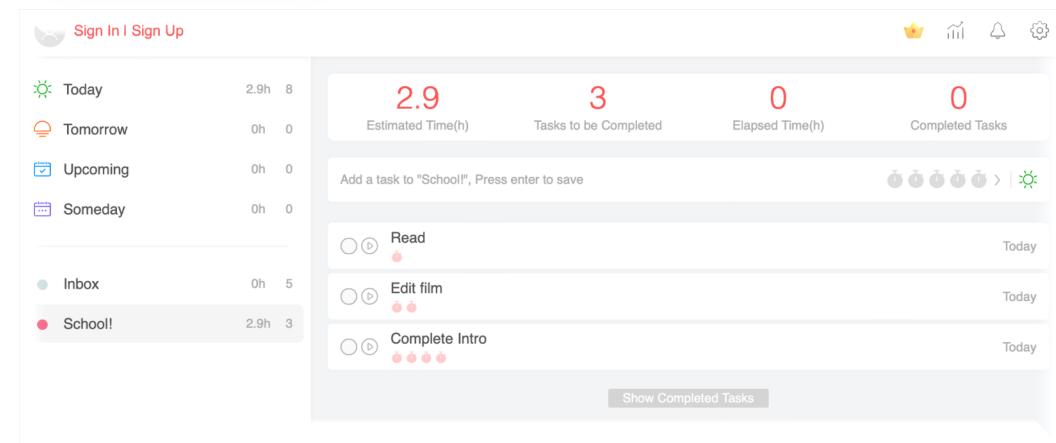
Sun	Mon	Tue	Wed	Thu	Fri	Sat
28 Half-Term Break	29	30	31 Cambridge: Exam	Nov 1	2 Film: Comparative Study... Geography IA: First Draft	3
4	5	6	7	8 Cambridge: Send written...	9 Film: First Draft Written...	10
11 • Geo Test: Paper 2 8 AM GMT	12 • EE Meeting 2:30 PM GMT	13	14 • EE Meeting 11 AM GMT • EE Meeting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



Beating procrastination °



Focus To-Do
Pomodoro



Forest



Self Control A large blue X icon.

