



International Baccalaureate®  
Baccalauréat International  
Bachillerato Internacional

**Diploma Programme**  
**at Léman International School**  
**Mrs. Michele Mindorff**  
**IBDP国际文凭课程 -乐盟国际学校**

The unique benefits of the DP

# Today's Presentation 今天的演讲内容

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- What is the IB Diploma?
- 什么是国际文凭？
  
- Grade 10 DP course selection process explained: Mrs Mindorff
- Mrs.Mindorff解说10年级国际文凭课程的选择流程
  
- University application process explained: Mrs Mindorff
- Mrs.Mindorff解说大学申请流程

# What is my role?

## 我的角色是什么？

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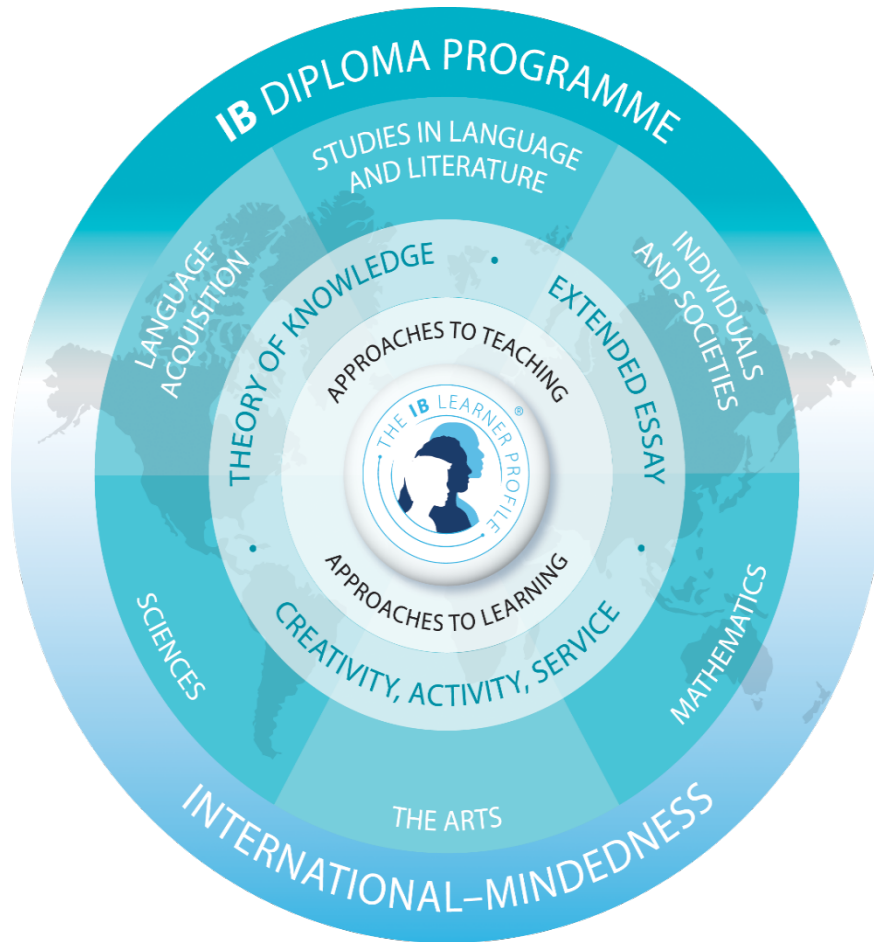


- Not just university counseling
- 不只是你们的大学顾问
- Academic advising
- 提供学术建议
- Social and emotional support and short term counseling
- 对你们的社交以及情感上的支持帮助

## Contents: What does the Diploma Programme curriculum contain?

The curriculum contains six subject groups and a core of three parts.

国际文凭课程设置包含有？该课程包含6个学科组和三个核心部分。



Students study concurrently:  
学生同时学习：

- three subjects at higher level
- 三个高等水平学科
- three subjects at standard level  
all three parts of the core:
- 三个标准水平学科和三个核心部分的学习内容
- Theory of Knowledge, Extended Essay, CAS
- 知识理论, 扩展论文, 创新服务

# Standard Level or Higher Level

## 标准水平和高等水平

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- Standard Level courses and Higher Level courses
- Same core content and assessment
- 标准水平和高等水平课程使用相同的核心内容和评估方式
  
- Difference in hours and depth of content
- Standard Level=150 hours
- 不同之处在于课时和学习内容的深度，标准水平的课时为150小时
  
- Higher Level= 240 hours
- Higher Level should be your stronger courses
- 高等水平的课时为240小时，高等水平课程必须是学生强科目项

## Subjects offered: What subjects are offered within the six groups? 学习科目:在六大学科里提供哪些选择?

*The Diploma Programme has a large range of subjects and many more options*  
*国际文凭课程有广泛的学科可供选择*

- **Group 1 – Language and Literature** 第一组-语言和文学
  - English HL or SL  
• 高级英语或普通英语
  - Chinese HL or SL  
• 高级中文或普通中文
  - Korean HL or SL  
• 高级韩语或普通韩语
- **Group 2 – Language acquisition** 第二组-非母语语言学习
  - Chinese HL or SL  
• 高级中文或普通中文
  - English HL or SL  
• 高级英语或普通英语
  - French HL or SL  
• 高级法语或普通法语
- **Group 3 – Humanities and Human Sciences** 第三组-人文学科和人文科学
  - Economics HL or SL  
• 高级经济学或普通经济学
  - History HL or SL  
• 高级历史或普通历史
  - online courses(see group 6)  
• 在线课程(参考第六组)

