



Dear IB Diploma Students,

As your IB Diploma Coordinator, I am thrilled to welcome you to the start of your IB journey! The transition into the IB Diploma Programme is an exciting time, and I want to provide you with some guidance on how to prepare effectively during the summer. Focusing on Theory of Knowledge (TOK), the Extended Essay (EE), and Creativity, Activity, Service (CAS) will set you up for a successful start in Grade 11.

Theory of Knowledge (TOK) Preparation:

TOK is a core component of the IB Diploma Programme, encouraging you to reflect on the nature of knowledge and how we claim to know what we know. To prepare:

- **Engage with a Variety of Media:** Read articles, watch documentaries, and listen to podcasts that explore different perspectives on knowledge. Consider topics like ethics, perception, and the role of language in shaping our understanding.
- **Reflect on Knowledge Questions:** Start thinking about knowledge questions related to real-life situations. For example, how does technology influence what we know? How do cultural perspectives shape our understanding of history?
- **Discuss Ideas:** Have conversations with friends, family, or mentors about what you're learning. TOK is about dialogue and exploring different viewpoints.

Extended Essay (EE) Preparation:

The Extended Essay is an independent, self-directed piece of research, culminating in a 4,000-word paper. To get a head start:

- **Identify Your Interests:** Think about subjects you are passionate about and potential topics you might want to explore. Consider how you can turn your interests into a research question.
- **Read and Research:** Start reading articles and books related to your interests. This will help you refine your topic and understand the background information.
- **Plan Your Research:** Consider the types of sources you might need and how you will access them. Think about primary and secondary sources and start gathering preliminary data or references.

CAS Preparation:

CAS is an essential part of the IB Diploma, focusing on your personal and interpersonal development through experiential learning. Over the summer, you can begin to accumulate CAS experiences. Remember, CAS experiences are about meeting the seven learning outcomes, not just logging hours. The outcomes are:

1. **Identify own strengths and develop areas for growth.**
2. **Demonstrate that challenges have been undertaken, developing new skills in the process.**
3. **Demonstrate how to initiate and plan a CAS experience.**
4. **Show commitment to and perseverance in CAS experiences.**
5. **Demonstrate the skills and recognize the benefits of working collaboratively.**
6. **Demonstrate engagement with issues of global significance.**
7. **Recognize and consider the ethics of choices and actions.**

Tips for CAS:

- **Volunteer Opportunities:** Look for volunteer opportunities that interest you. Whether it's helping at a local charity, participating in environmental conservation efforts, or coaching a sports team, your experiences can count towards CAS.
- **Record Your Experiences:** Start a journal or use digital tools to document your activities. Reflect on what you did, what you learned, and how it relates to the learning outcomes.
- **Balance Your Activities:** Ensure that your CAS experiences include a mix of creativity, activity, and service. This balance will enrich your overall experience and meet the CAS requirements.

Mark your calendars! Our annual (mandatory) overnight retreat will take place on October 1st-2nd at Zajac Ranch. More information will be sent home the first week of school.

Enjoy the Summer!

While it's important to prepare for the IB Diploma, it's equally important to relax and enjoy your summer. Take time to pursue your hobbies, spend time with family and friends, and recharge. A well-balanced summer will set a positive tone for the year ahead. I look forward to seeing you all in the fall, ready and prepared to embark on this exciting journey.

Have a wonderful summer!

Warm regards,
Mrs. Craig
IB Diploma Coordinator