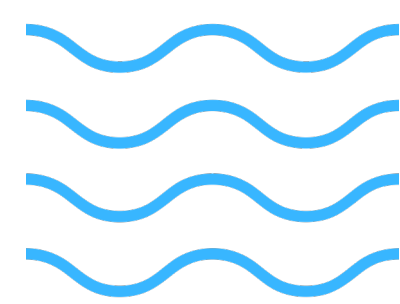


# Supporting Your Child Through the IBDP

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!



Juan

Valeria

Ana

Chiara





# Basics of the IBDP

Tip 1/6



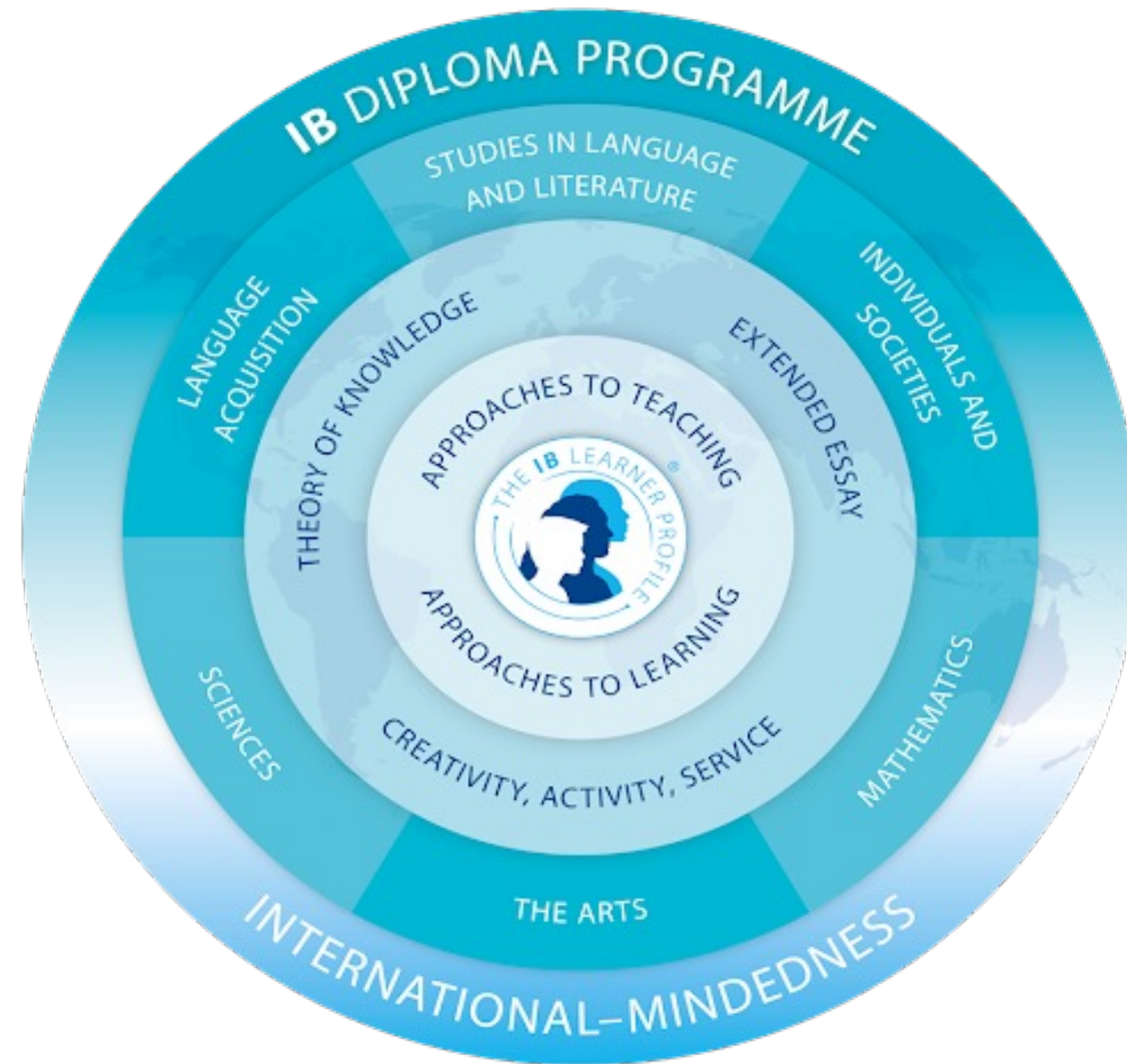
# 1.1 Basics of the IBDP



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

+

3 Core  
Points

=

45 Points

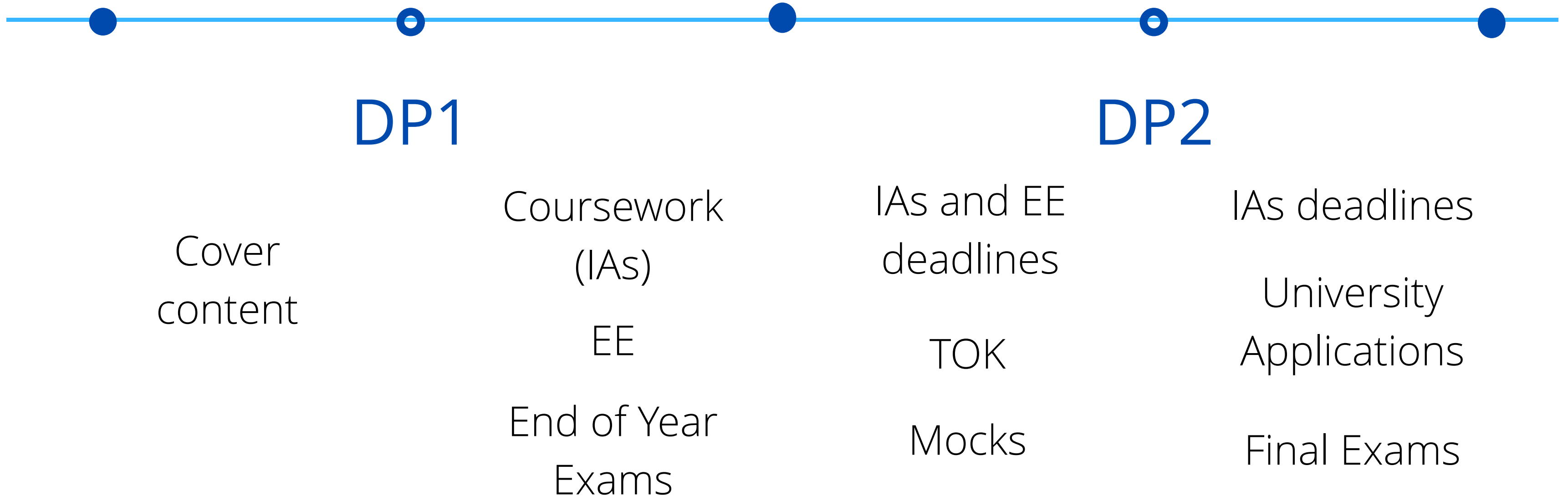
7 Max. points /  
subject

TOK

EE