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• **Group 4 – Natural Sciences 第四组 – 自然科学**

Biology HL or SL 高等生物学或标准生物学

Chemistry HL or SL 高等化学或标准化学

Physics HL or SL 高等物理或标准物理

• **Group 5 – Mathematics 第五组 – 数学**

Mathematical studies gr. 11 & 12 2019 2020 (11, 12年级数学学习)

Mathematics applications (数学应用) SL (10年级)

Mathematics SL/HL gr. 11 & 12 2019 2020 (高等数学和标准数学)

Mathematics Analysis SL/HL gr. 10 2021 (高等数学分析和标准数学分析)

## Group 6 – Elective 第六组 – 选修课

- Visual Arts HL or SL 高等或标准视觉艺术
- Chemistry HL or SL 高等或标准化学
- online courses (SL normally, HL with approval)
- 在线课程(一般适用于标准课程, 高等课程需要特殊许可)
- Information technology in a global society SL
- 全球社会信息科技课程 - 标准课程
- Psychology SL 心理学 标准课程
- Business and management SL 商业管理 标准课程



# MYP Language B into DP Language B

## 国际中学课程内的语言B课程过渡到国际文凭课程内的语言B课程

- **Language B Standard Level:**语言B标准课程

achievement of 4+ or strong performance in the Intermediate or 3-4 level

分数达到4+或者中级别课程中3-4分但是表现较强劲

summer language work is recommended if a student is in Lower Intermediate

如果学生在中级别课程中表现欠佳, 建议在暑假中增加语言课学习

- **Diploma Language B Higher Level:** Upper Intermediate with a strong performance

国际文凭课程语言B高等课程: 中等以上表现突出

See your language A + B teachers for guidance and Mr Saulnier,  
Languages Coordinator

与您的语言AB课程老师或语言课程协调员老师Saulnier先生积极沟通并获得  
相关建议和指导

# Language A and B 语言A和B课程

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## Language A: 语言A课程

- Mother tongue 母语
- The school's language of instruction (English) 学校教学用语(英语)
- Proficient level 熟练水平

## Language B: 语言B课程

- A second language not the student's mother tongue (English, Chinese (Chinese ab initio for students with limited experience of Chinese, French or an option for online Spanish ab initio

母语之外的第二语言(英语, 中文(中文水平有限, 入门级中文的学生; 法语或选择在线入门西班牙语的学生)

- Ab initio means from the beginning) Ab initio代表入门级
- Phase 3-4 for SL; 4 is better 标准课程为3-4阶段, 第4阶段为较好

# Full Diploma or Certificates?

## IBDP全科文凭或毕业证书

Full Diploma > 24/42 to be eligible

完整的文凭 > 24/42 视为合格

42 points from 6 courses out of graded out of 7 each

6个课程总分要达到42分，每门科目总分为7分

3 extra points can be earned for performance In the Core Components below (EE + TOK)

3分附加分可以通过以下课程表现中获得 (EE+TOK)

Complete Extended Essay (EE)

完成扩展论文 (EE)

and Theory of Knowledge (ToK) above an Elementary

并且达到理论知识(TOK)达到初级水平以上

Complete Creativity, Activity and Service

完成创新性，主动性服务课程

# DP Certificates DP证书

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- **Certificates: sit exams in each subject and earn a 2**
  - 证书: 每项科目都要考试并且获得2分
- **Only SL courses required**
  - 仅要求标准科目课程
- **No Extended Essay or Theory of Knowledge**
  - 不需要完成扩展论文或知识理论
- **CAS a LIS requirement so it IS required with certificates**
  - 创新性, 主动服务服务课程是乐盟的要求, 是获得证书的硬性标准
- **Still can gain good university entrance**
  - 仍然可以进入好的知名大学

