IB @ INTERLAKE

ALISON ESSINGER

IB COORDINATOR

(Advanced Learning parents & students meet in the Theater)

IB Diploma Program

1. What is it?
2. Who can do it?
3. What are the aims?
4. What are the benefits?
5. How does it look at IHS?

KEEPING CHILD IN THE CENTER OF DECISIONS

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1. WHAT IS THE INTERNATIONAL BACCALAUREATE?

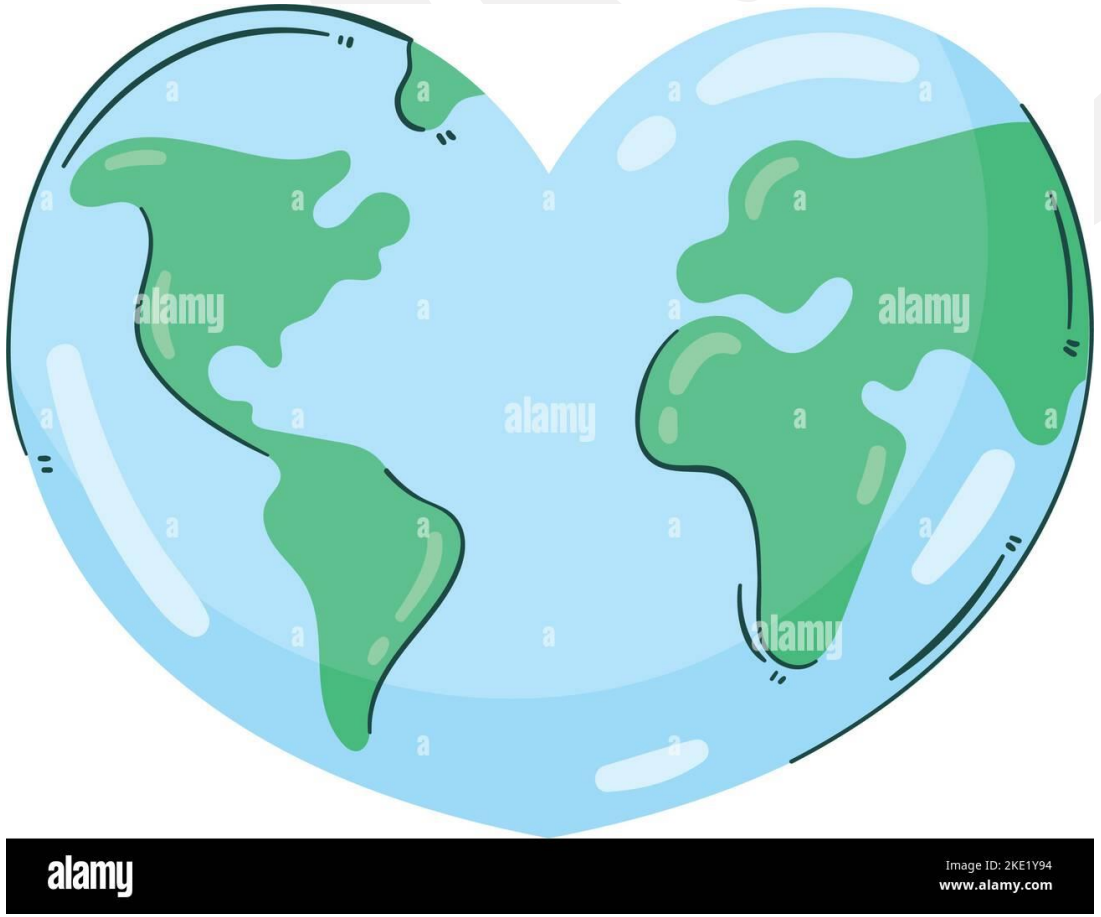
IB MISSION STATEMENT

- The International Baccalaureate® aims to develop inquiring, knowledgeable and caring young people who help to create a better and more peaceful world through intercultural understanding and respect.
- To this end the organization works with schools, governments and international organizations to develop challenging programmes of international education and rigorous assessment.
- These programmes encourage students across the world to become active, compassionate and lifelong learners who understand that other people, with their differences, can also be right.

THEREFORE...

…at its heart, IB's purpose is *not* test scores for college applications or college credit.

It is a program that develops positive student traits, prepares them for higher education, and is grounded in intercultural understanding and global awareness.



WHAT IS THE IB DIPLOMA PROGRAM?

