



## IB Core—Theory of Knowledge, Extended Essay, CAS Sarah Pancost

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### Assessment Requirements

- **Theory of Knowledge:**  
*Essay*—In response to one of the six prescribed titles that are issued by the IB for each examination session  
*Internal Exhibition*—Create an exhibition of three objects with accompanying commentaries that explore how TOK manifests in the world around us.
- **Extended Essay:**  
Essay (maximum 4,000 words) assessed using the following criteria—focus and method, knowledge and understanding, critical thinking, presentation, engagement
- **CAS (Creativity, Activity, Service):**  
Reflection on extracurricular involvement. Project that includes following stages—investigation, preparation, and action that meets an identified need; reflection on significant experience throughout

### Sarah Pancost

**From:** Beal City, Michigan

**Education:**

*Alma College*

Double Major: Political Science and English

*Central Michigan University*

Masters: Humanities

**Prior to Teaching:** Professional, year-round outdoor instructor for the YMCA and Girl Scouts

Has taught at Dow High for 23 years

**Also at DHS:** International Baccalaureate Diploma Coordinator

**Hobbies:** writing letters, watching HGTV, wandering museums, taking walks with family

**Family:** husband Roger, son Quinn (Chestnut Hill 5<sup>th</sup> grader)

**“IB constantly evolves. It’s a privilege to align with colleagues worldwide to deliver current, reflective content. I love being a part of a reflective community of educators.” – Sarah Pancost**