# Online Diploma Course 在线文凭课程

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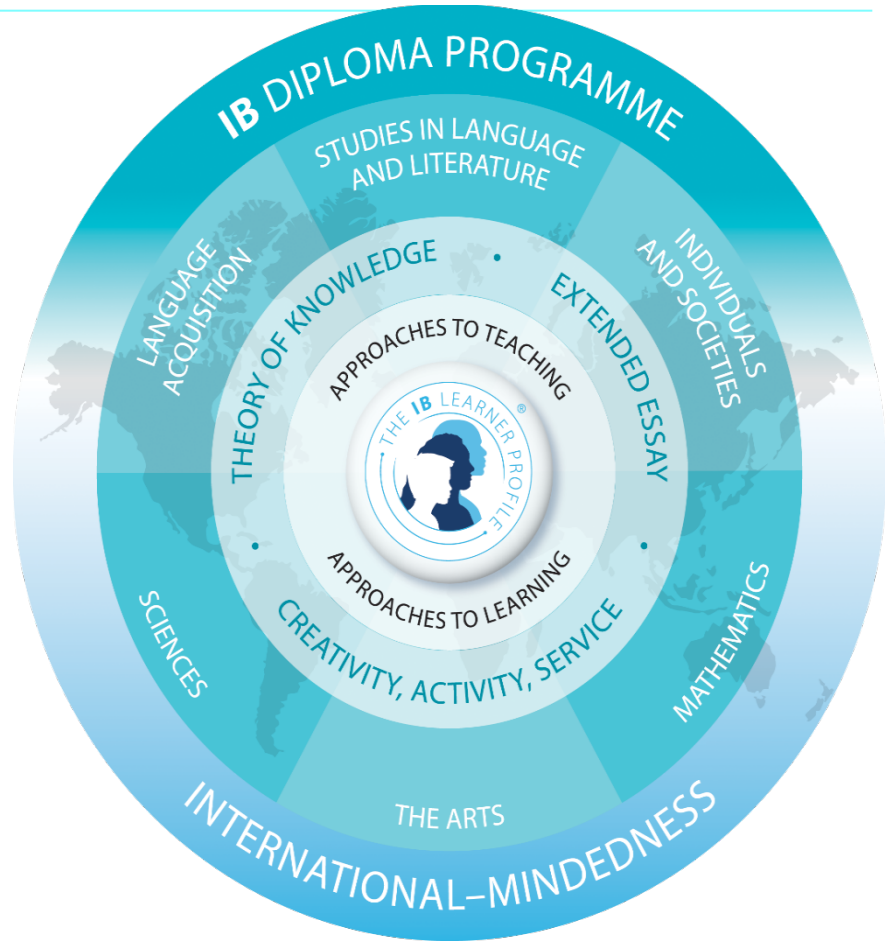
- **Provided by Pamoja Education Services**  
由Pamoja教育服务机构提供
- **Independent online learning**  
独立完成在线学习
- **Classmates from around the world**  
来自全球各地的同学
- **Teacher can be in a different time zone**  
教师可能处于不同的时区, 地区
- **Live sessions available**  
提供实况直播教学
- **Students must be good at time management**  
学生必须能够很好地管理自己的学习时间
- **Commit to being independent**  
保证独立完成
- **Commit to seek support from Coordinator** 及时寻求课程老师的帮助与支持

## Contents: Core of the Diploma Programme 国际文凭课程的核心要点

*There are three core requirements 有三个方面的核心要求*

### The Extended Essay: 扩展论文

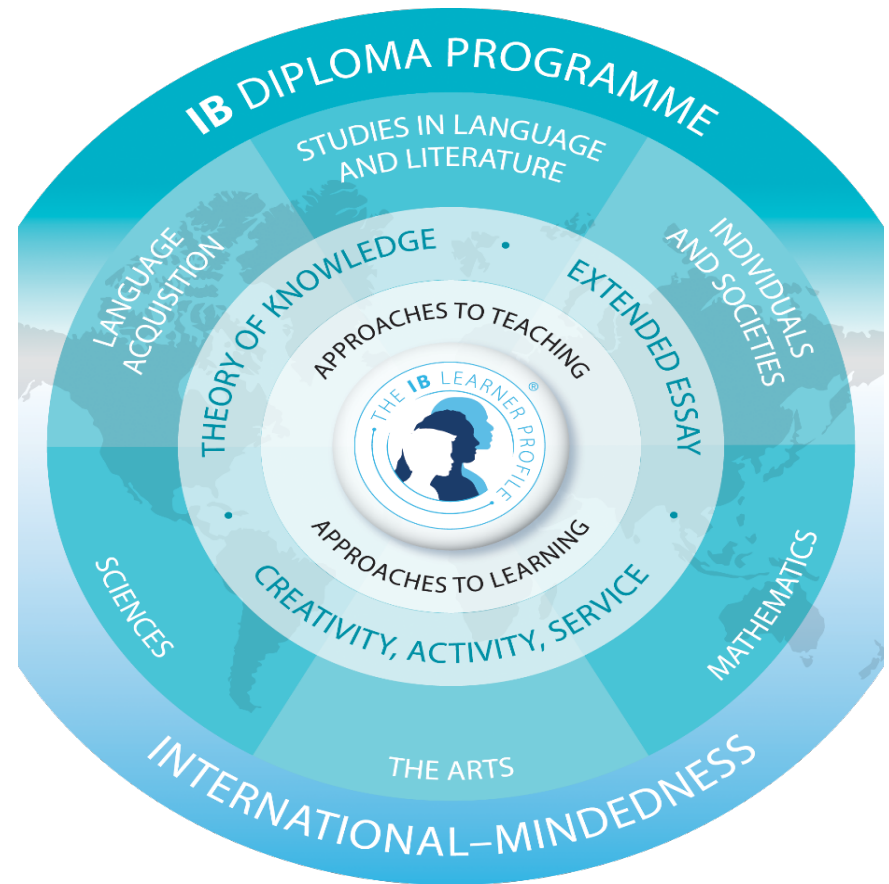
- 4,000 words 不少于4000字
- Offers the opportunity to investigate a research question of individual interest  
为学生提供调查研究个人兴趣方面问题的机会
- Familiarises students with the independent research and writing skills expected at university  
使学生通晓和具备进入大学所要求的独立学习研究 和写作技能