2

YEARS

11th & 12th grade

6

SUBJECTS

Language A
Language B
Individuals & Societies
Science
Math
Arts or Other

3

CORE

Theory of Knowledge

Extended Essay

Creativity, Activity & Service

INTERNATIONAL BACCALAUREATE DIPLOMA PROGRAMME

- The Diploma Programme (DP) is designed for juniors and seniors in high school.
- DP students study 6 areas of knowledge along with 3 core components.

  1- English

  2 –World Language

  3-Social Studies

  4-Science

  5-Math

  6-Arts or Other

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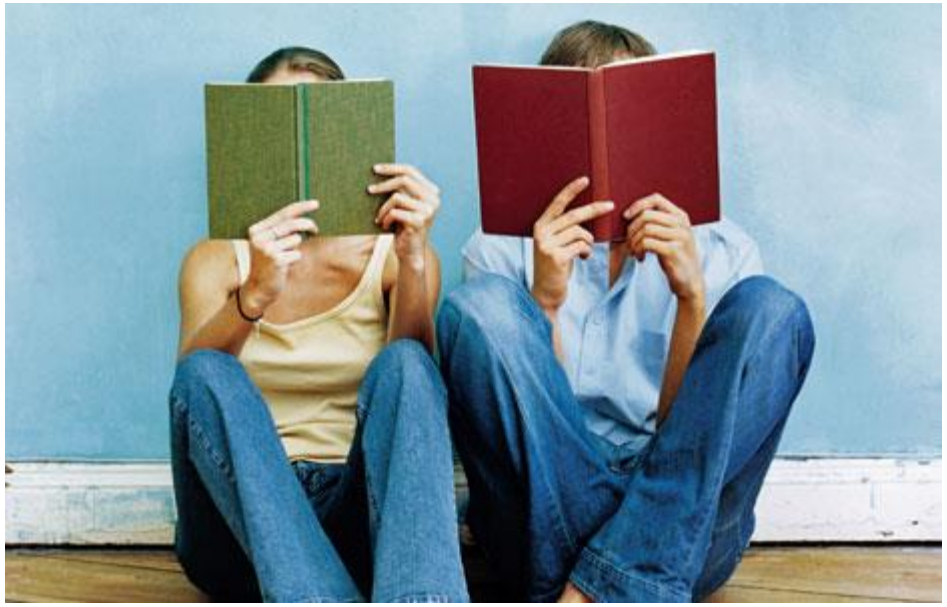
2. WHO CAN DO IB?

Everyone does *some* IB at Interlake



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- Interlake is an ‘IB for All’ school (vs. selective)
- All juniors and seniors take IB English
- All students at Interlake can take an IB course
- Many will be in an IB-labeled class, even if they aren’t an IB candidate

Attend Interlake

- All Interlake students are eligible for the IB Diploma Program. (Myth of AL only)

Plan ahead

- Must be in Algebra 2 or higher in grade 10
- Start a World Language by grade 10

IB Course Registration

- Takes place Spring of 10th grade

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3. WHAT ARE THE AIMS OF IB?

IB STUDENTS ARE...

Why IB?

Open-minded.

- Students understand and appreciate their own cultures and personal histories, and are open to the perspectives, values and traditions of other individuals and communities. They are accustomed to seeking and evaluating a range of points of view and are willing to grow from the experience.

Knowledgeable.

- Students acquire in-depth knowledge and develop understanding across a broad and balanced range of disciplines. *Students are assessed in manners true to each discipline (written exams, oral exams, portfolios, lab work, projects, essays etc.)*

Inquirers.

- Students acquire the skills necessary to conduct inquiry and research and show independence in learning.

IB STUDENTS ARE...

Why IB?

Communicators.

- Students understand and express ideas and information confidently and creatively in more than one language and in a variety of modes of communication.

Risk-takers.

- Students approach unfamiliar situations and uncertainty with courage and forethought and have the independence of spirit to explore new roles, ideas and strategies.

Reflective.

- Students give thoughtful consideration to their own learning and experience. They are able to assess and understand their strengths and limitations in order to support their learning and personal development.

IB STUDENTS ARE...

Why IB?

Balanced.

- Students understand the importance of balancing different aspects of our lives – intellectual, physical, emotional.

Principled.

- Students act with integrity and honesty, and take responsibility for their actions and their consequences.

Caring.

- Students show empathy, compassion, and respect and work to make a difference in others and the world.