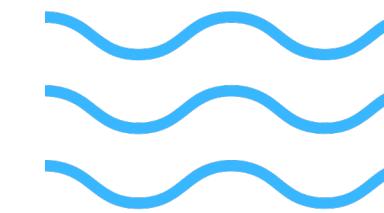
Help motivate your child

Tip 6/6



Support them and celebrate small milestones





Recap



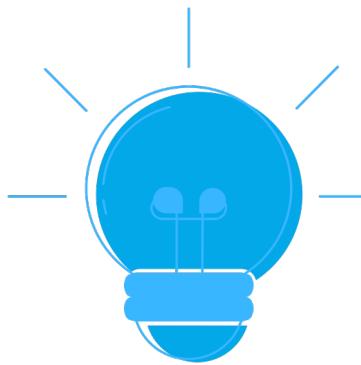
Understand the IB



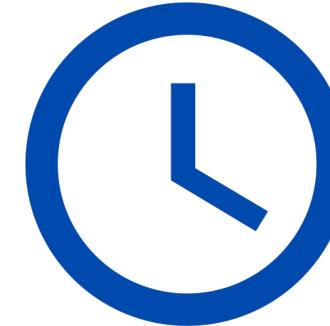
**Be comfortable
stepping back**



Help when needed



Encourage balance



Organisation

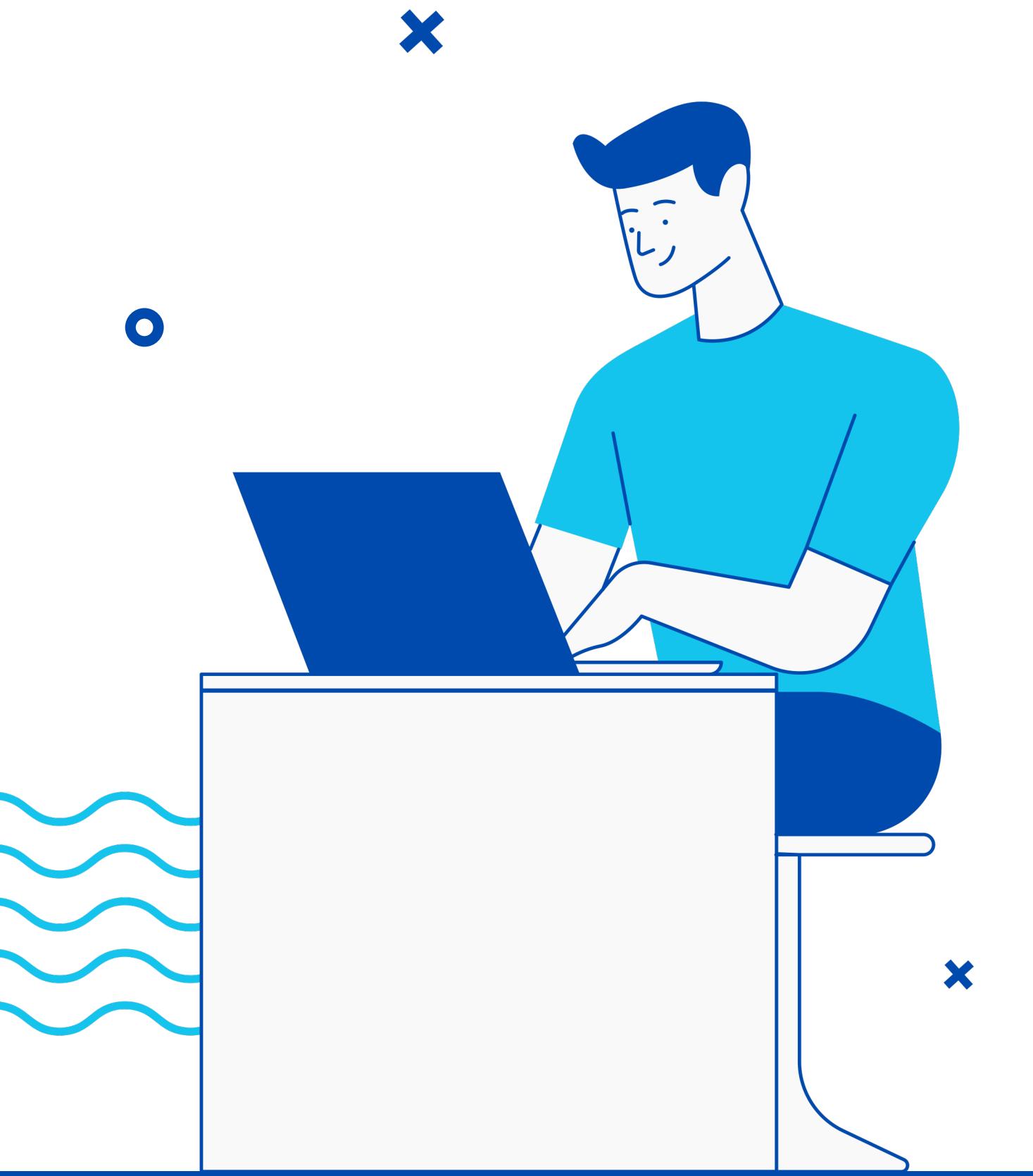
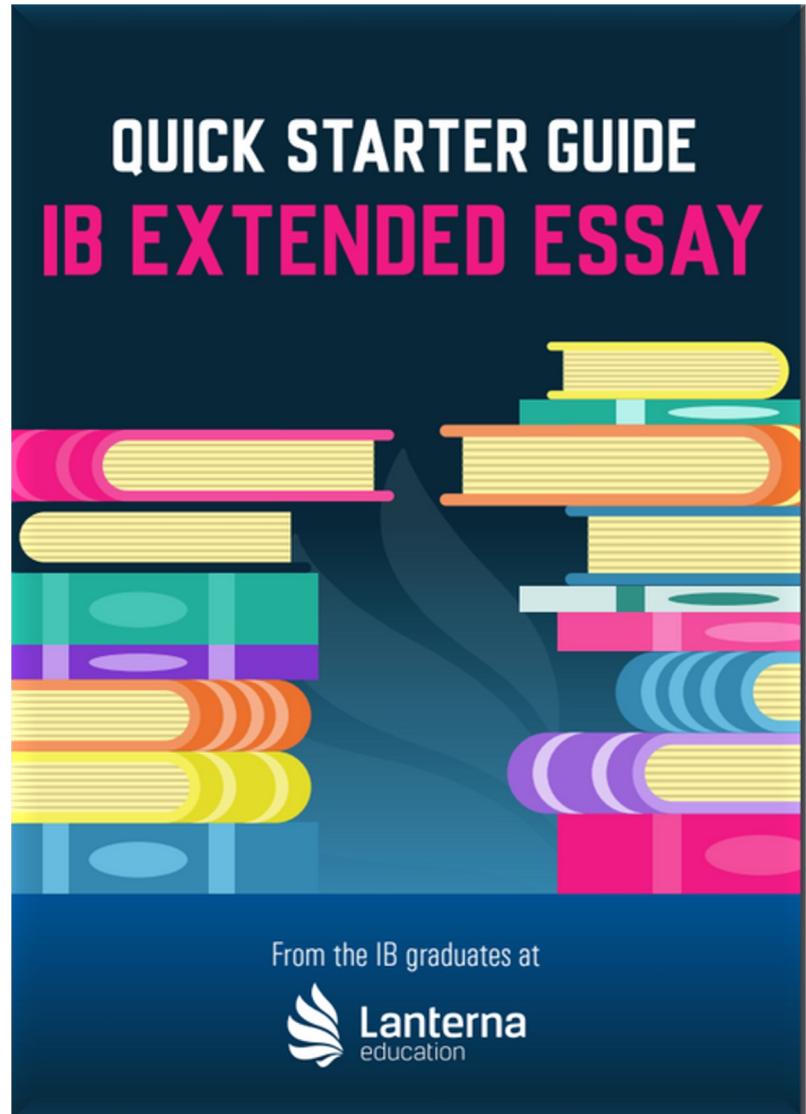