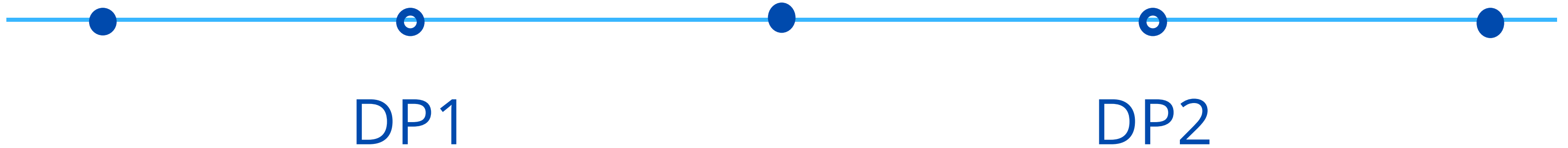
CAS

# 1.3 Timeline



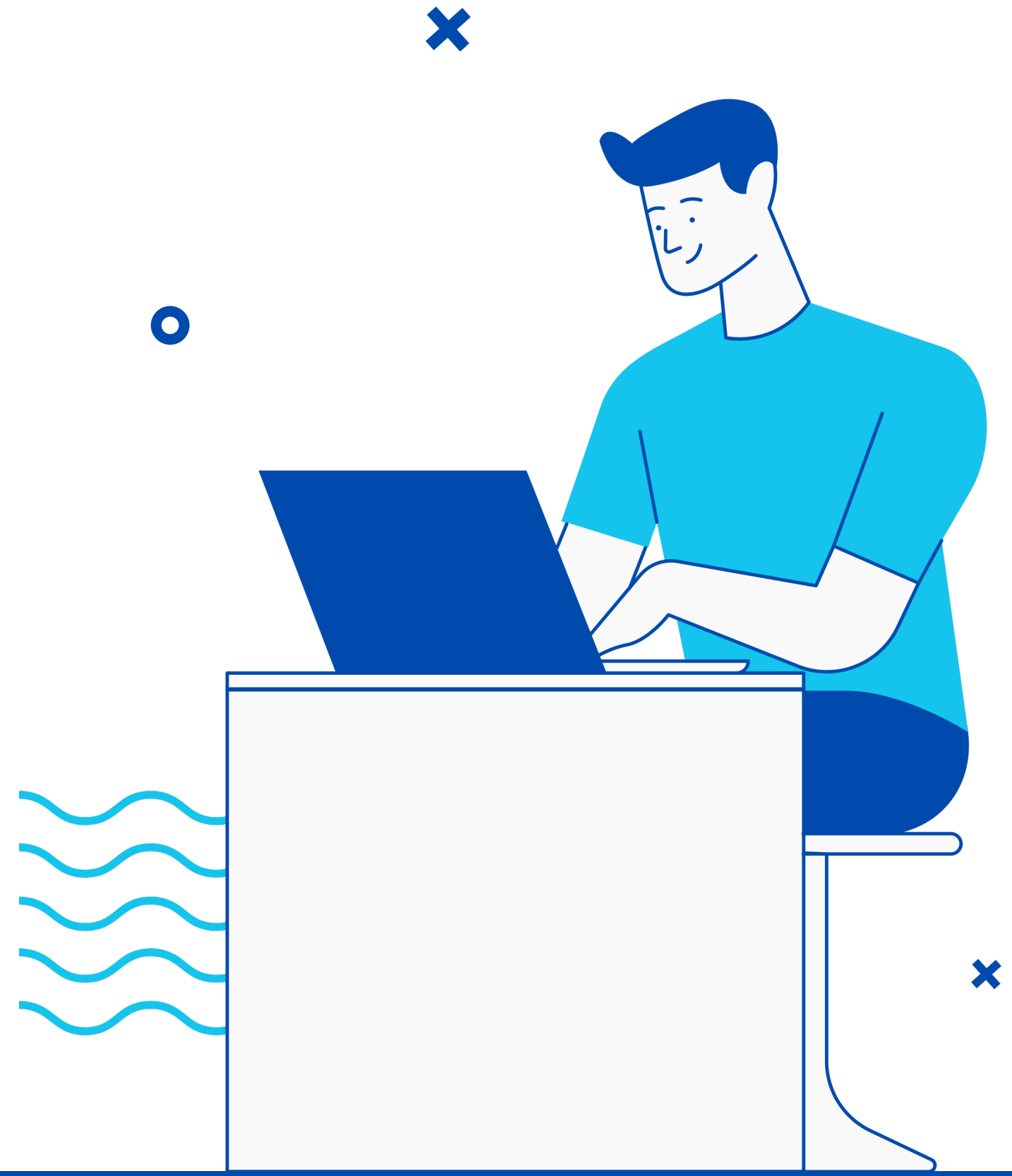


# 1.4 Stress Chart



DP1										"Holidays"		DP2									
SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY	JUN

