

IB READY

a beginners guide



THE SAPIENT



ANA GOMES

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CONTENTS

Introduction	05
Chapter I Mastering the IB Basics	06
Chapter II The Summer You Turn IB	14
Chapter III The Power of Smart Study	16
Chapter IV Unlocking Your IB Potential	20

ABOUT THE AUTHOR



Ana Gomes

Founder & Creator of *The Sapient*, Ana is a former marine microbiologist scholar who discovered a passion for teaching, mentoring, and helping students achieve their full potential. Specialized in the International Baccalaureate (IB) program, and working with children and teens with special educational needs, her mission is to equip all IB students with essential tools to thrive inside and out the academic world by cultivating time management and deep study techniques. When not tutoring, Ana enjoys traveling and evading into nature.

To "my kids".
The remarkable *misfits* who always make it
happen.

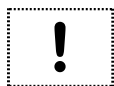
INTRODUCTION

BE READY.

BE IN CONTROL.

Hi, and welcome to *IB Ready*, a compact guide created for students about to pursue the IB diploma and those already enrolled in the program. In this guide, you will find all the information you need, summarized and organized in a way that is meant to help you improve your IB experience and boost your academic efficiency from the start. The International Baccalaureate (IB) Diploma Program (DP) is a significant milestone in every student's life. Its challenging nature, the unknown, the expectations, the pressure to excel, and the fear of failure can be overwhelming. You want to be confident in your ability to succeed before you embark on this new endeavor. That is why it is so common for you, the student, to question your academic potential and whether you are suited for the IB when, in reality, the right question to be asked is whether the IBDP suits you and your goals. The definition of success is different for everyone, but as I see it, success — academic, professional, or personal — is not fixed. Success is a continuous action, an ongoing journey that fosters growth, inspires ambition, and encourages continuous improvement. Therefore, whether the IB is the right fit for you and whether you will succeed will depend on your interests, aspirations, learning style, motivation, and — above all — your determination and courage to make it happen. This guide provides valuable insights, practical tips, and a carefully selected list of actions to apply. Understanding the essentials of the IBDP is your gateway to designing a strategy that aligns with your educational and personal needs. Knowing what to expect will help you feel in control of the years ahead, and being IB Ready is how I know you are on the path to success.

Let us begin.



Prioritize

Identify the most important and relevant information to focus on. This means understanding each class learning objectives and key concepts, percentages and points of assessments, and knowing which material is likely to be tested later on to make educated decisions on what to do first.



Learn Actively

Engage actively with the contents by taking detailed notes, summarizing in your own words, explaining it to others, asking questions, trying to make connections, and discussing topics with your classmates, teachers and tutors. Seeking to really understand will help you retain information better.



Manage Your Time

In IB time is your gold, and efficient time management is key to a productive study. So, to get more done in less time and still guarantee that your study is effective, you must strategically plan your time.

For more check the
Time Management Workshop
at www.thesapiient.org



Use Learning Techniques

Make use of different study techniques based on your learning style - flashcards, mnemonics, mind maps, voice recordings, spaced repetition, mimic - to help improve your memory & comprehension.



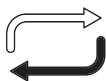
No Cramming

You may be used to last minute cramming, but that's not how you do it in the IB. To understand contents better and retain the information long-term you'll need to space your learning over time.



Stress Management

The IB is demanding and challenging and high stress levels can hinder effective learning. Keeping a healthy balance between academic workload and personal well-being is important for managing stress.



Regular Practice

Daily practice is important for subjects that involve complex problem-solving (e.g., mathematics, physics, economics) and memorizing (e.g. theater, psychology, history). Regular practice reinforces understanding and skills.



Self-Assessment

Assessing your knowledge and understanding regularly through self-testing using quizzes, worksheets, and exam-style questions can help identify areas where you need to focus more.



Seeking Help

Always seek clarification or help when needed. The IB program emphasizes inquiry and independent learning, but seeking support - from a teacher, tutor, or a study group - is an essential part of smart study. It saves you time and frustration.