## Diploma Programme Creativity, Activity and Service 国际文凭课程:创新性, 主动性服务

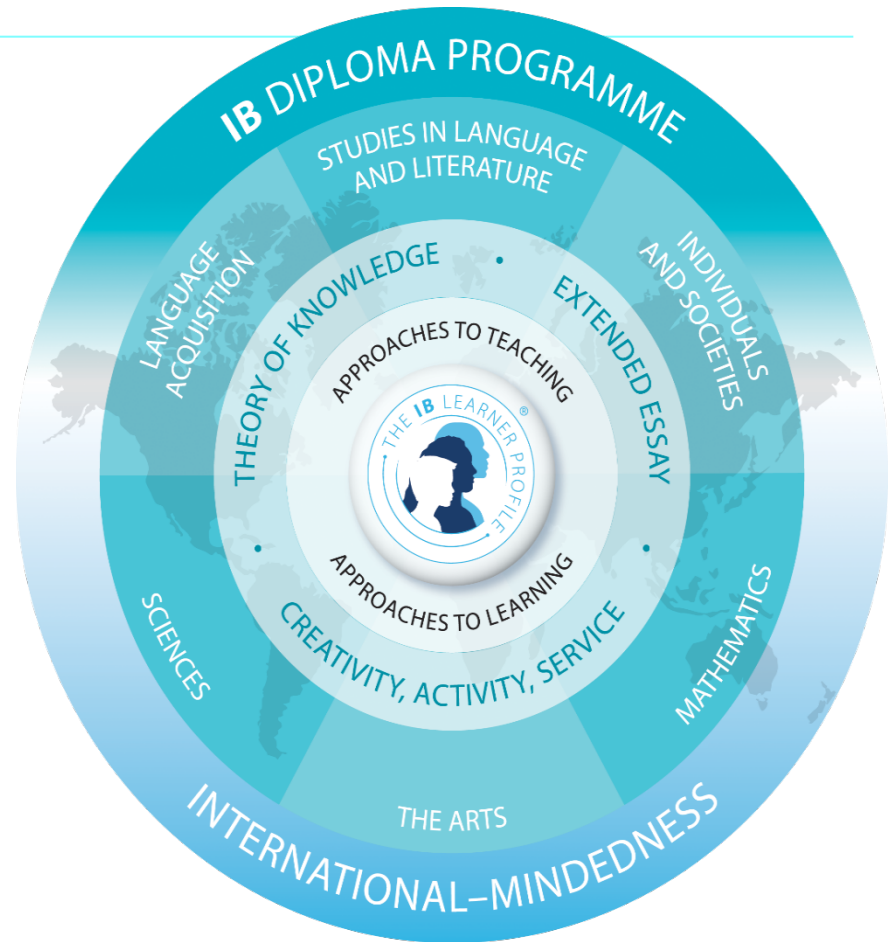
Creativity, activity and service  
(CAS):创新性, 主动性服务 (CAS)

- Encourages students to be involved in artistic pursuits, sports and community service
- 鼓励学生参与艺术追求、体育运动和社区服务
- Education outside the classroom: gr 11 fall trip Kangding this year
- 课堂外教育:3月11年级学生将参与CAS-香格里拉的旅行
- Development of the IB learner profile
- 国际文凭学习者的发展
- Required to be eligible for the Diploma
- 符合条件者可获得文凭



## Contents: Theory of Knowledge Course 理论知识课程

- Interdisciplinary 跨学科
- Explores the nature of knowledge across disciplines 探索知识的原理和跨学科性质
- Encouraging an appreciation of other cultural perspectives 鼓励对其他文化观点的包容欣赏
- Can lead to additional Diploma points 可以增加额外的分数
- EE and TOK can add up to 3 points  
EE和TOK可以总计达3分





## Making an Informed Choice: Investigating Courses

### 做出明确的选择: 调查课程

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- Grade 11/12 Diploma Handbook posted on Managebac
- 11和12年级IBDP手册已公布在MANAGEBAC上
- Conversations with teachers 与老师的沟通
- Meeting with Mrs. Mindorff 与Mrs. Mindorff 沟通
- [Pamoja online courses](#) Pamoja在线课程
- [Past exam papers examples](#) on the IBO.org site>DP Curriculum
- 往期试卷在线查阅IBO.org site
- Subject guides found on Managebac course sites
- 各学科指南也已在Managebac课程网站上公布
- Special case for online courses 在线课程另有说明
- Speak with experienced students 与有经验的学生沟通
  - See [Pamoja online](http://www.pamojaeducation.com/) <http://www.pamojaeducation.com/>
  - 登录[Pamoja online](http://www.pamojaeducation.com/) <http://www.pamojaeducation.com/>

## Next Steps and Questions 下一阶段和问题

- Students will speak to their teacher to get recommendations for courses (HL or SL) 学生的推荐信需要学生找到科任老师沟通后, 老师方可帮助学生完成推荐信
- Students will complete a formal course selection form
- 学生将填写正式的课程选择表
- Read in depth about the IB Diploma at the [ibo.org](http://ibo.org) site
- 登录ibo.org网站并且仔细阅读IB文凭课程相关信息
- Mrs Mindorff will go over career options and university pathways via BridgeU
- Mrs Mindorff将会通过BridgeU系统和学生仔细过一遍以后的职业规划
- In January and you will be asked to sign up for a meeting with me to review course selection for grade 10's going into gr 11
- 在明年的1月份G10学生将与我开会并且制定出升至11年级后的课程
- March-April gr 11's and parents will meet with me to begin university discussions  
在明年的3-4月份11年级学生和家将与我会面开始大学申请讨论