# Ask meaningful questions



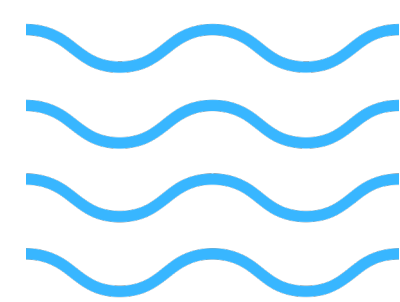


# Be comfortable stepping back

Tip 2/6



# Trust is important!





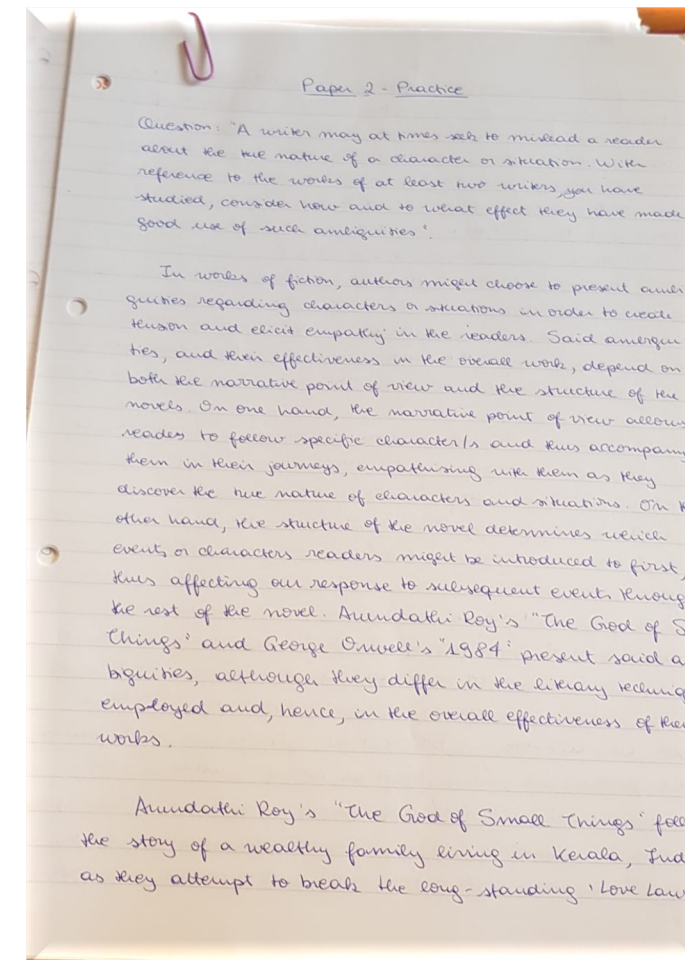
# Help when needed!

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)





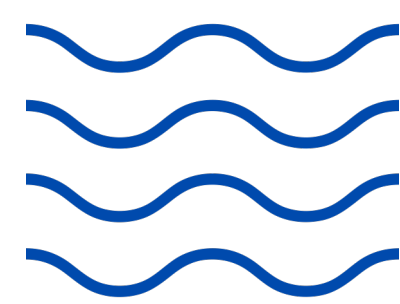
# Encourage balance

Tip 4/6





# Free time





# Help your child stay organised

Tip 5/6















November 2018							< Today >	
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
28 Half-Term Break	29	30 Cambridge: Exam	31	Nov 1	2 Film: Comparative Study... Geography IA: First Draft	3		
4	5	6	7 Cambridge: Send written...	8	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	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		