AP exams (5)

English Language & English Literature	45-55 multiple choice (45%) 3 free response (55%)
Second-language Language and Culture	65 multiple choice (75%) 2 free response (25%)
US History	55 multiple choice (40%) 3 short answer (20%) 2 document- based (25%) 1 long essay (15%)
Physics 1 and 2	40 multiple choice (50%) 4 free response (50%)
Biology & Chemistry	60 multiple choice (50%) 6-7 free response (50%)
Calculus AB	45 multiple choice (50%) 6 free response (50%)
Music Theory	75 multiple choice (57%) 7 free response (45%)
Art and Design (portfolio)	*sustained investigation (60%)* *selected works (40%)*

Italicized items are assesesments other than sit-down, timed examinations.

IB assessments [HL only] (6)

English Language and Literature & English Literature	p1: guided textual analysis (35%) p2: comparative essay (25%) *HL essay (20%); individual oral (20%)*
Language B (second languages)	p1: writing task (25%) p2a: listening (25%): p2b: reading (25%) *individual oral (25%)*
History	p1: source-based questions (20%) p2: essays on world topics (25%) p3: essays on the Americas (35%) *historical investigation (20%)*
Sciences	p1: multiple choice and data-based (36%) p2: Short-response questions (44%) *scientific investigation (20%)*
Mathematics: Analysis and Approaches	p1: short and extend response – no tech (30%) p2: short and extend response – tech OK (30%) p3: extended response – tech OK (20%) *exploration (20%)*
Music	*exploring music portfolio (20%)* *experiment with music (20%)* *presenting music recordings (30%)* *contemporary music project (30%)*
Visual Art	*comparative study (20%)* *process portfolio (40%)* *exhibition (40%)*

