

M25 IB DP Handbook

Class of 2025 Handbook for DP Years 1 and 2



We welcome you to the IB DP. Use this interactive handbook (you'll have your very own copy) to make notes and keep track of your IB DP experience.

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Quick Reference

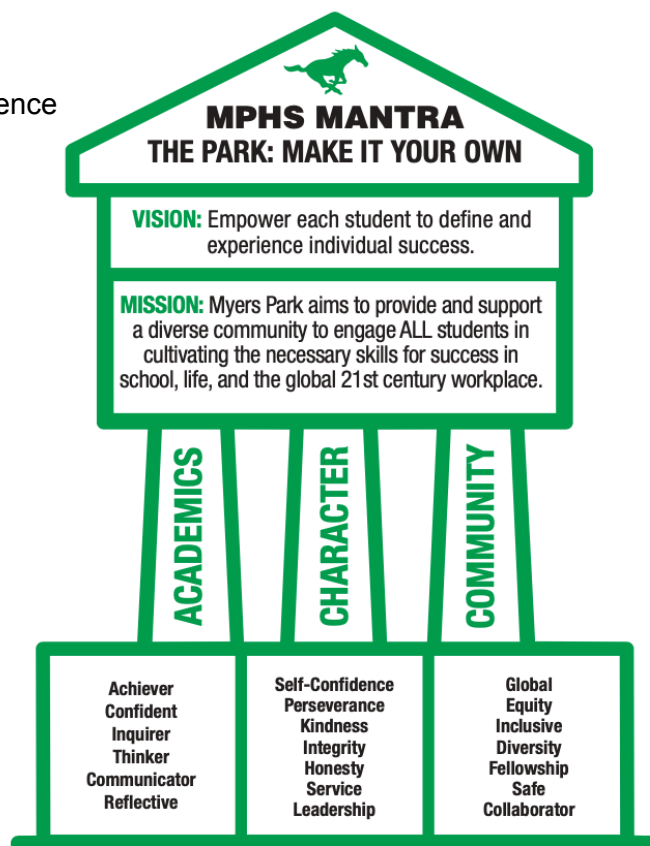
IB Coordinator Name	IB Coordinator Email	IB Connect(ed) Office
Ms.Sallie Davis	salliem.davis@cms.k12.nc.us	Main Office-AG140

MPHS IB Website	Managebac web address	Managebac login information
	https://myerspark.managebac.com/login	Email: Your email address Password: You've established this.

MPHS Mission and Vision

Vision: Empower each student to define and experience Individual success.

Mission: Myers Park aims to provide and support a diverse community to engage ALL students in cultivating a necessary skills for success in school, life, and the global 21st century workplace.



IBO 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 people, with their differences, can also be right

What is similar about the two mission statements?	
What is different about the two mission statements?	
What catches your attention about the mission statement(s)	

The IB Learner Profile

In the IB DP, as with all IB programmes, it's not just about what you learn – it's also about who you become as you learn. The IB has set out characteristics students develop in their programmes in the [IB Learner Profile](#).

You won't be "assessed" on the learner profile, but you should keep it in mind as you learn and think about it informs the different habits and ways you learn.

IB Learners strive to be:

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 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 challenge and change.
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
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.
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.
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 .
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 analyze and take responsible action on complex problems. We exercise initiative in making reasoned, ethical decisions
Open-minded	We critically appreciate our own cultures and personal histories, as well as the values and traditions of others. We seek to evaluate a range of points of view, and we are willing to grow from the experience.
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

Reflection on IB Learner Profile

Identify to which degree you demonstrate the attributes of the IB Learner Profile by circling 1- 5,
1 being never, 2-rarely, 3-sometimes, 4-often and 5-always