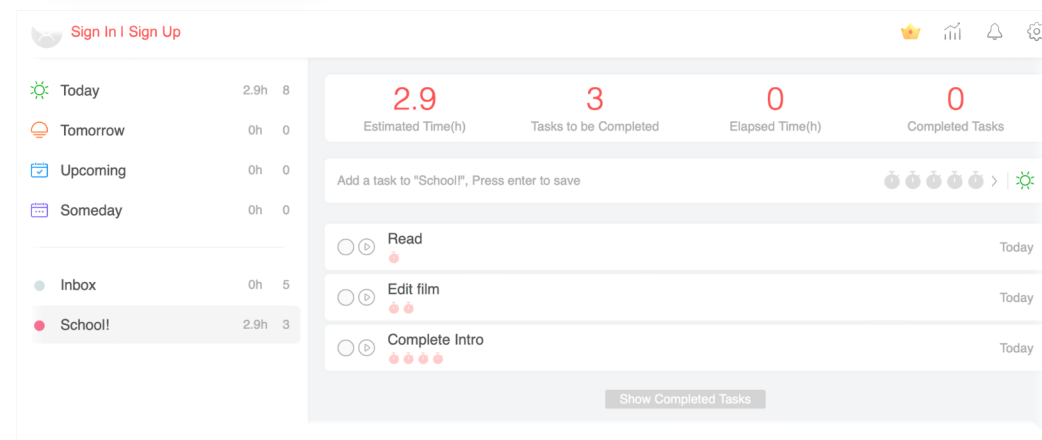
g class of 2019- IB DP/CP* CALENDAR - DEADLINES	
3rd Term: 9 April - 29 June 2018	
1 April	Initial reflection completed for EE/RP
1 May	Psychology First Draft IA
2 May	DT Criterion A (Draft)
4 May	Psychology First Draft IA
May -1 June	Exams
3 June	Outline of Extended Essay and Reflective Project
12 June	Maths IA
18th-19th June	French A SL/HL orals
19 June	EE/RP morning
19 June	Interim reflection for EE/RP completed
20 June	Theatre Arts - Research Presentation
27 June	Psychology Final Draft IA
28 June	History IA First draft
1st Term: 3 September - 14 December 2018	
7th september	Visual Art - Comparative study first draft deadline
7th September	DT Criterion B (Draft)
14th September	First draft Extended Essay and Reflective Project
September: 3 Off timetable days during outdoor week, EE/RP/As, Chemistry DT and Biology SL practical work, Geography IA day	
29th september	Physics & NOS first draft
29th september	Theatre Arts Director's Notebook (draft)
17th October	Chemistry IA first draft, DT Criterion C (Draft), History IA
20th October	Theatre Arts Director's Notebook, History IA
Monday 22 October through 26 October HALF-TERM	
30th October	Biology IA First Draft, NOS IA Final
October 30&31	English A HL IOC orals
November 2nd	First Draft Geography IA
November 3rd	First Draft Film Independent Study (doc script)
November 9th	Final Draft History
Nov 10th	Theatre Arts Solo Performance (draft presentation)
November 21st	Final Extended Essay and Reflective Project deadline
End of November	Viva voce and final reflection completed for EE/RP
December 3rd	Geography IA
December 7th	Chemistry IA
December 7th	Viva voce and final reflection completed for EE/RP
December 10th	French B and English B orals
December 12th	DT Criterion D (Draft), Film Independent Study (doc script)
December 10-11	Theatre Arts Solo Performance
2nd term: 7 January - 12 April 2019	
January 9th	First draft film IA, French Ab Initio written task
January 21-30	mock exams
January 31st- February 2nd Community week: no taught DP classes	
January 31st	TOK orals
February 5th	TOK essay 1st draft
February 6th	Biology IA / Physics IA
February 8th	Economics IA 1st draft
February 5-9	Language A and B written tasks
Monday 18 February-22 February HALF-TERM	
February 20th	Visual Art - Comparative Study Final Deadline
February 26th	TOK Essay
1st March	Economics Final Draft IA
March 5-9	French Ab Initio and Spanish B Orals and French A orals (not done last year)
March 14-15	Theatre Arts Collaborative Project, Final Film IA
March 15th	Final CAS interviews
March 19th	Visual Art - Curatorial statement and labels Final Deadline
March 20th	DT HL Criterion E & F (Draft)
March 21st	Art exam/Verisage
April 9th	Visual Art Process Portfolio final deadline
April 9th	Theatre Arts final submission of all written support materials
April 16th	Film orals
3rd term: 29 April - 28 June 2019	
29th April- 23rd May	DP Exams
25th May	Final report
28th June	DP Graduation