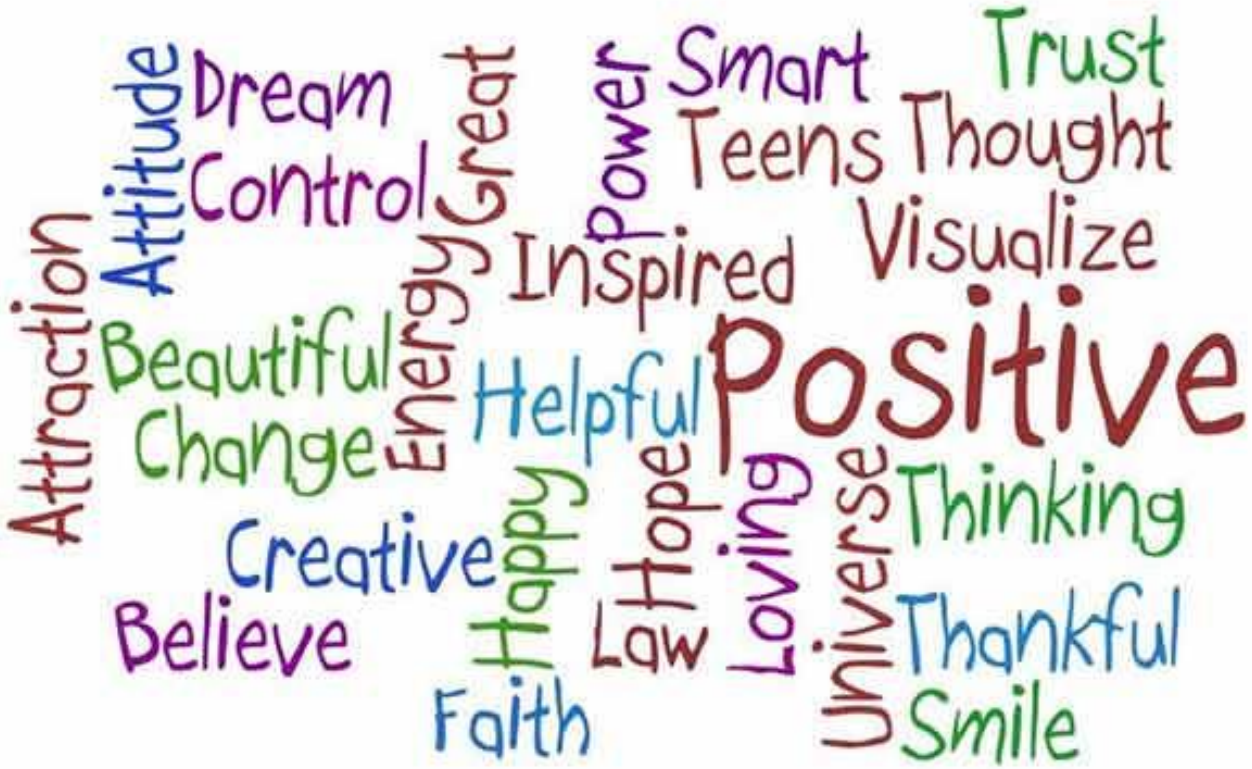
Assessment

AP

- Scored on a 1-5 scale.
- Final score is based on single-day exam in May (except Art).
- Exams are in 2 parts; multiple choice and short answer.
- All parts of the exams are compulsory.

IB

- Scored on a 1-7 scale.
- Final score is based on multiple assessments over 1-2 years, including May exams.
- Only science exams have multiple choice.
- Exam parts are split over multiple days.
- Almost every exam has choice of what questions to answer.



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4. WHAT ARE THE BENEFITS OF IB?

Programs

AP

- AP classes may be taught by any teacher at any school.
- The AP Audit requires individual teachers to submit their course syllabi to ensure that the AP in the class title is being met.

IB

- A school must be authorized to offer the IB Diploma (a 2-year process).
- IB Diploma Coordinators are responsible for the implementation of the program at each school. The program is evaluated every 5 years.
- Diploma Coordinators must manage all of the activities related to the Diploma Program as set by IBO.

College Credit

AP

- AP courses were developed with college credit in mind.
- “Most four-year colleges and universities in the United States—as well as many institutions in more than 100 other countries—grant students credit, placement, or both for qualifying AP Exam scores.” (1)
- Credit policies across colleges are fairly similar.

IB

- IB courses were not developed with college credit in mind.
- IB focuses on “recognition” in admissions and not necessarily college credit.
- Colleges award general credit as well as credit to replace specific classes.
- Credit policies across colleges vary.

AP exams

AP course	Scores	Credit
English Language & English Literature	3,4,5	5 credits English 106 10 credits English 106 for both
Spanish Language and Culture	3 4 5	5 credits Spanish 201 10 credits Spanish 201/202 15 credits Spanish 201/202/203
US History	3 4,5	5 credits History 100 5 credits History 101
Physics 1	3 4,5	5 credits Physics 101 5 credits Physics 115/118 (lab)
Biology	3 4,5	5 credits Biology 161 10 Credits Biology 161 and 162
Calculus AB	3,4,5	5 credits Math 124
Music Theory	3 4 5	2 credits Music 116 2 credits Music 117 4 credits Music 113/119
Art and Design (portfolio)	3,4,5	5 credits art 104

IB assessments

IB course	Scores	Credit
English	4-7 HL&SL	5 credits English 107
Spanish B	4,5 SL 4 HL; 6,7 SL 5 HL 6,7 HL	5 credits Spanish 103 5 credits Spanish 201 10 credits Spanish 201/202 15 credits Spanish 201/202/203
History	4 HL, 4-7 SL 5,6,7 HL	5 credits History 108 5 credits History 101
Physics	4,5 HL; 6,7 SL 6,7 HL	10 credits Physics 101,102 15 credits Physics 114/115/116
Biology	4 HL, 4-6 SL 5-7 HL, 7 SL	5 credits Biology 161 10 credits Biology 161
Mathematics: Analysis and Approaches	4,5 SL 4,5 HL; 6,7 SL 6,7 HL	5 credits Math 108 5 credits Math 120 5 credits Math 124
Music	4-7 HL&SL	2 credits Music 121
Visual Art	4-7 HL&SL	5 credits Art 105

University of Washington credit policies (8)

Be careful with credit!

BIOL 161 Advanced Placement (AP) in General Biology 1 (5-) NSc
Course awarded based on Advanced Placement (AP) score. Consult the Admissions Exams for Credit website for more information. Credit/no-credit only.
View course details in MyPlan: BIOL 161

BIOL 162 Advanced Placement (AP) in General Biology 2 (-5) NSc
Course awarded based on Advanced Placement (AP) score. Consult the Admissions Exams for Credit website for more information. Credit/no-credit only.
View course details in MyPlan: BIOL 162

BIOL 180 Introductory Biology (5) NSc
Mendelian genetics, evolution, biodiversity of life forms, ecology, and conservation biology. Open to all students interested in biology whether intending to major in the biological sciences, enroll in preprofessional programs, or fulfill a Natural World requirement. First course in a three-quarter series (BIOL 180, BIOL 200, BIOL 220). Maximum 15 credits allowed between BIOL 180; BIOL 200; BIOL 220 (or equivalents); and BIOL 240. Course equivalent to: B BIO 180. Course overlaps with: T BIOL 120. Offered: AWSpS.
View course details in MyPlan: BIOL 180

UW departments set their credit policies. The credit may not be useful; it depends on your academic path. (Note above that the Biology credit does not replace the Introductory Biology class.)