Inquirers:	1	2	3	4	5
<i>I develop my natural curiosity. I acquire the skills necessary to conduct inquiry and research and show independence in learning. I actively enjoy learning.</i>					
Knowledgeable	1	2	3	4	5
<i>I explore concepts, ideas and issues that have local and global significance. In doing so, I acquire in-depth knowledge and develop understanding across a broad and balanced range of disciplines.</i>					
Thinkers	1	2	3	4	5
<i>I exercise initiative in applying thinking skills critically and creatively to recognize and approach complex problems, and make reasoned, ethical decisions</i>					
Communicators	1	2	3	4	5
<i>I understand and express ideas and information confidently and creatively in more than one language and in a variety of modes of communication. I work effectively and willingly with others</i>					
Principled	1	2	3	4	5
<i>I act with integrity and honesty, with a strong sense of fairness, justice and respect for the dignity of the individual, groups and communities. I take responsibility for my own actions</i>					
Open-minded	1	2	3	4	5
<i>I understand and appreciate my own culture, and am open to the perspectives, values and traditions of others. I seek and evaluate various points of view and am willing to grow from experience</i>					
Caring	1	2	3	4	5
<i>I show empathy, compassion and respect towards others. I have a personal commitment to service and act to make a positive difference in the lives of others and to the environment.</i>					
Risk-takers	1	2	3	4	5
<i>I approach unfamiliar situations and uncertainty with courage, and have the independence of spirit to explore new roles, ideas and strategies. I am brave and articulate in defending my beliefs.</i>					
Balanced	1	2	3	4	5
<i>I understand the importance of intellectual, physical and emotional balance to achieve personal well-being for myself and others</i>					
Reflective	1	2	3	4	5
<i>I give thoughtful consideration to my own learning and experience. I am able to assess and understand my strengths and limitations in order to support my learning and personal development</i>					

Self-Assessment

Which attributes of the Learner Profile do you feel you need to develop or improve?	Date

What will you do to acquire or improve these attributes of the Learner Profile?	Date

Role of the IB Coordinator

IB Coordinator Name	IB Coordinator Email	IB Office
Ms.Sallie Davis	salliem.davis@cms.k12.nc.us	Main Office-AG140

Welcome to the IB Diploma Programme! We are excited to begin the IB Diploma Programme journey with you. I will serve as your IB Coordinator for the two years you are in the IB DP.

What exactly does the IB Coordinator do? Well, think of me as a bit like your cruise director. I'll be the one working closely with your core (TOK, CAS and EE) and subject teachers to ensure that you meet all the requirements of the Diploma Programme. I can also help you to troubleshoot any trouble that you may run into and assist you with planning your DP journey as I am the one to register you with the IB and can contact the IBO on your behalf. I'll have access to all of your scores, IB information etc.

You can find me in the **IB Office, in the Main Office-AG 140**. I hold office hours regularly during the week and I encourage you to make appointments to see me.

I will refer to you as **M25 DP Y2** students. This translates to: May 2025 (When you will officially be IB Diploma Candidates taking final exams), Diploma Programme, Year 1. We use May rather than June because May is the time of year that DP students take their tests from the IB.

In order to better get to know you, . This helps me to better get to know you and help you in fulfilling your IB journey.

Sincerely,
Mrs. Davis

To dos:

Rising Jr. M26 Student Profile Form Rising Sr. M25 Student Profile Form	Notes about Mrs. Davis:	IB Connect(ED) Office
Complete by: A Day: Sept 6, 2024 B Day: Sept 7, 2024	Mrs. Davis Email: salliem.davis@cms.k12.nc.us	Location: Main Office AG 140
<ul style="list-style-type: none"> I completed it on: _____ 		

An Introduction to the IB Diploma Programme

Myers Park High School is a fully authorized **IB Diploma Programme (DP)** school, recognized by the International Baccalaureate Organization (IBO). We offer the **IB DP** for our 11th (year 1) and 12th (year 2) grade students.

The **IB DP** is a two-year international college-preparatory programme that is designed for students aged 16-19 for success going into and throughout university. The **DP** offers a holistic approach to teaching and learning with a keen focus on developing intercultural awareness. Students learn to explore and understand the world around them through inquiry, critical thinking and open-mindedness. It focuses on building critical thinkers who are extremely well-prepared for higher education and to succeed at life in the global society.

Students work towards their Myers Park high school diploma as well as the International Baccalaureate diploma. Students complete assessments for each IB DP course that may provide post-secondary (college/university) credit for each course.

What are the specifics of the DP?

The IB DP is a two year course of study. Students engage in 6 subjects, 3 taken at the Higher Level (HL) and 3 at the standard level (SL). These courses must include at least one course in each of the six subject areas. The subject areas include a **literature based course**, a **world language course**, **social science course**, **science course**, **math course** and an **elective course**. Students must also complete the IB Core including a **Theory of Knowledge (TOK)** class, write an **extended essay (EE)** and participate in community and personal development through **Creativity, Activity and Service (CAS)**. All of these requirements lead to developed well-rounded international individuals who will thrive throughout the rest of their lives.

In order to earn the IB Diploma, students must take examinations in six subject areas and TOK. The scores of these examinations may earn students credit in their post-secondary options and students work towards the IB Diploma.