Motivation

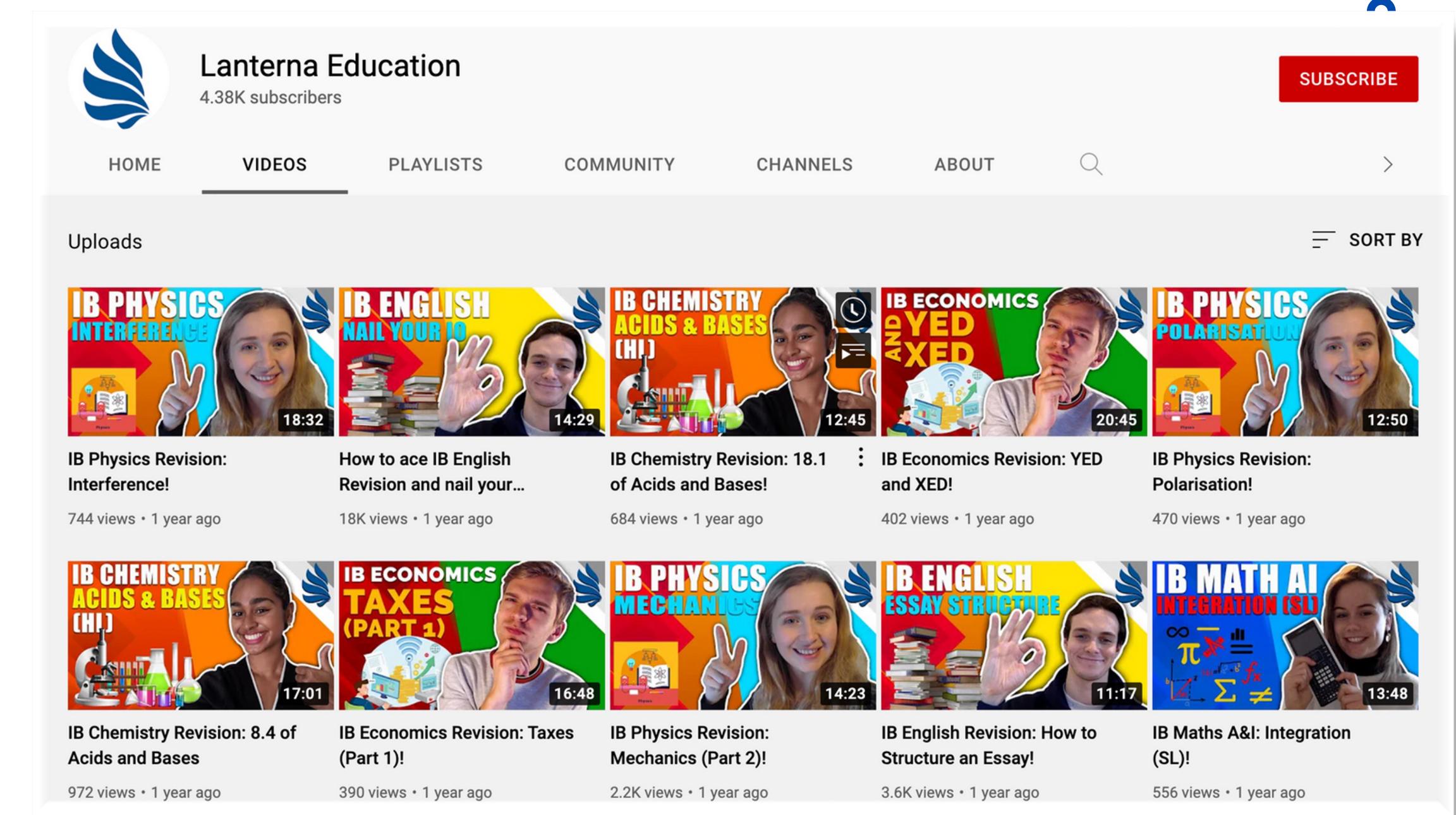
Useful Resources



Free resources



YouTube



Lanterna Education

4.38K subscribers

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Uploads

Video Title	Thumbnail	Length	Views	Published
IB Physics Revision: Interference!		18:32	744	1 year ago
How to ace IB English Revision and nail your...		14:29	18K	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



Applying for university Plan for Success

Student Self Care

October 06, 2022

How Important Are Your Grades?

Ah yes, the sweet 45. The score everyone dreams of, but no one dares hope for. Some people try their hardest to get juicy grades, while others figure they'd instead pursue other interests. Since you're reading this blog for advice on doing better in school, you're probably the former. Regardless of where you find yourself [...]



Applying for university

October 13, 2022

Applying for University Using the IB Diploma!

If you're considering university applications using the IB, you might be wondering how best to go about it. Today, I'll run you through how it might look, using my own personal example. (A quick disclaimer: Of course, one blog post is not enough to cover the entire world of university applications with the IB, and [...]



