



# SURVIVAL GUIDE

FOR THE SECOND YEAR OF IB

From the  
IB graduates at

**Lanterna**  
education

## ABOUT THIS ZINE

Welcome to the brand new Lanterna IB Zine! As IB survivors we know exactly what you are going through this year. The work, the deadlines, the revising, the exams.. Here we have put together our very best advice and tips to help you through your last year of the IB. Use this to relieve stress, find inspiration, and hopefully improve your study habits for the better.



# CONTENTS

**4**

TOK: How to tackle the essay  
How do I guarantee an A in my TOK Essay?

**6**

What kind of a procrastinator are you?  
Identify your procrastination persona and learn how to tackle your disruptive habits.

**8**

12 apps to make your IB life easier  
Apps are your IB ally. We share 12 of our absolute favourites.

**10**

The path to timetabling success  
Make sure your exam study schedule is ambitious, yet realistic!

**12**

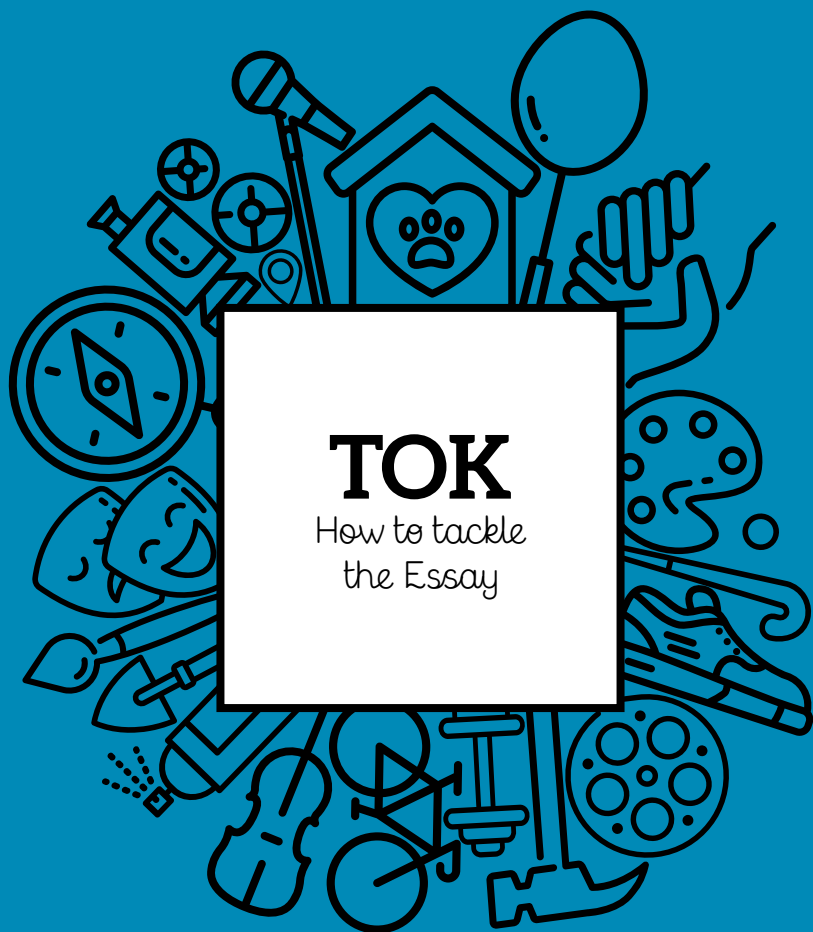
How to revise like a pro  
Not all revision techniques are created equal. Make sure you've got the technique down.

**14**

Colour yourself calm  
All IB students feel the pressure sometimes. This is for those moments!

**15**

Tying it up on exam day  
No matter how much revision you've done, we need to make sure you're ready on the day of the exam!



# TOK

How to tackle  
the Essay

TOK, and the TOK Essay specifically, may be the most disliked part of the entire IB. Why? Applying all these seemingly trivial concepts that you discussed throughout your TOK classes in an essay appears to many to be an impossible task!

However, follow our golden tips and the TOK Essay can become trouble-free!

**Know the Terminology** A key aspect of your TOK essay is understanding the vast amount of definitions in TOK. Only when you understand what the syllabus is asking of you it will you be able to start brainstorming and writing your essay. Below we've defined some of the main key terms!

**What are the Ways of Knowing?** In writing your essay you'll almost certainly need to give examples about the different ways in which knowledge are acquired. The IB breaks down 8 main 'ways of knowing', which are simply different ways to answer the question "How do we know what we know?". These 8 ways of knowing are: emotion, faith, imagination, intuition, language, memory, reason, and sense perception.

