

# BHS IBDP SUMMER ADVENTURE ASSIGNMENT

**For ALL sophomores scheduled to take *any* IB Class Junior Year**

Welcome to the BHS IB program! Below are the details of your summer assignment, due on the first day of school! The overarching aim of the assignment is to encourage you to build your tendencies regarding the IB Learner Profile Traits—these are habits that IB aims to instill in students.

**As IB learners we strive to be:**

## **INQUIRERS**

We nurture our curiosity, developing skills for inquiry and research. We know how to learn independently and with others. We learn with enthusiasm and sustain our love of learning throughout life.

## **KNOWLEDGEABLE**

We develop and use conceptual understanding, exploring knowledge across a range of disciplines. We engage with issues and ideas that have local and global significance.

## **THINKERS**

We use critical and creative thinking skills to analyse and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions.

## **COMMUNICATORS**

We express ourselves confidently and creatively in more than one language and in many ways. We collaborate effectively, listening carefully to the perspectives of other individuals and groups.

## **PRINCIPLED**

We act with integrity and honesty, with a strong sense of fairness and justice, and with respect for the dignity and rights of people everywhere. We take responsibility for our actions and their consequences.

## **OPEN-MINDED**

We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek and evaluate a range of points of view, and we are willing to grow from the experience.

## **CARING**

We show empathy, compassion and respect. We have a commitment to service, and we act to make a positive difference in the lives of others and in the world around us.

## **RISK-TAKERS**

We approach uncertainty with forethought and determination; we work independently and cooperatively to explore new ideas and innovative strategies. We are resourceful and resilient in the face of challenges and change.

## **BALANCED**

We understand the importance of balancing different aspects of our lives—intellectual, physical, and emotional—to achieve well-being for ourselves and others. We recognize our interdependence with other people and with the world in which we live.

## **REFLECTIVE**

We thoughtfully consider the world and our own ideas and experience. We work to understand our strengths and weaknesses in order to support our learning and personal development.

**The IB learner profile represents 10 attributes valued by IB World Schools. We believe these attributes, and others like them, can help individuals and groups become responsible members of local, national and global communities.**

**PART ONE: With those traits in mind, we would like you to approach your summer as a series of adventures.**

An adventure:

- may be planned, partially planned, prepared for or improvised
- interesting, exciting, surprising, and new
- varied in pace and length
- a break from routine (or a new routine)
- a quest or chance for discovery
- intellectually or physically challenging
- may build new relationships and a sense of empathy
- can challenge our preconceptions, judgments, opinions, and
- a chance to try something thoughtfully risky that will be a source of pride in the near and far future
- may lead to discoveries, new perspectives, new knowledge or kinds of knowledge, and wisdom

## **PART TWO: As you go on your adventure/s, keep a record of your experiences for your own reference.**

There are many ways to do this, and keep in mind this is your own resource—this part will *not* be collected, but will help you with PART THREE.

- a written and audio journal of your explorations
- an Instagram account with pictures and thoughts
- a scrapbook, sketchbook, inventor's notebook, or field notebook
- a website

## **PART THREE: As the summer comes to a close and school nears, review your experiences. Choose ONE experience and then compose a thoughtfully written reflection of about 750 words in which you:**

- 1. Briefly describe your experience, using thoughtfully chosen details**
- 2. Discuss 2-3 IB Learner Profile Traits that your experience required and/or developed and explain how it did so**
- 3. Reflect on what you learned about yourself through the experience, focusing on your strengths and areas for improvement**
- 4. State and justify two resulting goals you have for yourself as a student going into your IB course/s and some specific steps for how you would like to accomplish them.**

**Formatting: Typed, double-spaced. Include word count at end. This should not be one giant paragraph, but should have a basic structure (intro, body, conclusion).**

**REMEMBER: This MUST be your own authentic work about a real experience and you MUST specifically cite any borrowed information.**

**Here are some of the ideas from the faculty here who teach IB classes—these are things that we do to stay intellectually alive! Keep in mind this isn't an exhaustive list. Also remember that you need parental permission to do some of these (especially any travel near or far).**

- Explore (with friend/s is best and safest):
  - Brockton—via BAT bus—the city has a lot of history!
  - Boston or Cambridge—via BAT #12 to MBTA Red Line's Ashmont Station (or you can park at Braintree, North Quincy, Quincy Adams stations)
  - Cape Cod—costs a bit more but via Amtrak or boat from Boston's Seaport
  - New York—via Amtrak or bus
- explore a museum (or several)—many are accessible via public transportation—the websites have this info, and many have student discounts or free admission on certain days
  - Peabody Essex Museum
  - Fuller Craft Museum
  - Museum of Fine Arts
  - Museum of Science
  - Institute of Contemporary Art (ICA)
  - Isabella Stewart Gardner Museum
  - Harvard Art Museum; Harvard Museum of Natural History
- learn or sign up for a class in something different as a challenge/hobby (painting, ceramics, jewelry-making, Zumba, bird-watching, rock climbing, etc.)
- read a new genre or author—fiction, nonfiction, poetry, historical fiction, fan fiction, fantasy, sci-fi
- start a journal or blog that could cover many topics (societal concerns, personal issues, fiction, etc.)
- walk/hike at one of the various parks, Audubon sites, trustee reservations, etc.
- volunteer for summer festivals
- explore the public libraries around you
- travel anywhere! (Towns, Cities, Parks, States, Countries, Universes!)
- learn and play a new game or skill

**Here are some ideas broken down by some of the IB Learner Profile Traits:**

1. Risk-Taker & Open-Minded – Try something NEW like:
  - Sushi
  - Foreign Film
  - Shakespeare in the Park .... just to name a few choices.
2. Caring – Volunteer/Spread some Sunshine at places like:
  - Nursing homes
  - Animal shelters
  - Churches
  - Community centers
  - Hospitals
  - Food Pantries... just to name a few choices.
3. Principled & Inquirer – Research a topic you care about like:
  - Poverty
  - Climate Change
  - Opioid Epidemic
  - Homelessness
  - Education... just to name a few choices.
4. Communicate your findings and feelings about a topic or exploration to one of your local representatives via a well-written and respectful letter. Keep a copy for your records.
5. Balanced – Make a lifestyle change for the better and stick with it for a week and examine how you feel. Try to make the change stick for the rest of the summer and see how you feel at the end. Try something like:
  - Cardio or Weightlifting
  - Bike Riding
  - Eat more vegetables/ Eat less junk food
  - Yoga or Meditation
  - Long walks outside
  - Swimming
6. Thinker & Knowledgeable – Take an in-depth look into two or three prospective majors and research which colleges offer them OR make a short list of some dream colleges and examine what they could offer to you as a potential future student. Develop some questions you need to ask.