Efficiency IB - Understanding It Study Skills

Study Resources to Get a 45

 Jascha Schäfer, August 25, 2022

Read article

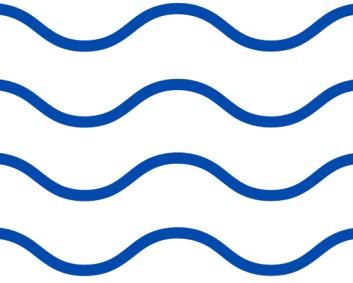


Revision Skills Study Skills

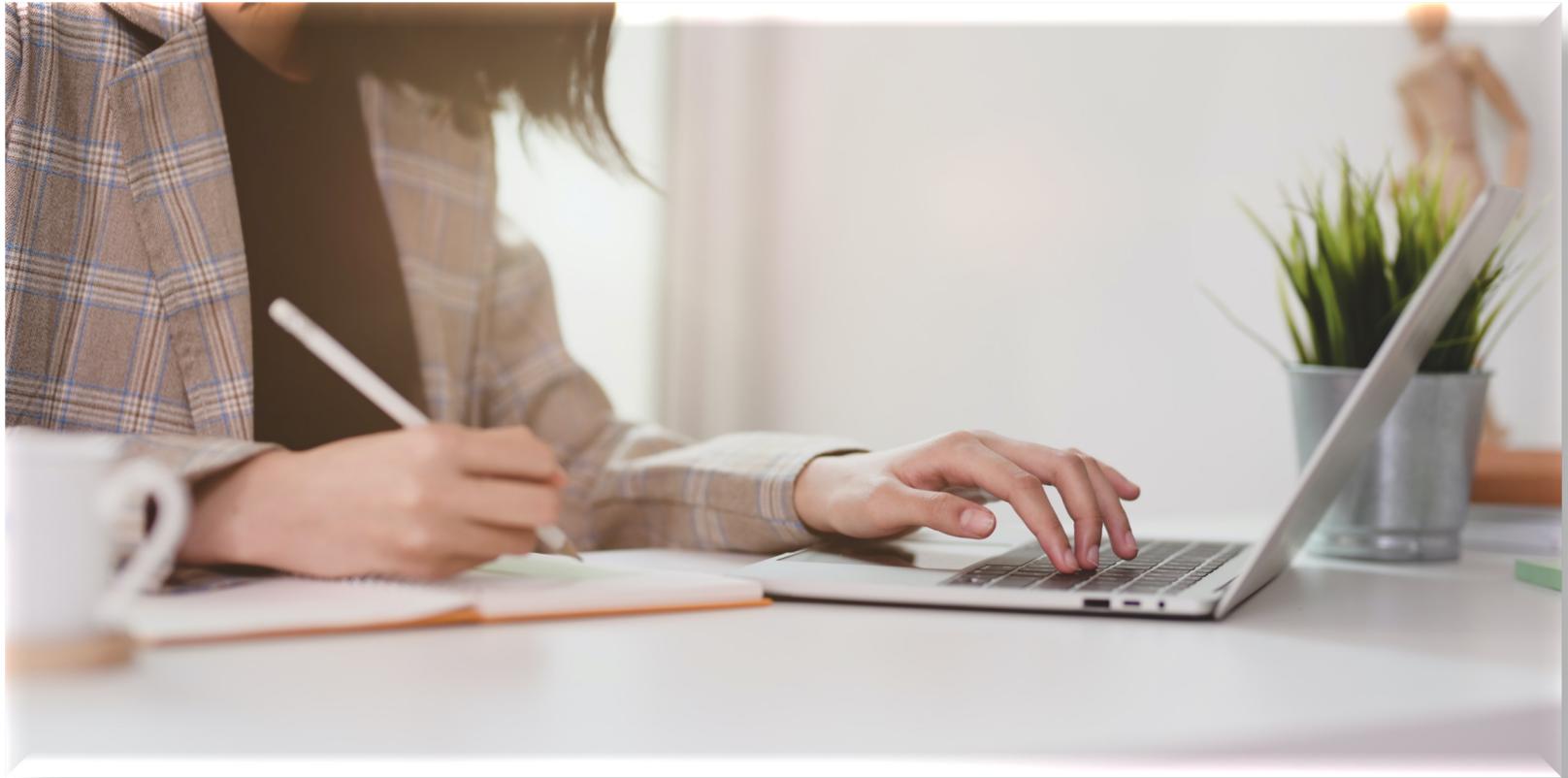
April 21, 2022

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 [...]