DP Grading system

The Diploma Programme's grading system is criterion based. Each student's performance is measured against well-defined levels of achievement consistent from one examination session to the next. Grades reflect attainment of knowledge and skills relative to set standards that are applied equally to all schools. Please refer to the section on grading and the assessment policy for more details.

Are there any prerequisites (requirements) for courses?

We are an **open-enrollment** programme. You will work with your high school counselor and enroll in the courses that you need for your appropriate level.

We do require you to have completed English 2, the third level of a world language and Math 3 prior to entering the Diploma Programme.

What is an IB Diploma Candidate?

An IB Diploma candidate is a student who has enrolled in all parts required for the IB Diploma. This includes enrolling in six subject areas, Theory of Knowledge, submits an Extended Essay and participates in Creativity, Activity and Service. Charlotte-Mecklenburg Schools currently requires that students who are interested in the IB, must be full Diploma students. This means that students must participate in all requirements for the IB DP.

What is an IB Anticipated Candidate?

This is a Year 1 student (11th grade) who will complete all requirements for assessment for a course and receive a final score from the IB for this subject. These scores usually can be applied towards the IB Diploma. The IB allows for 2 of these scores to be applied to the IB Diploma.

What is an IB Course Candidate?

At Myers Park, we allow students who are not pursuing the full IB Diploma to take IB courses that are not otherwise offered at any other level or doesn't have an equivalent at the school. Course candidates complete all the requirements of the IB class, including all assessments, and receive an IB score.

What are additional IB courses?

These are "extra" IB courses an IB Diploma Candidate takes outside of the IB Diploma. Students still receive a score for these IB courses; they just don't apply those scores towards the IB Diploma.

What is the IB Core?

The IB core elements are Theory of Knowledge (TOK), Extended Essay (EE), and Creativity, Action and Service (CAS).

IB DP Curriculum Model for Diploma Candidates

The framework represented in the graphic is the IB curriculum model. All students must complete at least one subject from each group (1-6) and fulfill the requirements for TOK, CAS and submit an EE.

Learner Profile

The IB Learner Profile is the IB mission statement translated into a set of learning outcomes. It's a set of ideas that we use as our inspiration, motivation, and focus for teaching and learning.

IB Core

Theory of Knowledge (TOK) class
Creativity, Activity and Service (CAS)
Extended Essay (EE)

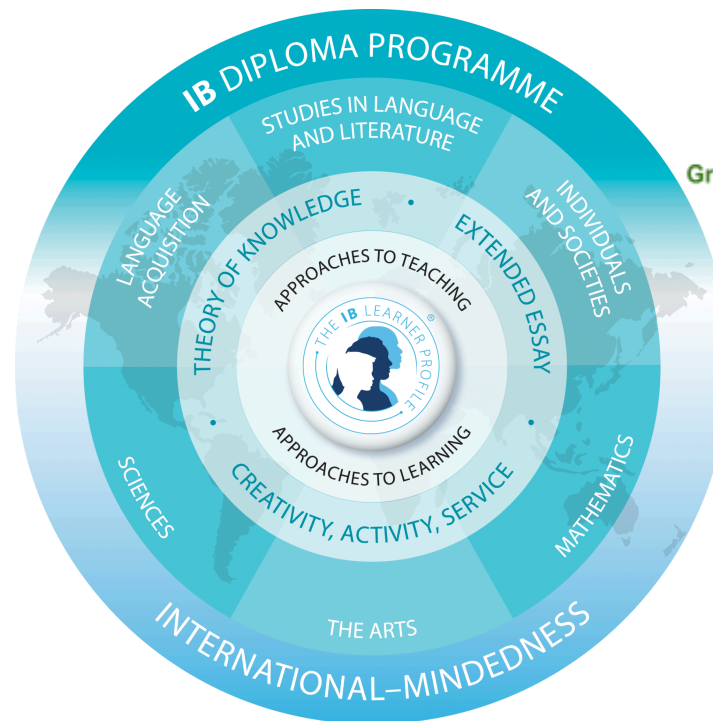
Group 1: Language and literature

Group 2: Language Acquisition (World Language)

Group 4: Sciences

Approaches to Teaching

Methods and strategies to help all students learn through inquiry and conceptually.



Group 3: Individuals & societies

Group 5: Maths

Approaches to Learning

Academic and personal skills students need to manage their learning to enable students for success in future learning endeavors.

The areas we focus on:

- Thinking skills
- Research skills
- Communication skills
- Social skills
- Self-management skills

Group 6: Arts & electives

IB Diploma Programme Required Courses for Diploma Candidates

What questions do you have about the IB DP?	What are you excited about in the IB DP?

What classes do I need?