## Questions? 提问

## Other relevant information 其他相关信息

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- Access to enrichment time for CAS  
为CAS准备充足的时间
- group 4 science project: science students work together on this required IB science collaborative task  
第四组科学项目：科学专业的学生要求进行项目合作完成
- ManageBac: online learning system to communicate calendar of tasks, assignment submission; parents have access; weekly work through the messages tab
- ManageBac: 在线学习系统, 提供任务通讯日历, 作业提交; 家长有访问权限; 通过信息可对每周学习信息一目了然

## DP points and the Global Standard? DP的分数和全球标准

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- 4+ from grade 10 to take higher level courses  
10年级的科目分数需要在4+以上的才能在11年级时选修高级课程
- Straight 5's (29 points-over 30 to be safe) average conditional offer from UK (IB Schools and Colleges Associations of the UK)  
直5(29分以上到30是安全的)是英国大学要求的平均条件(IB学校和英国学院协会)
- Competitive is 40-45 有竞争力的分数是 40-45
- 30 points University of Toronto –Arts Programme  
多伦多大学艺术课程的分数要求是30分
- 34-36 points some engineering programmes  
一些工程方面的大学专业分数要求是34-36分
- 31- 33 points 10 year average to gain entrance to solid university programmes 31-33分是10年来进入大学的分数比较稳固的分数
- Speak to Mrs Mindorff; do own research  
与Mrs Mindorff交流沟通;学生自己也要多收集信息

## Understanding the IB Diploma assessment

了解IB国际文凭课程的评估方式

# Extended Essay 扩展论文

- 4000 word research original essay 4000字原创论文
- A taught course beginning second semester of grade 11 with an assigned supervisor 从11年级第二学期开始教授的课程, 并配有指定的监督老师
- Ground students in methodology of DP subject before choosing Extended Essay subject 在选择扩展论文主题之前, 学生会打下DP学科方法的基础
- Choose DP subject 选择DP学科
- Choose topic: read, read, read 选择论题: 阅读, 阅读, 阅读
- Formulate well developed Research Question 制定完善的研究问题
- Plan the investigation and writing process 做好调查和写作过程的计划
- Plan a structure (headings....)--may change  
规划论文架构(标题等) -- 允许修改
- Carry out investigation, reading, writing, reviewing, editing  
开展调查, 阅读, 写作, 复查, 编辑等工作

# Extended Essay 扩展论文

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- Title page 标题页
- Table of contents 目录
- Acknowledgements 致谢
- Introduction 介绍
- Body(development, methods, results--subheadings) 论文主体(发展、方法、结果的副标题)
- Conclusion(restate question; answer it) 结论(重述问题;回答)
- Works cited 引用文献
- Appendices as needed 附录
- 4000 words: includes the intro, body, conclusion, quotations  
4000字包含:介绍, 主体, 结论和 引言

# Extended Essay History Questions

## 扩展论文常见问题

- Switzerland WWII and Neutrality: To what extent was the Commission Bergier successful at showing the truth behind Switzerland's actions in WWII regarding refugees?"
  - 瑞士二战中立:伯杰尔委员会在什么程度上成功秀出瑞士在二战中关于难民行动的真相?
- In what ways and to what extent was British military intervention and assistance instrumental in the outcome of the Dhofar conflict?
  - 英国军事干预和辅助作用是以何种方式以及在何种程度上造成了佐法尔冲突?

# Extended Essay: English and Visual Arts

## 扩展论文: 英文文学和视觉艺术

- How does Shakespeare undermine female stock characters in traditional Elizabethan theatre?  
莎士比亚是如何在传统的伊丽莎白剧场里逐渐削弱女性人物特征的？
- Architecture in Bahamas: To what extent does the use of colour influence Bahamian architecture?  
巴哈马建筑: 巴哈马建筑结构中色彩的影响程度如何？
- To what extent does documentary photography of the Depression Era photographer, Dorothea Lange, have artistic merit?  
大萧条时期摄影师Dorothea Lange的纪实摄影在多大程度上具有艺术价值？
- How can we account for the portrayal Chloris and Zephyr in “The Birth of Venus” and “the Primavera”?  
我们如何解释在“维纳斯的诞生”和“春”两幅作品中关于唱诗班和西风神的肖像描绘？



# Extended Essay: Biology

## 扩展论文:生物

- To what extent and in what ways does eye pigmentation vary through early adolescence?
  - 眼睛色素沉着在青春早期以何种程度和方式发生变化？
- To what extent does island difference affect morphological development of the brown anole?
  - 不同的岛屿在何种程度上影响棕色变色龙的形态发展？
- To what extent has reef fish species diversity and richness changed in relation to baseline studies conducted on the west side of New Providence from 2006, 1975 and 1955?
  - 2006, 1975和1955年在新普罗维登斯岛西面开展的研究, 显示了热带鱼的多样性和数量丰富性在何种程度上与海基线有关？

# Next Steps Grade 12 下一阶段 12年级

- **Extended Essay complete by 扩展论文完成时限安排**
- TOK Essay complete by February TOK论文在2月前完成
- Most IA's complete by end of February except languages 除了语言之外, 绝大多数IA在2月底前完成
- March CAS complete 3月完成CAS
- March TOK time for review 3月进行TOK的复查
- March 2019 mock exams 2019年3月模拟考试
- Mock progress report: advice for review 模拟进度报告: 评审建议
- April review month and some HL work 4月进行复查和一些高等课程的学习工作
- Last Wednesday in April last day of DP classes 4月的最后一个星期三是DP课程的最后一天
- **April: universities to me to enact IB results release**
- **4月 我将会发送学生的IB预估成绩到申请学校**
- Students have an IB pin to access results online July 6<sup>th</sup>
- 7月6日开始学生可使用IB密码登陆查询成绩
- Rest, eat, laugh, keep students active in sports, arts, service
- 接下来休息, 吃吃喝喝, 开开心心, 参与运动, 艺术, 服务等活动



