



# IB PARENT WORKSHOP SERIES

## SUPPORTING YOUR ADOLESCENT IN THE IB PROGRAMME

2015



ACCESSLEARNING

## WORKSHOP TARGETS

This series of workshops is designed to provide parents with a deeper understanding of the requirements of the IB programme and to provide strategies and tips for supporting your son or daughter in this rigorous programme. It is challenging not only for the students, but for parents too, as the programme is intensive and will impact upon the whole family.

**WORKSHOP 1** | Date & Time to be confirmed

### What parents need to know for IB success

The focus will be on understanding in detail the overall rigors of the IB programme and the importance of the timeline and deadlines of work over the two years. Additionally, we will consider strategies and tips for managing the first trimester, a critical time for building the requisite foundation for maximum success. Students often do not use this time to their best advantage. Therefore, we will discuss ideas and strategies for cultivating and supporting a home culture where systematic independent revision is expected.

**WORKSHOP 2** | Date & Time to be confirmed

### Supporting Independent Projects

We will examine in detail the requirements and demands of the Internal Assessments (IAs), and what is known as The Core. The core is comprised of the Extended Essay (EE), Community, Action and Service (CAS), and the Theory of Knowledge (TOK). We will discuss ways students can prepare themselves to complete independent projects more proactively, efficiently and with less stress. Discussion of the impact of stress on learning will also be explored.

**WORKSHOP 3** | Date & Time to be confirmed

### Managing the onslaught!

The aim of this session is to address the challenges first year IB students face in terms of managing time and stress. At this stage of the programme the demands on their time become increasingly more intensive, pulling students in many directions at once. It is a critical turning point in the programme as the demand level continues to rise over the summer and through to the final IB exams. This typically causes students' stress levels to rise and we will consider strategies to help you and your teen avoid teen meltdowns and burnout.

### VENUE

To be determined

### FEE:

€25 per workshop

### PARTICIPANTS:

Maximum of 10\*

*\*First come first served, and if there is demand an additional day can be added.*

  
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