Students in the IB DP must meet the following for IB DP requirements:

1 class in **Group 1 Language and literature**

Prerequisite: Complete English 2

1 class in **Group 2 Language acquisition**

Prerequisite: Complete 3rd level of a language

1 class in **Group 3 Individuals and societies**

1 class in **Group 4 Sciences**

1 class in **Group 5 Maths**

Prerequisite: Complete Math 3

1 class in **Group 6 Arts & electives**

Theory of Knowledge class

What else do I need to complete for the IB Diploma

Write an **Extended Essay** (monitored through TOK)

Complete **CAS** (monitored by the CAS Coordinator, Ms. Davis)

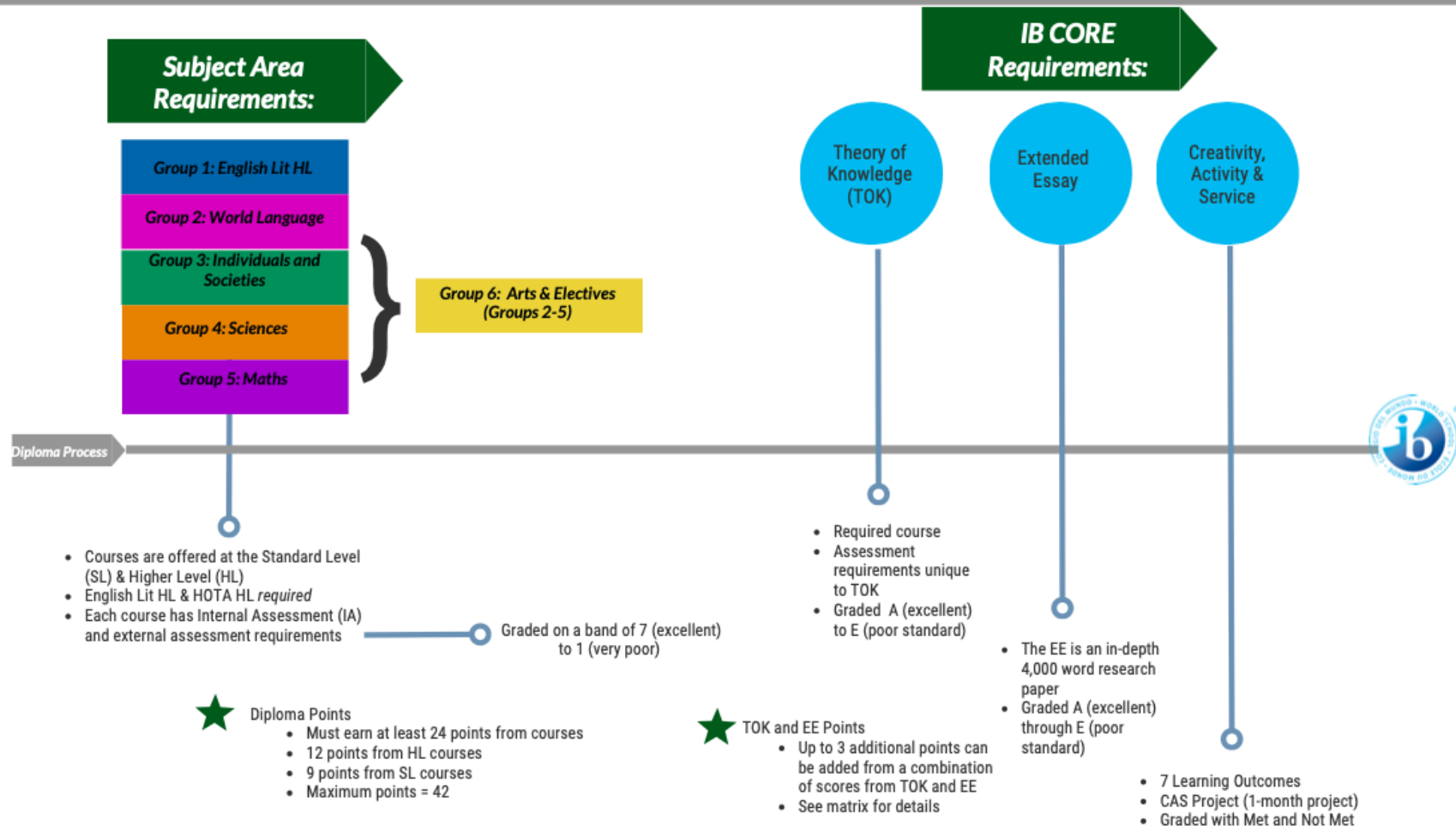
To get the IB Diploma:

Analyze the graphic on the next page and describe in the box below in your own words how one earns the IB Diploma.