# Entering the IB Programme

## 进入IB学习后,

- Get adjusted to IB Courses and focus on academics.
- 及时调整进入IBDP课程学习, 全力以赴学术学习
- Continue involvement in activities, service, and athletics.
- 继续参与到体育活动, 服务活动中
- Help us get to know you!
- 多和我们沟通, 让我们更多了解你
- Self-care and organization is key!
- 自己照顾好自己, 并且有序的安排学习生活很重要



## What's Ahead for gr 10's and gr 11's 10年级和11年级的学生可以提前准备的,

- University visits 到心仪的大学参观
- Fall TOEFL or IELTS: (must take before June)
- 9月份的托福和雅思考试(必须在次年6月份前完成)
- January to June: ACT and SAT if applicable
- ACT以及SAT考试需要在(1-6月份)完成
- February- May: Individual meetings with counsellor
- 2-5月, 和申学辅导老师单独见面讨论
- March-June: University meetings between student, parent and counsellor
- 3-6月, 会有一个家长学生以及申学老师的三方会议

## Grade 10 10年级的时间安排

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- DP courses choices
- DP课程选择
- Finding passion for things: be involved in activities, arts, music, sports, service: care about the world beyond self
- 找寻其中乐趣:参与到活动中, 音乐, 体育活动, 美术, 服务, 对自身以外的事物的关心
- PSAT at school 在学校参加PSAT考试
- SAT in second semester but usually better to wait until later 在第二学期考试SAT, 但是最好再晚点
- Transition year 学年过渡

## University Timeline: what do you consider? 进入大学的准备安排：你们是如何考虑的？

- Best fit: course of study, skills development, work opportunities, life style, sports, activities, location, climate?

最佳的组合，学习进程，技能发展，工作机会，生活方式，运动，活动，地点，气候。

- Students and parents in agreement?
- 学生以及家长意见一致
- Finances?
- 费用



## August-February G11 11年级8月-次年2月安排

1st TOFEL  
1st IELTS

Class meets  
with College  
Counselor

Individual  
College  
research

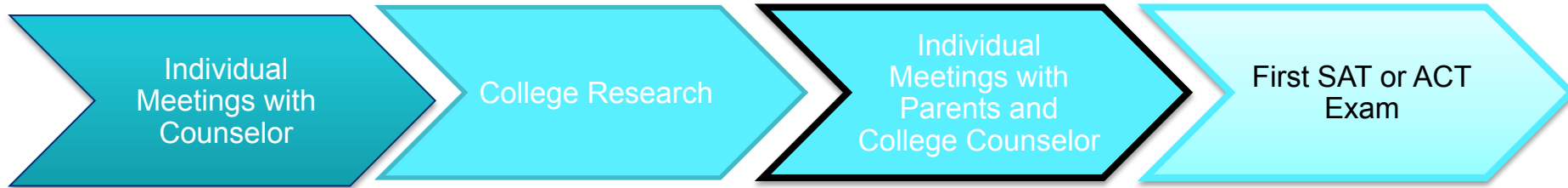
Add Colleges  
to BridgeU  
Prospective  
College List

- TOEFL for all North American applications (Canada will accept IELTS )
- IELTS must be Academic for UK ( immigration requirements to the UK )
- Students should research university so they are aware of what tests are needed
- Some universities outside the U.S will ask for the SAT
- Be aware of the total IB points necessary and subjects required by specific programs.



## February-June G11

### 11年級的2月-次年的6月安排



- When meeting with counselor student should have done initial research, this allows the counselor to give informed advisement on the selections.
- Meetings will begin in semester 2 of gr 11
- Counselor will suggest tasks that they will need to complete prior to meeting with counselor and parents in May
- Students need to be thinking about which teachers they will ask for a letter of recommendation.
- Meetings with Parents will begin in late April but you can make an appointment at anytime.



# Summer Before Grade 12

## 12年級的暑假前



2<sup>nd</sup> TOEFL  
and IELTS

College Visits  
College  
Research

Writing  
Personal  
Statement

Add colleges  
to BridgeU  
Prospective  
College List

- If possible students should visit as many of the colleges as possible
- Students should write a general personal statement as well as a list of reasons they want to attend specific universities.
- Writing the TOEFL and IELTS during the summer is important , Grade 12 is a very busy year for students in the IB program.
- Students should have a minimum of 8-10 universities on their list.