**What are the Areas of Knowledge?** Confusion between WoK's and AoK's is common for TOK students, but these are two different categories. While the WoK's look at 'how we know', AoK's look at 'what we know'. We know information through different subject areas, namely: mathematics, natural sciences, human sciences, history, the arts, ethics, religious knowledge systems, and indigenous knowledge systems.

**Challenge Personal Biases** A key component of the TOK essay is being able to form counterclaims to your main claims. TOK tests your ability to look at an issue from multiple perspective, not your ability to most effectively persuade the reader that your point of view is the 'right' one. Make sure to take a step back and consider if you've argued the claim from various perspectives!

**Make a Clear Structure** Since TOK deals with some pretty confusing topics, one of the most important features to make your essay stand out is a logical structure. Take the time to make an essay plan, outlining the examples that you will use, the WoK's that you will refer to, the AoK's considered, and (most importantly) your stance on the claim. Only by doing this will you have the tools necessary to write a thoughtful, yet legible, essay.

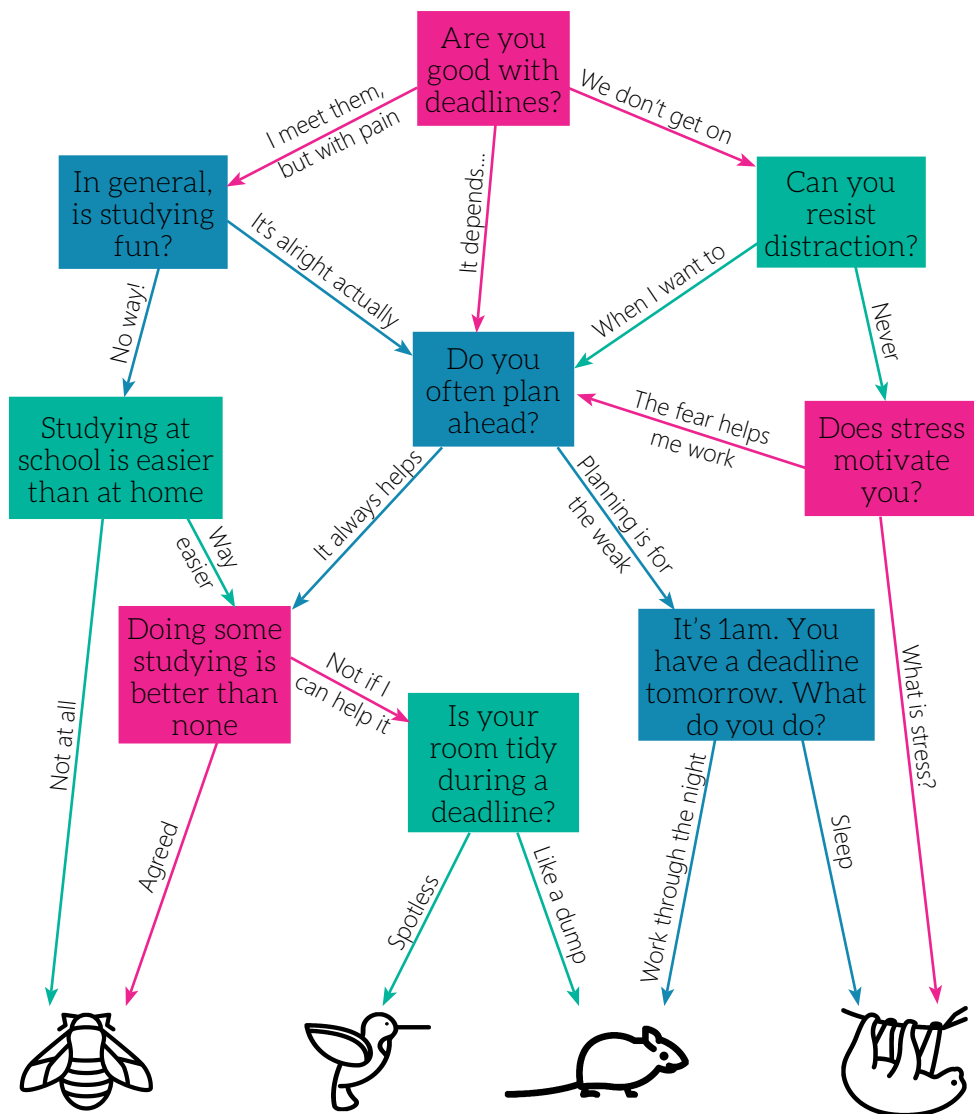
**Do Your Research** Although you may be able to think of some examples to answer any particular TOK essay title right away, we strongly recommend that you do some research before diving in to write the essay. Every year our elite IB graduates at Lanterna write articles analyzing this year's TOK essay titles. Consult our article to get some tips on the most effective examples, the examples to stay away from, and which essay titles will be the hardest/easiest in any given year! Don't dive in to writing your essay before having done your due diligence. You'll thank us later.