IB Diploma Requirements

IB Core – Theory of Knowledge (TOK), Creativity, Activity & Service (CAS), & Extended Essay

Test in Six Subjects: 3 HL & 3 SL (*Recommended*); or 4 HL & 2 SL



Diploma Checklist	<input type="checkbox"/> Required 6 subject areas	<input type="checkbox"/> At least 24 points (12 HL & 9 SL)	<input type="checkbox"/> Submit all TOK and EE requirements	<input type="checkbox"/> 7 Outcomes
	<input type="checkbox"/> 3 HL & 3 SL OR 4 HL & 2 SL	<input type="checkbox"/> No "N" ("non-submissions")	<input type="checkbox"/> No "E" grade for either requirement	<input type="checkbox"/> CAS Project

MPHS IB Diploma Courses Offered
Use this sheet to plan your IB DP Pathway

	10th	11th Grade (Year 1)			Score	12th Grade (Year 2)		Score
Subjects (1-7)								
Group 1: English		Literature A HL 1				Literature A HL 2		
Group 2: Language acquisition	Chinese SL 1 French SL 1 German SL 1 Latin SL 1 Spanish SL 1	Chinese SL 1 French SL 1 German SL 1 Latin SL 1 Spanish SL 1	Chinese SL 2* French SL 2* German SL 2* Latin SL 2* Spanish SL 2*		Chinese SL 2 French SL 2 German SL 2 Latin SL 2 Spanish SL 2	Chinese HL 2 French HL 2 German HL 2 Latin HL 2 Spanish HL 2		
Group 3: Individuals & Societies		History HL 1				History HL 2		
		Business Management SL 1* Global Politics SL 1 Philosophy SL 1 Psychology SL 1*				Bus Man SL 1 Glo Po SL 1 Philo SL 1 Psych SL 1	Bus Man HL Glo Po HL Philo HL Psych HL	
Group 4: Science		Biology HL 1 Chemistry HL 1 Physics HL 1				Biology SL 2 Chemistry SL 2 Physics SL 2	Biology HL 2 Chemistry HL 2 Physics HL 2	
		Environmental Systems & Societies SL 1 Sports, Exercise, & Health Science SL 1				Environmental Systems & Soc SL 2 Sports, Exercise & Health Sci SL 2		
Group 5: Maths	Analysis SL 1 Analysis SL 2	Analysis SL 1 Applications SL 1	Analysis HL 1			Analysis SL 2 Analysis SL 2	Analysis HL 2	
		Analysis SL 2*						
Group 6: Arts & Electives		Visual Arts SL 1 Film SL 1 Theatre SL 1	Visual Arts HL 1 Film HL 1 Theatre HL 1			Visual Arts SL 2 Film SL 2 Theatre SL 2	Visual Art HL 2 Film HL 2 Theatre HL 2	
		Elective Course from Groups 2-4 _____				Elective Course from Groups 2-4 _____		
Subjects (1-7)								
TOK		TOK 1				TOK 2		
Extended Essay	Subject:							
CAS	7 Learning outcomes, CAS project, 2 year hbit						MET NOT MET	

Planning your IB Diploma

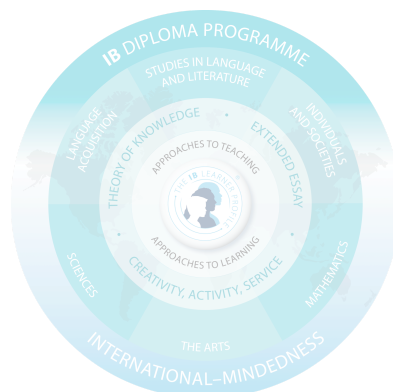
Subjects (Scored 1-7)				
Higher Level Courses (at least 3)		Predicted Grade	Score Achieved	
1				
2				
3				
4*				
(Need 12 Points) Total:				
Standard Level Courses		Predicted Grade	Score Achieved	Apply from Y1 exam?
1				<input type="checkbox"/>
2				<input type="checkbox"/>
3				
(Need 9 Points) Total:				
DP Core (Scored A-E; points matrix)			Diploma Totals	
	Predicted Grade	Score Achieved	HL	
Theory of Knowledge			SL	
Extended Essay			Core Points	
CAS	MET NOT MET		Total:	
Diploma Criteria: -HL equals 12 points - SL equals 9 points -No grade E for TOK -No grade E for EE -No grade 1 in any subject - No grade N for any component -No more than two grade 2 (HL or SL) - No more than three grade 3s (HL or SL) -CAS met			CAS	MET NOT MET
			Diploma	YES NO

Additional IB Courses*		
You will receive a score to apply for college credit, but does not apply towards your IB Diploma		
Course Name & Level (HL or SL)	Predicted Grade	Achieved Score

IB Course Descriptions

To learn more about the IB courses that we offer, click on the HL or SL beside each course offering. This will link you to the subject brief for each of the courses from the IB.