## August –February G12

### 12年級的8月-次年2月安排



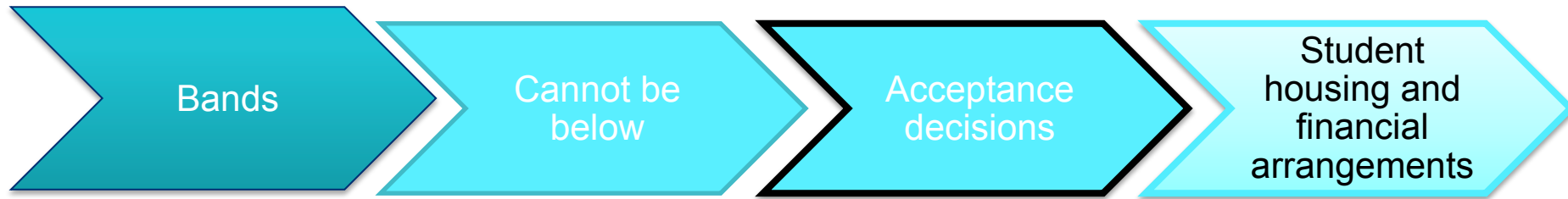
- Students should have a minimum of 4 likely schools on their list, 3 reach schools and 2 further stretch schools.
- All documents were sent through BridgeU, Common Application, UCAS or individual university websites.
- Letters of recommendations are confidential and go directly to universities not students.
- Students need to arrange for test scores to be sent directly to university from test organization.
- Predicted grades are based on Grade 11 final report. August to October work, and discussions between counselor, teachers and IB coordinator.

# February-May G12 12年級的2月-5月



- Students need to arrange for Final IB grades to be sent directly to universities; it is the students responsibility to ensure they have the correct information about the university .
- Students should write emails to all universities they are accepted to even if they have declined the offer.

# Results issue 考试结果公布



- Students need to arrange for final IB grades to be sent directly to universities; it is the students responsibility to ensure they have the correct information about the university .
- Students should write emails to all colleges they are accepted to even if they have declined the offer.



## Personal Statements 个人申明

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- We will go over process in spring of gr 11 as necessary and again in September of gr 12.
- 11年級的春天我們會先過一遍，當在12年級的9月份是會再重申一遍
- Support provided individually but timelines must be followed.
- 我們會每個學生單獨提供輔導，但是還是需要根據時限完成
- Adequate notice for review is necessary.
- 有必要進行充分的檢查



**You can make an appointment at any time to discuss university applications**

**你们可以随时和我预约见面咨询学生升学信息情况**

Mrs Mindorff IB Coordinator/University Counsellor

[Michele.Mindorff@lis-chengdu.com](mailto:Michele.Mindorff@lis-chengdu.com)

Come into look at brochures, to talk, to just sit and think

Considerations: 学生以及家长可以找到Mrs. Mindorff 了解一些大学宣传单, 聊一下自己的想法, 或者告知老师你们的担忧

area of interest; PROGRAMME at university

兴趣爱好方面, 大学专业

Location: proximity to family, weather, sports, life outside university

地点: 离家距离, 气候, 运动, 以及校外生活,

Co-op programmes: can you work? 带薪实习, 你能够打工吗?

Visa considerations: families to investigate 签证问题, 需要家长提前做好准备

BEST FIT for YOU!! 选择最适合你们的



# Deadlines: Grade 12 University Timeline

## 截止日期：12年级时间安排

- August –Oxbridge/UCAS completion applications counselling
- August -October individual counselling and completion of applications
- IELTS/TOEFL/SAT/ACT tests should be complete by the fall
- September end – Oxbridge and UK medical applications completed
- October beginning – early applications to US and Canada ( U of T by start of October and self report by Jan 4th) completed
- November regular application deadlines for US, (UCAS) and fast track for Hong Kong U, CU and HKUST
- December 1 LIS's internal deadline to complete applications, essay, document submissions
- January(at the very latest) application deadlines for Hong Kong, US and Canada
- January- April - offers arriving
- April-notify IB Coordinator of your acceptances so she can send your IB results.
- By May notify university counselor if final transcripts are needed and where.

# What is Bridge U?

## Bridge U 是什么？



BridgeU links your university counselor and teachers with students and parents to improve course, university, and career planning.

大学辅导员和科任老师与学生和家长联系起来，以改善课程、大学申请和职业规划。

- Place to do a university search; submit materials, test scores, plans  
在此系统上查询了解大学院校，上传材料，考试分数以及学习计划等
- University match with student interest and possible grades  
找到合适的大学，符合学生自己的兴趣爱好以及与自己水平相符合的院校
- Trending of careers  
职业走向



# How Can I Use It?

## 如何使用？

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### CAREER PLANNING 职业规划

- Learning styles inventory 学习风格目录
- Interest inventory 兴趣爱好目录
- Personality inventory 个性化目录
- Write resume 履历写作
- Course, college, and career planning 课程, 学院以及职业规划
- Local scholarships and aid opportunities 当地奖学金以及助学金机会

# University Planning via BridgeU

## 大学计划都是通过BridgeU实施



- University selection research  
大学调查挑选
- University major research  
大学专业调查挑选
- University profile exploration  
各大学介绍了解
- National scholarships as students deem appropriate  
适当的国家奖学金
- Other financial aid opportunities the students investigate  
学生了解一些其他助学金机会



**But Right Now...**  
**What About Me???**  
**现在, 我呢?**



# Myers Briggs: Personality Types

## 个性类型

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- An individual is either primarily
  - **E**xtraverted or **I**ntroverted
- An individual is either primarily
  - **S**ensing or **I**ntuitive
- An individual is either primarily
  - **T**hinking or **F**eeling
- An individual is either primarily
  - **J**udging or **P**erceiving
  - by identifying which personality type we demonstrate more readily, we can identify our natural preference, and learn about our natural strengths and weaknesses within that context