WHY IB?

THE DP CURRICULUM PREPARES STUDENTS FOR COLLEGE

A 2009 study looked at the standards for seven Diploma Programme courses and compared them to a set of standards for college-readiness.

Researchers found:

a high degree of alignment with college readiness standards in all subject areas

many individual IB standards were more advanced than those required for success in entry-level college courses

IB standards address key cognitive strategies (critical thinking, intellectual inquisitiveness and interpretation skills) that have been identified by college instructors as necessary for college success.

"IB is well known to us as **excellent preparation**. Success in an IB **programme correlates well with success at Harvard**. We are pleased to see the credential of the IB Diploma Programme on the transcript."

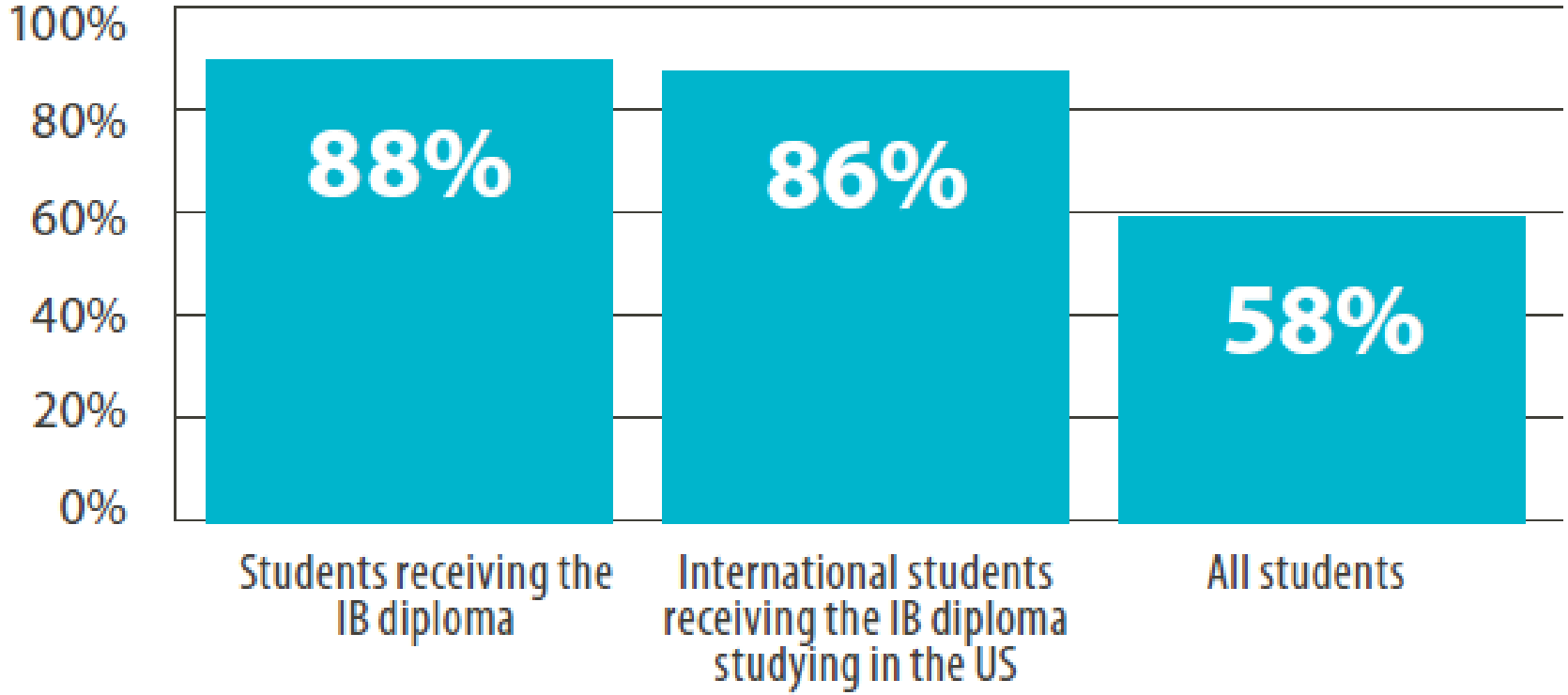
- Marlyn McGrath Lewis, Assistant Dean of Admissions, Harvard University, USA

"The IB is **a first-rate programme**, one we are familiar with, and **it prepares students well** for a university like ours."