Group 1: Language and Literature <ul style="list-style-type: none"> Literature English A HL 	Group 4: Sciences <ul style="list-style-type: none"> Biology SL and HL Chemistry SL and HL Environmental systems & Societies SL Physics SL and HL Sports, exercise & health science SL
Group 2: Language Acquisition (World Language) <ul style="list-style-type: none"> Language B: <ul style="list-style-type: none"> Chinese Mandarin HL and SL French SL and HL German SL and HL Spanish SL and HL Classical Languages: <ul style="list-style-type: none"> Latin SL and HL 	Group 5: Mathematics <ul style="list-style-type: none"> Math: Applications and interpretations SL Math: Analysis and approaches SL Math: Analysis and approaches HL
Group 3: Individual and Societies <ul style="list-style-type: none"> Business Management SL and HL Global Politics SL and HL History of the Americas HL Philosophy SL and HL Psychology SL and HL 	Group 6: Arts & Electives <ul style="list-style-type: none"> May choose electives from Groups 2-6 too Film SL and HL Theatre SL and HL Visual Arts SL and HL
IB Core <ul style="list-style-type: none"> Theory of Knowledge (TOK) <ul style="list-style-type: none"> Extended Essay (EE) Creativity, Activity and Service (CAS) 	



Learning to learn

Let's be clear: If you want to gain the most from your learning and achieve your full potential, you will not be able to do it by just cramming for tests and exams. The IB Diploma is a continuous programme that is designed to assist you in developing habits of mind and body to prepare you for whatever is your “next”. This includes college/university, military service, and employment.

The IB Diploma requires more than “just” in-depth knowledge of the subjects you study. It is recognized worldwide as a strong preparation for the kinds of thinking-skills and problem-solving tools you will need to demonstrate at university and beyond in your career.

The IB does this through the thoughtful development of your subject syllabus, your participation in the DP Core and through the focus on the Approaches to Learning (ATL) skills.

The Approaches to Learning skills are clustered in to these key areas:

Key Approaches to Learning skills and clusters:

Thinking skills	Communication skills	Social skills	Self-management skills	Research skills
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How will my learning be assessed?

Myers Park High School uses a variety of methods to assess students. Please refer to our Assessment Policy and Academic Honesty Policy for more detailed information regarding formative and summative assessments at the school.

Powerschool and MPHS grades

Myers Park High School follows the guidelines and policies set forth by the Charlotte-Mecklenburg Schools Board of Education for grading students. Teachers use the grading policy to provide formative and summative assessment feedback to students through this platform. Students are encouraged to check this platform regularly. This is the way that traditional grades are communicated to students.

Canvas

CMS uses a learning management system called Canvas. Often teachers will post assignments and material to this platform. Students should follow the guidelines in the teacher's syllabus for information on how, when, and where to utilize Canvas for each course.

Managebac

See the section on Managebac for more detailed information. This is the online platform that IB students use to manage their IB learning.

IB Grades

The IB awards grades based on the assessments (a variety of tasks, including examinations papers, written assignments like essays, oral interview, scientific and mathematical investigations, fieldwork projects and artistic performances) completed at various times during their course. (See Assessment in the DP for more information)

The IB grades (described in the [IB grade descriptors](#) document) are awarded and applied as "points" towards the IB Diploma. These grades are also known as scores, and can be used as credit/placement at universities and colleges. Please note that you'll need to check with your institution as to whether credit/placement is accepted and what scores are considered for credit/placement.

IB Predicted Grades

The IB has teachers predict grades that students will receive on their work. The teacher's prediction of the grade is based on all the evidence of the candidate's work and the teacher's knowledge of IB standards. Some universities are accepting predicted grades as evidence for entry to their institution.

Assessment in the DP

IB's assessment procedures in the DP measure the extent to which students have **mastered advanced academic skills** in fulfilling the **aims and criterion** for the course.

For example:

- Analyzing and presenting information
- Evaluating and constructing arguments
- Solving problems creatively

Basic skills are also assessed, including:

- Retaining knowledge
- Understanding key concepts
- Applying standard methods

Subject results are determined by performance **set against standards**, not by each student's position in the overall rank.

