

IB Advice!

Here is some advice from IB students! We hope that this advice gives you a better idea of the IB program at Agoura High School and helps you throughout your IB experience!!

If you are currently in the IB Program and want to give advice to future IB students you can fill out this Google Form to get your advice added to this document: [IB Advice Google Form](#).

General:

“These courses you choose to take are rigorous and competitive. But do not let your classmates' opinions on their own scores define who you are as a student. There have been quite a few times where I would be proud of my grades whilst another classmate was ashamed of theirs, when in reality, they had better grades than me. I struggled a lot with separating my personal goals vs the people around me. Prioritize your mental health first because to succeed you need to be in sync with your body. Do not let scores define who you are as a person because you are so much more than that. The fact you challenge yourself in taking these classes is special on its own. Everyone in your environment is equally as self conscious and anxious struggling to find what their future will be. People displace their jealousy but do not let their insecurities break you.”

-Keelah Cooper, Class of 2024

“Make IB friends”

-Anonymous

“IB has the absolute best teachers. They are there to help you, so talk to them. They genuinely care about you and what you are going through. If you need help, just ask and they will take care of you.”

-Anonymous

“You are going to end up exactly where you are meant to be. Do not put too much pressure on the future and try to enjoy the present as much as you can.”

-Anonymous

“IB classes can get really difficult at times. Make sure you are putting yourself first and making the right decisions for you, without worrying about anybody else or their opinions. IB is meant to help not hurt you. :)”

-Ella Afshari, Class of 2023

“Make sure you are keeping yourself accountable for your assessments. If you know you'll be busy later it might be helpful to get ahead on your own time or plan beforehand.”

-Anonymous

“Mental health is so important. Take care of yourself and check on those around you, since you never know what anyone is going through. High school is going to feel really tough at times, so make sure to take care of yourself and just do things that make you happy, even if it is only for a few minutes.”

-Isabella Edber, Class of 2023

“It truly does not matter if you are in Certificate or Diploma. IB is one big family and you are all in the same boat, so take care of each other. We are all going through similar stuff and it is important to come together. Most of the classes are discussion based, so you really get to know each other, which is exactly what makes IB so special.”

-Isabella Edber, Class of 2023

“Try your best not to compare yourselves to others. At some times, it is going to seem impossible not to, with grades, awards, college acceptances, etc. However, if you just know that your accomplishments are not measured by those around you, then you are going to be just fine.”

-Anonymous

Diploma:

“In full diploma, the work often ebbs and flows. Make sure to plan and spread your work out so that you don’t get a backlog of work that will stress you out. Take advantage of the days in class where you are not as busy.”

-Sophie Wimmer, Class of 2024

“There are times when IB is going to feel like way too much in way too little time. That being said, there are times when it’s going to feel like an absolute breeze. Don’t give up during those stressful bits, remember it’s going to calm down. Nothing lasts forever :)”

-Anonymous

“It gets much harder at the very end (all the assessments come toward the end of senior year) so make sure you anticipate for that. But ultimately, you can do it. Just try your best and communicate with your teachers and you’ll be able to get through it. You’ll be so excited when you do. :)”

-Ella Afshari, Class of 2023

Certificate:

“Always make sure to do a thorough job on your work because all your assignments in the IB program build on top of each other.”

-Anonymous

EE:

“Of course you shouldn’t do any big assignment last minute, but you REALLY shouldn’t do the EE last minute. Do those 5 page, 10 page marks seriously, and please pick a topic that you actually enjoy and want to talk about, not one that is “easy”, it will make or break you. Also, communicate with your supervisor, ask questions, ask for guidance, ask for advice, they are only there to help. Good luck!!!”

-Evagelia Koliopoulou, Class of 2023

“Definitely do not wait to do it. Choose an interesting topic and something that you are genuinely curious about, otherwise the EE is going to feel like such a daunting task. Once you get started, it is really not as bad as you think it is going to be. You have so much time to do it, so get it done and do not procrastinate the assignment.”

-Isabella Edber, Class of 2023

“When teachers tell you to focus on something you are interested in, please listen!! It is SO much harder to write such a long essay on something you find boring. I felt like I did the best and was most efficient on assessments that I understood and was interested in.”

-Ella Afshari, Class of 2023

CAS:

“My advice is that you don’t see CAS as a burden. Use CAS as a way to make plans with your friends and go out and do something fun, make crafts, or go outside and be active!”

-Sophie Wimmer, Class of 2024

“IB is a very rewarding experience and I have had the best teachers and mentors teach me as a result of me joining the program. One difficulty, however, would be the diversity of volunteering for CAS. Although it's not required to volunteer for different programs or to do different activities, I highly recommend it as it's the only way to truly prize CAS. Hence, although it is difficult at first, one must involve themselves in a variety of activities.”

-Mateo Haas, Class of 2024

“Do not wait till the last minute to do it, just get it done! For your CAS project, choose that you just truly enjoy. If you enjoy doing it, it will be extremely rewarding and meaningful, plus it will not feel like a school requirement at all.”

-Isabella Edber, Class of 2023

“You don't need to do anything really hard, but just do things that you enjoy and make sure to keep up with the reflections so you don't fall behind.”

-Ella Afshari, Class of 2023