# Career Interest Profiler

## 职业兴趣分析

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You will learn your personality types and match them with working environments you would most likely enjoy!  
在了解你的自身的性格后，你可以找寻到什么样的工作环境是你想要的。

# INTEREST INVENTORY

## Holland's Work Environment Types



### 兴趣调查 荷兰工作环境类型

- **Realistic** - Likes to work with animals, tools, or machines; generally avoids social activities like teaching, healing, and informing others
- **Investigative** - Likes to study and solve math or science problems; generally avoids leading, selling, or persuading people
- **Artistic** - Likes to do creative activities like art, drama, crafts, dance, music, or creative writing; generally avoids highly ordered or repetitive activities
- **Social** - Likes to do things to help people -- like, teaching, nursing, or giving first aid, providing information; generally avoids using machines, tools, or animals to achieve a goal
- **Enterprising** - Likes to lead and persuade people, and to sell things and ideas; generally avoids activities that require careful observation and scientific, analytical thinking
- **Conventional** - Likes to work with numbers, records, or machines in a set, orderly way; generally avoids ambiguous, unstructured activities



## How Parents Can Help your Students with Stress 家长可以帮助学生缓解焦虑压力

- The American Psychological Association says you can help teens open up by:
  - *Listening without interrupting*
  - *Providing thoughtful responses*
  - *Tempering your own emotions*
- Remember, regardless of how serious or trivial the concerns may seem to you, they are causing your child difficulty, so be thoughtful.



# Thoughtful University Prep

## 认真准备大学申请

- **Explore the subject at a DEEPER level** beyond IB:
- Internships relevant to your course/program/major
- Research journals - do you read them?
- Research competitions for HS students (MIT Inspire, JHU, Siemens, National Merit PSAT, iGEM)
- Voraciously reading books
- Extended Essay becomes a personal passion life-long pursuit
- Community service - leading not following
- Shadow a research student at a local university
- Work experience in a laboratory, hospital, ngo
- University level summer course with a grade





## What do universities look for in an applicant?

### 大学是根据哪些条件录取学生？

- **UK/Europe/Australia/NZ/Canada**
- Predicted exam scores and academic achievement weigh heavily
- Motivation, relevant experience, writing ability (personal statement)
- School letter of reference English language competency -IELTS/TOEFL
- 21C skills: balanced, more than just studies



<b>Percentile</b>	<b>EBRW</b>	<b>Math</b>	<b>TOTAL</b>
90th percentile (excellent)	680*	690*	<b>1340</b>
75th percentile (good)	620	610*	<b>1220*</b>
50th percentile (average)	540**	530**	<b>1080</b>
25th percentile (poor)	470	470**	<b>950</b>
10th percentile (very poor)	410*	410	<b>830</b>

Source: [SAT Understanding Scores 2016](#)

*\*Score is 1 percent higher than percentile listed (i.e., 91st, 76th, or 11th percentiles).*

*\*\*Score is 1 percent lower than percentile listed (i.e., 49th or 24th percentiles).*



# TOEFL

- Reading Section (Score of: 0–30)
- Listening Section (Score of: 0–30)
- Speaking Section (Score of: 0–30)
- Writing Section (Score of: 0–30)
- Total Score (0–120)

# IELTS: band scores matter: listening, Reading, writing, speaking

## 雅思: 听力, 阅读, 写作, 口语



Band Score	English Level	Description
9	Expert User	Has complete command in the English language; accurate, appropriate, highly flexible, fluent with full understanding. <a href="http://www.ieltsliz.com">www.ieltsliz.com</a>
8	Very Good User	Has complete command with only rare errors (which are unsystematic) or inappropriate words. Deals with complex situations well but has rare errors in complex situations but can deal with detailed argumentation.
7	Good User	Has good command of English but also has occasional inaccuracies, misunderstandings or inappropriate words. Can use complex language quite well and understands detailed argumentation quite well.
6	Competent User	Has effective command of English but also has some errors, inappropriate words and misunderstandings in some situations. Can use complex language quite well but best in familiar situations.
5	Modest User	Has partial command of English and can deal with overall meaning. Make frequent errors. Has better English in common situations. Does not deal with complex language well.



# Standardized Testing

## 标准化测试

- **IB DP Student**
  - **US Colleges/Universities**
    - Needed for most
    - Unless SAT/ACT optional school
    - [www.fairtest.org](http://www.fairtest.org)
  - **AUS/CAN/UK Universities**
    - SAT/ ACT Not Needed
    - IB total scores needed
- **IB DP Student**
  - **US Colleges/Universities**
    - Needed for most
    - Unless SAT/ACT optional school
    - [www.fairtest.org](http://www.fairtest.org)
  - **AUS/CAN Universities**
    - Not Needed
  - **UK Universities**
    - Subject tests can help!



# PSAT Testing

## PSAT测试

- Grade 9-10
- Admissions and Financial Aid Information from colleges
- Feedback on academic and testing skills



## Student Ways to ask for Support

### 如何寻求帮助

- Help in organizing the information
- Initiate open, honest conversations
- Ask for financial advice to be independent
- Ask to visit colleges in spring/summer if possible
- Keep your parents informed – let them be part of the process



## Organize

### 安排, 管理

- Calendar for all deadlines this year
- Sleep! Truly important
- Manage extra curricular activities both in school and out of school



## Questions? 提问

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- Please write any questions down in any language.
- Use the stickies.
- Leave your email.
- We will get back to you.

