

IB SURVIVAL GUIDE

Do you have what it takes? The IB program is an intense academic program that prepares students for success in college. The work, however, can be daunting and rather stressful. In this guide, you will find advice from former IB students that will help you manage your stress, time and homework.

DEALING WITH STRESS:

- Exercise
- Play a sport
- Listen to music
- Write poetry or start a journal
- Develop a hobby
- “Hakuna matata” (Lion King)
- Turn off the lights and relax
- Learn Yoga
- Meditate
- Dance in the rain
- Don’t complain – get started
- Set goals! If you fail to plan, you plan to fail.
- Have a social life
- Cry, scream, throw soft things.
- Keep things in their proper perspective
- Don’t procrastinate
- Talk to friends
- Talk to your IB coordinator, counselor or teachers

TIME MANAGEMENT:

- Prioritize
- Don’t procrastinate
- Use a Daily Planner Book
- Post a long-term calendar somewhere at home where everyone in the family can see it
- Draw up a schedule of your daily events. What works best for you?
- Use post-it notes as reminders for important due dates, tests, etc
- Have notecards available in class to jot down important items
- Use free time for study or homework (Bus ride to school, lunch, before team practice, before rehearsal, etc)

COPING WITH HOMEWORK

- Work in a “homework group”
- Learn to use note cards or flash cards for review
- Prioritize

- Tape yourself reviewing material and then listen to it
- Buy books on tape that you are reading in class and listen to them as you drive to school or when you have free time
- Organize homework help parties
- Do homework for your hardest subjects first
- Work for a concentrated amount of time with no breaks

GETTING HELP AT SCHOOL

- Visit your IB Coordinator and/or counselor
- Seek out your teacher(s). Some teachers give student a home phone number to call
- Plan a study session with friends
- Get a study partner
- Get books on tape and listen to them while you drive, eat lunch, or exercise
- Use Cliff Notes (in conjunction with reading)