How do I get a “score” in my IB classes?

The IB utilizes a variety of assessment methods that are designed to meet the whole needs of the student.

Internal Assessments	External Assessments	Examinations (Papers)
<ul style="list-style-type: none">- IBO subject-specific tasks designed for student work to be guided and marked (graded) by teachers- Externally moderated by the IBO- Tends to relate to process skills- Done in class- Limited feedback from the teacher- Work may count for a “CMS” grade as well- Failure to turn in an IA may result in removal from testing	<ul style="list-style-type: none">- IBO assessments that are submitted to the IBO- Solely graded by the IBO examiners and not by the teacher- In some subjects, students complete these rather than papers in the May examinations	<ul style="list-style-type: none">- IBO exams (papers) are taken under controlled conditions- Student responses are marked (graded) externally by independent graders hired by the IBO- Varied formats- We are a May testing school, so most exams start late April and continue in to May.- There are NO makeup IB exams.

IB subjects assessment (scores)

**Internal
Assessments**

**External
Assessments**

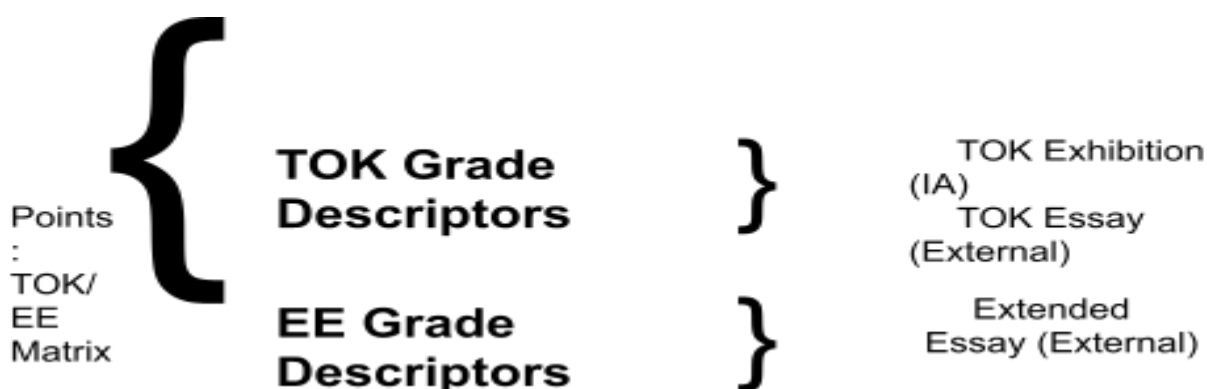


IB Grades (Scores)
Subjects: 7-1 scale
CORE (TOK, EE) A-E
scale
CORE (CAS) Met or Not
Met

[IB Grade Descriptors](#) — You can look at this document to see What it means to get a 7, 6, 5, 4, etc in each subject, TOK and the EE.

Choose one subject. How would you put in to your own words, what someone would need to know to get a 5 in that subject.	Subject:
	Own words:

IB Core assessment (scores)



[IB Grade Descriptors](#) — You can look at this document to see What it means to get a 7, 6, 5, 4, etc in each subject, TOK and the EE.

Look at the EE grade descriptors. How would you put in to your own words, what someone would need to know to get a 5 on the EE?	Own words:
---	------------

**CAS:
7 Learning
Outcomes
Evidence of habit
CAS Project**



Externally
assessed

CAS 7 Learning Outcomes Descriptors– Please refer to the CAS

Handbook for more detailed information

Who has to complete the IB assessments?

ALL students enrolled in IB classes must complete ALL assessments for IB classes. This includes Anticipated Candidates, Course Candidates and Diploma Candidates.

MPHS graduation regalia

Only students who are IB Diploma candidates will be eligible to wear an IB cord at MPHS graduation.

To be considered for an IB Diploma Candidate, students must:

- Complete all IB assessments in subject areas (IAs, External assessments, all Papers)
- Complete and submit Extended Essay
- Complete and submit TOK requirements
- Complete CAS
- Not have any papers flagged for academic misconduct

Academic Dishonesty

Please refer to our Academic Honesty policy for more details. Please note that ALL assessments are assessed for academic dishonesty.

Managebac

What is Managebac?

There are a lot of *things* to keep up with in the IB DP. This includes your CAS, Internal Assessment work, reflections, and many more. We use the online system called Managebac to keep all of the paper work for IB in one place.

How do I login to Managebac?