# Beating procrastination



Focus To-Do  
Pomodoro



Forest



Self Control





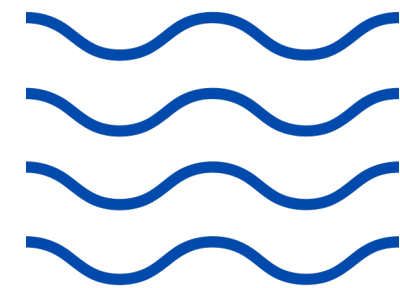
# Help motivate your child

Tip 6/6





# Support them and celebrate small milestones





# Recap



**Understand the IB**



**Be comfortable  
stepping back**



**Help when needed**



**Encourage balance**



**Organisation**



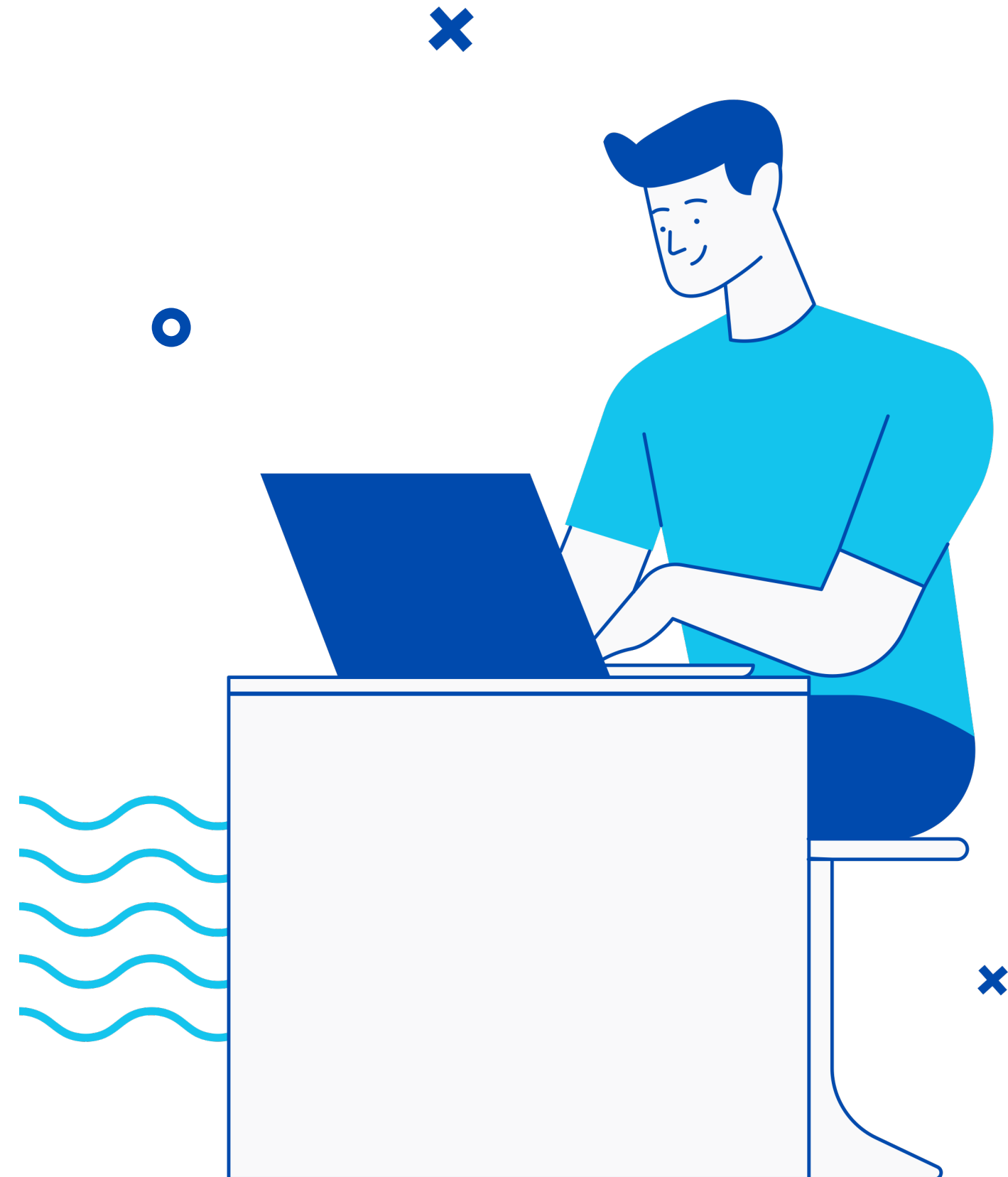
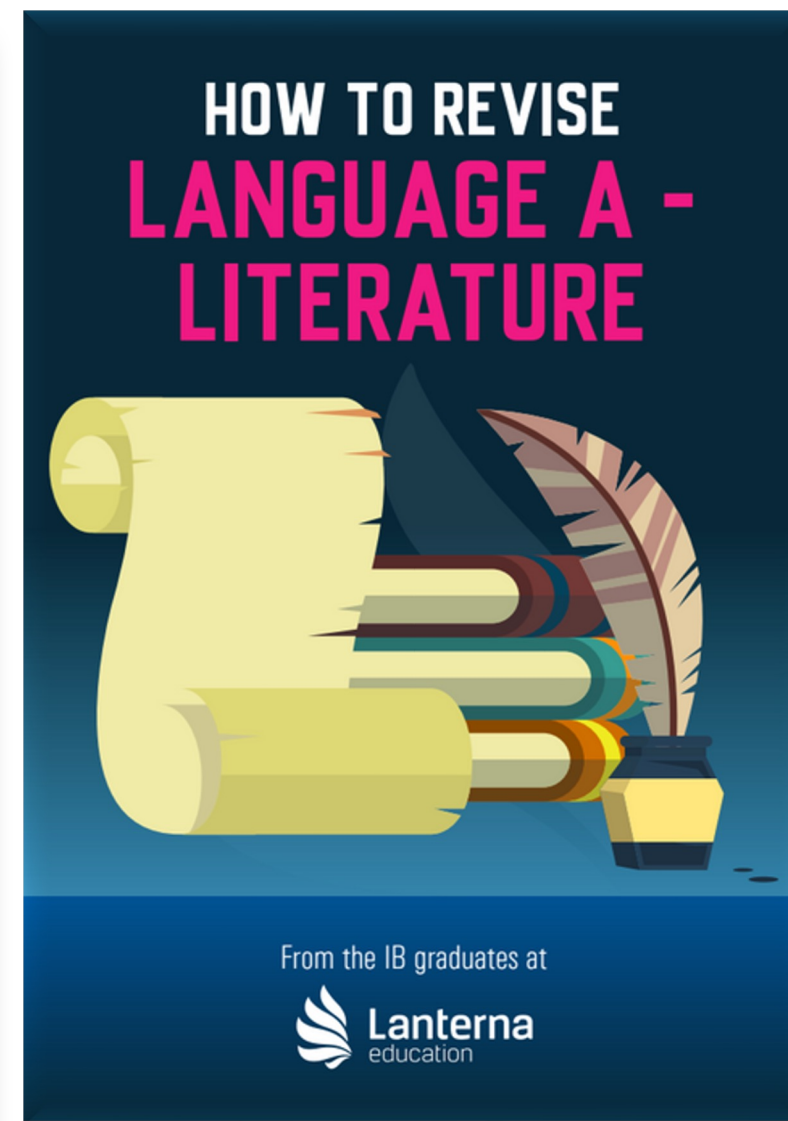
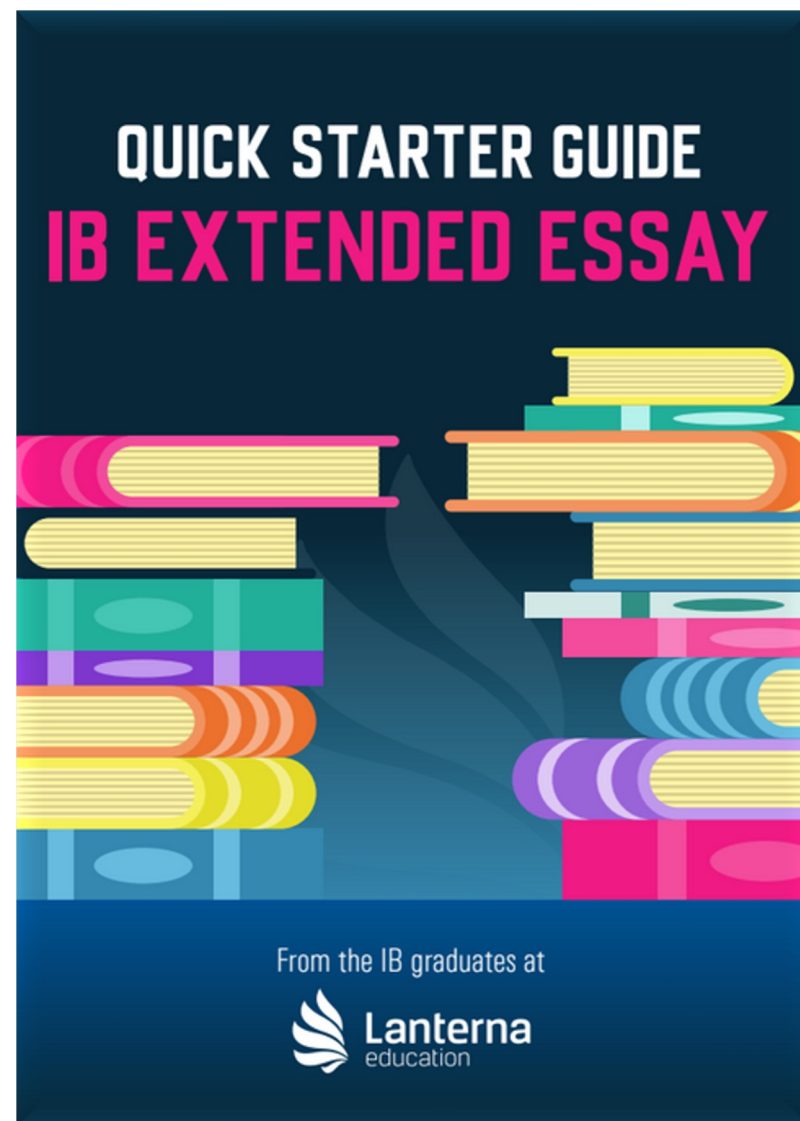
**Motivation**