- Fred Hargadon, Director of Undergraduate Admissions, Princeton University

IB PREPARES STUDENTS FOR COLLEGE SUCCESS

Percentage of students graduating with a bachelor's degree within six years



Source: Integrated Postsecondary Education Data System (IPEDS) of National Center for Education Statistics, National Student Clearinghouse, IB analysis, based on data obtained for students taking exams in May 2000 and May 2001.

Diploma Programme

The **average acceptance rate of IB students** into university/college **is 22% higher** than the average acceptance rate of the total population.

The acceptance rate of IB students into **Ivy League** institutions (Princeton, Yale, Brown, Harvard, Columbia, Cornell, Dartmouth, University of Pennsylvania) **is between 3% and 13% higher** compared to the total population acceptance rate.

Source: IBDP Graduate Destinations Survey 2011/12 conducted by i-graduate International Insight

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5. WHAT DOES IB LOOK LIKE AT IHS?

6 courses over two years

- 3 Higher Level (HL) & 3 Standard Level (SL)
- Group 1 – Studies in Language and Literature
- Group 2 – Language Acquisition
- Group 3 – Individuals and Societies
- Group 4 – Sciences
- Group 5 – Mathematics
- Group 6 – The Arts

Core requirements

- Theory of Knowledge course
- Extended Essay
- CAS

IB COURSES AT INTERLAKE

Group 1 – Studies in Language and Literature

- English A Literature HL and SL
- English A Language and Literature HL and SL
- Chinese A Language and Literature SL
- Native Language A School Supported Self-Taught Literature SL

Group 2 – Language Acquisition

- Chinese B HL and SL; Chinese *ab initio* SL
- French B HL and SL; French *ab initio* SL
- Spanish B HL and SL; Spanish *ab initio* SL
- Arabic B SL (growing)

Group 3 – Individuals and Societies

- History HL and SL
- Business Management HL and SL
- Environmental Systems & Societies SL
- Psychology SL

Group 4 - Sciences

- Biology HL and SL
- Chemistry SL
- Environmental Systems & Societies SL (interdisciplinary, counts as Group 3 and Group 4)
- Physics HL and SL

Group 5 – Mathematics

- Mathematics: Analysis and Approaches HL and SL
- Mathematics: Applications and Interpretation HL and SL

Group 6 – The Arts

- Film HL and SL
- Music HL and SL
- Visual Arts HL and SL

IB CORE

Theory of Knowledge: capstone IB course

- How do you know what you claim to know?
- Two semesters spanning 1st and 2nd years

Extended Essay: required of all Diploma candidates

- 4,000 word essay on any topic a student chooses within IB subjects
- Each student receives up to 5 hours of help from an Interlake teacher

CAS: creativity, activity and service. Sustained, intentional participation and reflection

- Endeavors outside of school that spark creative action or thinking, body movement, and direct community service to others.

2025 TOK ESSAY TOPICS

1. Do historians and human scientists have an ethical obligation to follow the directive: “do not ignore contradictory evidence”?

2. Do the ever-improving tools of an area of knowledge always result in improved knowledge?

3. Does acquiring knowledge destroy our sense of wonder?

May 2025 IB Diploma Points

Overall Results

159 of 164 students earned the IB Diploma

(4 retakes for November 2025 included in statistics; incompletes excluded)

7 Bilingual Diplomas awarded

Advanced Learning (AL)