Managebac is an online platform, so you can log on to Managebac wherever you have access to wifi/internet. There are also apps available that you can download for an apple/android device.

Managebac website	Login username:	Login password:
https://myerspark.managebac.com	Your email address <i>Write your login information for Managebac in the spaces below</i>	You get to set your password <i>Write your login password for Managebac in the spaces below</i>
Click here to link to Managebac	<i>Don't remember which email address you used?</i> Email Ms. Davis and tell her you need your Managebac login information	<i>Forgot your password?</i> Email Ms. Davis and tell you need your password reset

My information:

My Managebac login username:	
My Managebac password:	

How do I get a Managebac account?

Ms. Davis will create you an account with your CMS email. You'll receive an email from Managebac that instructs you to set your own password. Write down that information in the space above.

How often do I need to check my Managebac account?

You should check your Managebac account daily. Ms. Davis and/or teachers will send you announcements on this platform. You will also be required to turn in assignments and record your CAS as well as other IB requirements.

What qualifications will I receive from doing the IB DP?

School counselors and the IB Coordinator work closely to ensure that you've met the academic requirements to receive a Myers Park High School Diploma and have taken the right courses to earn the IB Diploma.

See above for more information on earning the IB Diploma. It's important to note that you'll receive IB certificates for the courses you take.

What is the name of my school counselor:	What is the name of the IB Coordinator?

What tools are there to help me learn?

There are a variety of resources to assist you in your learning.

•	We strongly recommend that you use a paper planner/academic calendar to keep track of your assignments as a tool of self-management
•	Use the structured TO DO google sheet as a self-management tool to keep track of your assignments etc. <i>Please note: You can share this with a trusted adult who can assist you in managing your time etc. This will also be an intervention used to assist you.</i>
•	Seek tutoring or meetings with your teachers to ensure you're meeting expectations in class or for guidance on how to improve your performance
•	Create habits that limit your device (cell phone, ipad, etc.) in class. Practice habits that assist you to learn in class.
•	Create a habit away from school that assists you in being focused on studying/homework. Limit distractions. Consider study groups. Consider your schedule after school. Always plan ahead (Look at what's coming up a week from now) Plan relaxation time.
•	Take advantage of the MPHS Writing Center (Bit.ly/MPWriting)
•	Reach out to the IB Coordinator for an office hour appointment

Is there life outside of the IB DP?

YES! You're going to be busy, but the IB wants to ensure that you develop healthy habits, particularly with balance. There's a rich student life at Myers Park High School including sport teams, student organizations and clubs. These aren't formally part of the IB DP, but they may contribute to your CAS experience. We fully encourage you to get involved in the life of MPHS.

IB Acronyms defined

Acronym	Word	Meaning
DP	Diploma Programme	2 year IB Programme 11th grade = Year 1 12th grade = Year 2
IA	Internal Assessment	IB required assessment Assigned and graded by teacher Turned in to the IBO
EA	External Assessment	Not done in class Graded solely by the IBO
EE	Extended Essay	Research paper required by the IB Done over Year 1 and Year 2 Assessed by IBO
CAS	Creativity, Activity and Service	Recorded personal development and community involvement Required for IB Diploma
ATL	Approaches to Learning	Academic and personal skills that help you to be successful
TOK	Theory of Knowledge	Core subject that talks about ethics, morals and how to learn
HL	Higher Level	Classes that cover more content Need at least 3 HL courses, some may have 4 HL courses (not recommended)
SL	Standard Level	IB classes with less content Need at least
CORE	–	CAS, EE, & TOK Make up Core of IB DP curriculum model
HOTA	History of the Americas	History class for Year 1 and Year 2
G4 Project	Group 4 Project	Science experiment needed to complete for IB requirements
IO	Individual Oral	An oral exam in English and World Language that is the internal assessment for that course

P1 P2 P3 etc.	Paper 1 Paper 2 Paper 3	Part of IB exam
Y1 Y2	Year 1 Year 2	DP Year 1 - 11th grade DP Year 2 - 12th grade
IB	International Baccalaureate	Name of programme
MYP	Middle Years Programme	Year 4 (9th grade) Year 5 (10th Grade)
PP	Personal Project	Project in 10th grade Choice of topic for research
SA	Service as Action	Activities that make an impact in the community (community service)
MB	Managebac	Online programme to organize all IB requirements Requires login
Criterion		Rubric standards for assessment (MYP and DP levels)
4x4	4x4 classes	Semester-long classes
A/B	A/B day classes	Year-long class Classes meet every other day
Student Services		Where to go for transcripts, scheduling etc.