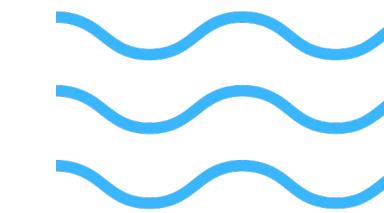


Support



Online Private Tutoring





Winter Revision Courses

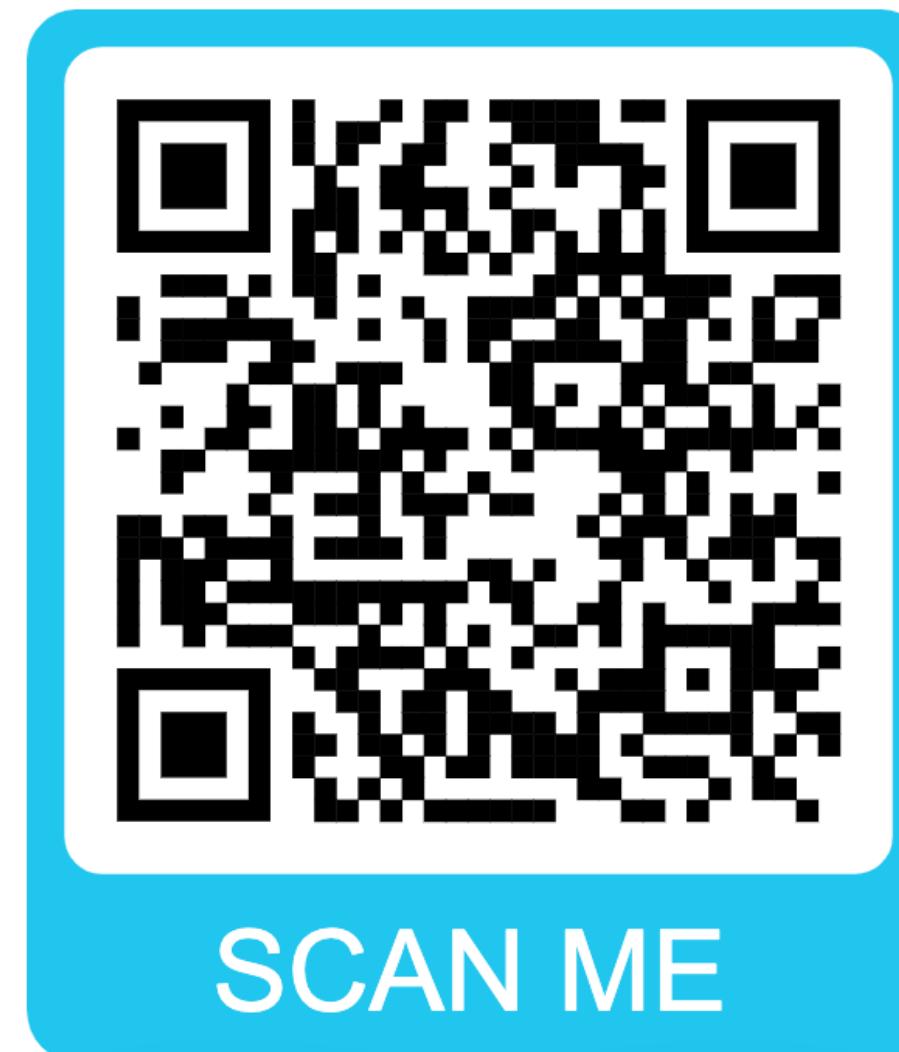
**Winter Mocks IBDP
Online Revision Course**

Consolidate knowledge, address problem areas and gain confidence in the build up to your IBDP exams.

December 27th - Jan 4th

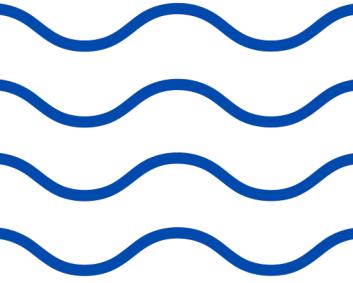
Status Types	Available: ✓		
	28th - 29th	30th - 31st	2nd - 3rd
Maths AA	✓		✓
Maths AI	✓		✓
Chemistry		✓	✓
Biology		✓	
Physics		✓	
Business			✓
Economics			✓
History			✓

Scan and Q&A



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resources!**

chiara@lanterna.com



Thank you for your attention!