Number of students = 139

Average score = 36

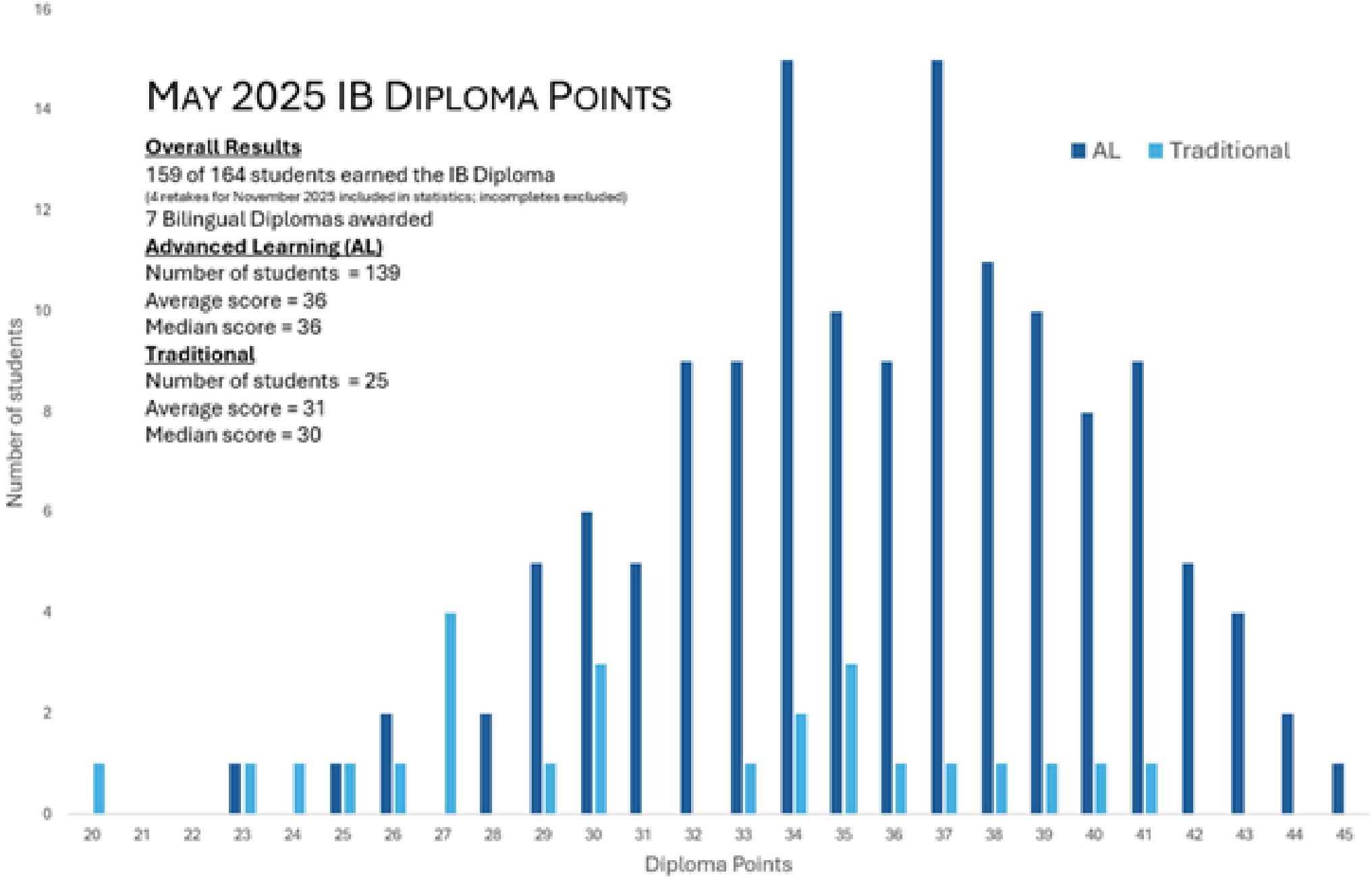
Median score = 36

Traditional

Number of students = 25

Average score = 31

Median score = 30



IN A NUTSHELL, IB IS:

- *the most challenging program a student in BSD can pursue.*
- *designed to encourage growth in all academic areas.*
- *designed to develop the student as a learner and a person.*
- *positive for college admissions.*

KEEPING CHILD IN THE CENTER OF DECISIONS

Interlake? Or another of BSD's great schools?

Then, at the end of 10th grade, decide if the IB Diploma is the right fit.

Meanwhile, families can continue helping students build good habits of time management, organization, communication, and reflection.

WANT MORE INFORMATION?

- **IB @ Interlake Website:**

https://interlakehigh.bsd405.org/academics/international-baccalaureate-program

- On the Interlake website under Academics
- **Alison Essinger– IB Coordinator**
  - essingera@bsd405.org
- **IB Website**: ibo.org

Thank you for attending!

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