

Who are we?

Hi! My name is Joselyne Balbuena. I am currently a Senior in Mount Vernon High School. Mount Vernon High School just started their IB Diploma Program last year and I am one of the first graduating Seniors.

Hi! My name is Deanna Pogue. I am currently in 12th grade and participating in the International Baccalaureate Diploma Program.

We would like to tell you more about the IB Diploma Program and our experiences in the program. Enjoy !

IB CAS BLOG

Authors: Joselyne Balbuena, Deanna Pogue



IB

What is IB?

IB DP or also known as International Baccalaureate Diploma Program, is an education program which prepares us for college and teaches us skills that are helpful for all aspects in our lives. You can choose to take only a few IB classes, or like we did, take the full diploma program. Both program courses require completion of an Internal assessment for each class and an examination paper. If you choose to do the full IB Diploma Program you will also need to do an extended essay and a CAS project. With IB you can also earn college credits and IB classes on your transcript allows you to stand out to colleges . IB consists of ten learner profiles: reflective, open minded, risk takers, caring, balanced, principles, knowledgeable, inquirers, communicators, and thinkers. IB is a great way to create high school memories and get a jump start on your college courses.

IB LEARNER PROFILE

The aim of all IB programmes is to develop internationally-minded people who, recognising their common humanity and shared guardianship of the planet, help to create a better and more peaceful world. IB learners strive to be:

Reflective Give thoughtful consideration to your own learning and experience. You are able to assess and understand your strengths and limitations in order to support your learning and personal development.	Balanced Understand the importance of intellectual, physical and emotional balance to achieve personal well-being for yourself and others.	Knowledgeable Explore concepts, ideas and issues that have local and global significance. In so doing, you acquire in-depth knowledge and develop understanding across a broad and balanced range of disciplines.
Open-minded Understand and appreciate your own culture and personal histories, and are open to the perspectives, values and traditions of other individuals and communities. You seek and evaluate a range of points of view, and you are willing to grow from the experience.		Inquirers Have a natural curiosity and learn to acquire the skills necessary to conduct inquiry and research and show independence in learning. You actively enjoy learning and this love of learning will be sustained throughout their lives.
Risk-takers Approach unfamiliar situations and uncertainty with courage and forethought, and have the independence of spirit to explore new roles, ideas and strategies. You are brave and articulate in defending your beliefs.	Principled Act with integrity and honesty, with a strong sense of fairness, justice and respect for the dignity of the individual, groups and communities. You take responsibility for your own actions and the consequences that accompany them.	Communicators Understand and express ideas and information confidently and creatively in more than one language and in a variety of modes of communication. You are willing to work in collaboration with others.
Caring Show empathy, compassion and respect towards the needs and feelings of others. You have a personal commitment to service, and act to make a positive difference to the lives of others and to the environment.		Thinkers Exercise initiative in applying thinking skills critically and creatively to recognise and approach complex problems, and make reasoned, ethical decisions.

More information on what IB is for those who are visual learners :

<https://www.youtube.com/watch?v=6mRI6Mcp5hM>

Why IB? By Joselyne

When I was first introduced to IB my first thoughts were: What is this? I had no clue about all the work that would be waiting for me. Personally, I chose IB DP because I knew it was going to benefit me (and the opportunity to earn college credits sound splendid). I took a lot of pride choosing to stay in IB DP, I couldn't wait to be able to say "yes I did finish the whole IB DP program". But overall IB focuses on how YOU work and the knowledge YOU gain, so there's really no right or wrong answer. So why IB? IB helps you learn at a deeper level, you are given opportunities to express yourself.

Why IB? By Deanna

When I sat in my 10th grade English class and heard the first IB presentation I automatically thought of all the work I would have to do. After some thinking and doing the summer bridge program summer of my 11th grade year I decided to do the DP Program. My first year I was flustered with all the work because I never had a workload that heavy. From then I developed time management, daily planning, and organizational skills. After all the work I had to do in my junior year I told my counselor I did not want to do the program anymore. She told me to think of all the benefits the IB program has: college credits, college preparation, and organizational skills. So, Why IB? IBDP not only prepares you for college but assists you in getting into college. Because of the IBDP program I have gotten numerous emails from schools asking me to apply to their college, including my top choice. The IBDP program gives me a feeling of completion and accomplishment.

What we had to do in order to receive the full IB Diploma:

<https://www.woostercolts.com/Page/56>

(Yes, it is ALOT, but remember if the two of us could do it, do not doubt yourself and limit your potential.)

Here's an example of a link we were given in order to form our TOK IA:

<http://www.howtoib.com/writing-tok-essays/>





Challenges faced throughout my IB journey by Deanna

When entering the IB program I was thrown into it. I was not sure of all the deadlines and work that needed to be done. In my junior year, I did not have any major deadlines that I stressed. Senior year is the year I became stressed out. On top of IB assignments, I had to do college work. The first major failure I made was not having a timeline for my work to get done. I ended up being flustered and bombarded with work all at

Communication is important by Joselyne

It is important to communicate with your teachers, parents, other adults in the building and even your classmates. Keep this in mind when you are making your decision to join IB. This is a program that requires a lot of responsibility, and with responsibility I experienced a lot of stress. I would not consider myself the most responsible person but through my journey in IB I learned strategies so if I can do it, you can do it, but always put yourself first. IBDP requires you to communicate what you're feeling. One time I came to class and my teacher told me I was slacking and I remember I gave her the worst attitude because I was drained, of course she did not know this until I talked to her the next day. We honestly laughed about it because it was unexpected and she really did not do anything yet I was so triggered. She said something that I tell myself every time I get upset. Which is "You can't control your feelings; you can only control your results". So, expect a lot of emotions to come out and be prepared to

"You can't control your feelings, you can only control your results."