# Useful Resources




# Free resources





# YouTube




Lanterna Education  
4.38K subscribers

SUBSCRIBE


HOMEVIDEOSPLAYLISTSCOMMUNITYCHANNELSABOUT

Uploads


SORT BY




IB Physics Revision: Interference!  
744 views • 1 year ago




How to ace IB English Revision and nail your...  
18K views • 1 year ago




IB Chemistry Revision: 18.1 of Acids and Bases!  
684 views • 1 year ago




IB Economics Revision: YED and XED!  
402 views • 1 year ago




IB Physics Revision: Polarisation!  
470 views • 1 year ago




IB Chemistry Revision: 8.4 of Acids and Bases  
972 views • 1 year ago




IB Economics Revision: Taxes (Part 1)!  
390 views • 1 year ago



IB Physics Revision: Mechanics (Part 2)!  
2.2K views • 1 year ago



IB English Revision: How to Structure an Essay!  
3.6K views • 1 year ago



IB Maths A&I: Integration (SL)!  
556 views • 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 IB DP Online Revision Course

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

**December 27th - Jan 4th**

Status Types	Available: ✓	Few spaces left: ⚠	No spaces left: ✕
	28th - 29th	30th - 31st	2nd - 3rd
Maths AA	✓		✓
Maths AI	✓		✓
Chemistry		✓	✓
Biology		✓	
Physics		✓	
Business			✓
Economics			✓
History			✓

# Scan and Q&A



Scan to access free  
resources!

chiara@lanterna.com



# Thank you for your attention!

