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**Are you ready to become an IB Student?**

 **Attend Class Every Day**

* IB classes can be more demanding and challenging than regular classes
* Teachers cover material faster and it is harder to make up material if you miss classes
* If you must miss a class, please talk to your teacher to get the material you missed

 **Be Prepared**

* Always have your notebook, textbook, pens/pencils, and materials in class
* Do all of the assignments, homework, class work, and projects

 **Ask Questions**

* One of the unique aspects of the IB Diploma Programme is that students are in charge of their learning – ask questions of your teachers and classmates if you want clarification
* Teachers are facilitators, not the sole dispensers of knowledge

 **Form Study Groups with your friends**

* Learning with friends sometimes offers different insights/views to a topic and may help you understand it better
* Find at least 2 friends/classmates in each class that you can go to for help

 **Keep an Up-to-Date Calendar**

* Being an IB Diploma Candidate requires organization and time management
* Use a paper or electronic agenda or calendar
* Keep track of deadlines, assignments, and meetings
* Check the school’s Twitter feed and your email regularly for information from teachers and IB Coordinator

 **Do your homework and Review your notes**

* Students should do assigned homework each night
* Always review your notes before class, before tests, before quizzes
* If no homework has been assigned, it is important to review notes and concepts from previous lessons and classes
* It is better to study 4 times for 10 minutes each than to study once for 40 minutes

 **Make Time for Fun**

* IB courses can be difficult, challenging, and rigorous. If you work hard, the learning you will do in the courses will yield great rewards
* There is more to life/school than IB
* Balance is important: school work, extra curriculars, volunteerism, family responsibilities and friends are all deserving of some of your time

 **Exercise! Activities!**

* IB students are sometimes stressed and fixated on work. Exercise and activities will help alleviate the stress. It is important to have outlets - a team sport, an activity, a community organization, family time, etc. Stress can also cause a student to lose sleep! Plus, these activities may lead to becoming CAS activities for your IB Diploma!
* Participate in at least 1 club each year
* Participate in at least 1 sport or athletic activity per year

 **SLEEP!!!**

* IB students are notorious for not making time for sleep, but sleep is very important! Students do not function well if they do not have enough sleep. Make sure to get enough sleep every day, especially before major tests, assessments, and IB Exams.

 **Reflect on your learning**

* It is important to understand yourself as a learner
* Think about your progress and development over time
* Recognize the challenges you face and act to improve on them
* Don’t forget that this is a learning process and you will have ups and downs, and that is normal. Learn from your struggles and your mistakes so that you can adapt and handle future situations better

**Are you ready to become an IB Parent?**

 **Be actively involved in and supportive of your child’s education**

* Communicate often with your child and be aware of their progress, successes, and difficulties
* Students may get discouraged at various points during high school. Remind them of the benefits of the program and their strengths

 **Provide an environment conducive to learning and working**

* Set aside a dedicated area for concentrated study
* When possible, help your son/daughter by talking about and discussing the topics and books being studied
* Help develop the study skills and a sustained commitment to work

 **Contact subject teachers directly with subject-related concerns**

 **Contact the IB Coordinator with other concerns or inquiries**