Steps to Maintaining Good Mental Health

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<p>STIR THE IMAGINATION Balance your schedule with some fun. Try something new: a recipe, photography, gaming, dance routine or a language. Engage in your hobbies, create a YouTube video, put together a jigsaw puzzles or make a gratitude list.</p>	<p>MAINTAIN A ROUTINE Try to maintain a daily routine to help bring some structure to your day. Keep a regular sleep schedule, shower, get dressed, find productive activities, make time for self care, eat a balanced diet and exercise. These will all help you maintain good mental health.</p>
<p>STAY CONNECTED Use electronic social platforms to stay connected with friends and family. Volunteering can have a lot of social benefits. Organizations are looking for people to help collect and distribute food and supplies. This will help minimize feelings of isolation especially for those living alone.</p>	<p>TAKE A BREAK Limit the amount of news you watch, unplug from social media for a few hours. This will help reduce anxiety and allow you to focus on more positive activities like finally cleaning out your closet!</p>
<p>SEEK SUPPORT If you are struggling reach out and talk to someone. There are many services offering support over the phone or through teleconferencing. Reach out to your local mental health centre, helpline or 911.</p>	<p>MINDFULNESS Take time out to daydream, meditate, pray, reflect, try grounding/relaxation exercises, or yoga. When we practice mindfulness, our thoughts focus on what we are sensing in the present moment rather than ruminating the past or imagining the future.</p>

Follow your schedule not your mood.

once. I prioritized college work, making all my other assignments late. I also learned to do something right when something was given rather than waiting until the last minute. I know that not waiting until the last minute is supposed to be known, and it was. I just realized the consequences of doing your work at the last minute: bad grades, rushed work, and bad habits. From these major mistakes, I learned that everything is a lesson. I now know that time management is important for quality work, keeping on top of deadlines, and a big reward.

communicate, just know that these teachers aren't always your enemy, speak to them, they are here to help you.

**Mental Health is KEY ,
heres some videos to reset
your mind and have a
clearer head, remember the
feelings are temporary .**

<https://youtu.be/TFbv757kup4>

<https://youtu.be/ztTexqGQ0VI>



[Memories and growth]

Joselyne: IBDP allowed me to actually allowed me to create good memories. Like the time we helped Azariah and Toniann (two IB diploma members) with their CAS

Memories and Growth

Deanna: I remember first going into the IBDP thinking it was going to be regular classes with a lot more homework. This quickly changed. A few months into 11th grade me and my best friend, Jada, were having a conversation about how unprepared we were for the program. We

project, which was donations. Can't forget about the time I thought I was going to get arrested. Disclaimer: always read everything and ask for clarification. Long story short, in my extended essay I did not correctly add the source to where I got my information, even though it was in my own words I came to find out this was a form of plagiarism. The principal called me to his office and I was getting ready to state my amendments and start calling lawyers, luckily, I then added my sources and everything went well. Learning from my mistakes while creating memories is what IBDP is all about.



both took time out of our day to do homework and study together. Because of covid, my IB classes could not take the trips and do activities that were planned, which caused us to miss core memories in the IBDP. These were made up when the Senior year started, and I started socializing again. When it comes to writing, my writing has improved, and it has become easier for me to write. I also learned how to manage time with and communicate better with my teachers and classmates. Another thing that I will cherish that has happened in the IBDP are the talks that the teachers have with us to see how we are doing, regarding life in general, homework, and our mental health. Even though I have struggled in this program. I am grateful for all the educational, business, and social skills I have learned.

[Globalmindness]

Joselyne and Deanna:”

The difference between IB classes a regular high school classes is that we as IB team and students is that we get to have a better understanding of the world. IB classes tach us the subject but it also teaches us how this subject connects to the world. We also even have a specific class that tests our knowledge and teaches us about different ways of knowing which is the class of TOK. In this class we learned far more about global life. Also, our English IA was based on a global issue. The whole IB program really expanded our mind far more about the world and prepared us for life outside of high school.

[how we embody the IB learner profiles]

Joselyne and Deanna: IB learner profiles are sort of like characteristics of what WE believe makes a great student and a great person overall in life. We personally make sure that we categorize under each learner profile. The Ib learner profiles are reflective, openminded, risk takers, caring, balanced, principled, knowledgeable, inquirers, communicators, and thinkers. We always have to work on some more than others but being open minded and balanced we believe that we have a little bit of all of them thanks to being in the IB program.

[Post IB- Inow know]

Joselyne and Deanna: Now that the school year and our high school experience is coming to an end sadly, so is our IB experience. We can both say that this year was one of our hardest because we decided to be in IB, but now reflecting on our experience we can say that IB formed us and has prepared us for the world that awaits us. IB taught us to be responsible for one. We also now know that we have to communicate in order to get things done. One of the biggest things we know how to do is write ten page papers, which will come in handy for college, along with citations, references, table of contents, all the stuff that scares the average. Most importantly we learned that we are capable of doing anything we put our minds to, nothing is impossible and by choosing to do this program we might have just set a great start for the life that awaits us. Whoever is reading this blog, we believe that IB is a tough but great program, its memorable and preparing for the future.