Follow these tips and you're on your way to getting an A on that TOK Essay!

What kind of

# PROCRASTINATOR

are you?





**Over-Organized Worker Bee** – You reassure yourself by planning your work in intense detail, whether it's making detailed lists of everything you need to do or organizing all of your stationery and folders ten times over. However it's often difficult to stop the planning and actually get on with the work.



**Nesting Hummingbird** – Your vice is pretty much anything in your environment, and to be honest it doesn't matter whether it's interesting or entertaining. Cleaning your room, cooking, creating iTunes playlists for your different moods... if something will help you avoid studying, you will try it.



**Fear-Struck Mouse** – The panic of the deadline may be your best friend, or it may be your worst enemy. Either way, your barrier to working is yourself, and your challenge is making those big pieces of work feel more manageable.



**Happy Sloth** – Ignorance is bliss. At least until your teachers have a chat with you. In the meantime Netflix binges are probably a favourite, as are fridge binges. Sometimes, if your friends aren't good enough at diverting you from your work, you'll arrange something yourself on the day of the deadline.

## Procrastination Solutions



### To-do lists & Priority squares

Give your work some order by breaking it down into small pieces. To-do lists are a great way to keep track of everything that needs to be done while making it feel more manageable.

To help yourself know what to do when, put the tasks into categories using a handy Priority Square.

**PRIORITY SQUARE**

	Urgent	Not Urgent
A lot of brain power	DO IT NOW	Do it later
Not a lot of brain power	Do it next...	Do it last



### Schedules and Planners

For those who appreciate structure but could use a little help finding one that's useful. Use a diary, schedule or wall planner to plan your work ahead of time. Decide when you will get your work done and how long it will take, and then follow the plan.



### Total isolation

Maybe total is a bit harsh. But sometimes it's necessary to give yourself some tough love. Find a new study environment that's free of distractions, whether it's the library, an empty classroom, or a café. Get rid of the things around you that could disrupt, from phones to WiFi to friends.



### Reward Systems

Ideal for those of you who need that extra push to get some work done. If you can't stop snacking or

going on YouTube, tell yourself you will get what you want after you've finished a certain piece of work. Equally you can use this as motivation to finish work faster.

**Evernote** Take notes which are easy to organise and search for later, and sync them between all of your devices. Clip webpages to read later, and set reminders for maximum efficiency.

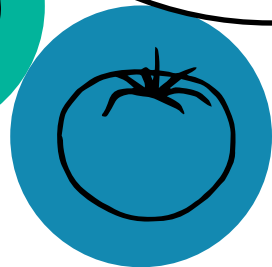
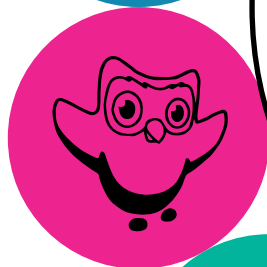
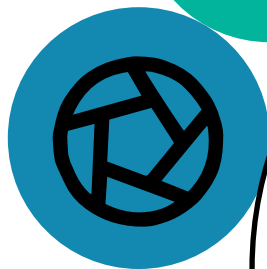
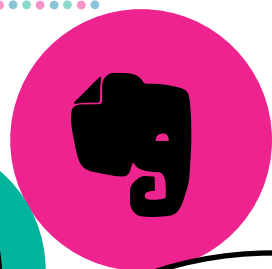
**Nightshift** Your laptop and phone emit blue light whilst you work. This light messes with your body's rhythm and can disrupt your sleep. Nightshift filters out this blue light as you approach bed.

**Focus** Add this app to your Mac menu bar, then choose when to be productive and for how long. Customise the motivational messages that appear when you try to procrastinate!

**Duolingo** The key to language learning is regular practice. Make this less of a chore by gameifying your learning! Use Duolingo to play games, boost your vocab and solidify your grammar.

**Time Out** Sitting staring at a screen for hours on end while you study is bad for your eyes and posture. This app reminds you to take a break and move around at custom intervals.

**Strict Workflow** Block the websites you find most distracting (Facebook anyone?) for 25 minutes, then take a break for 5 minutes. Repeat until your work is done!

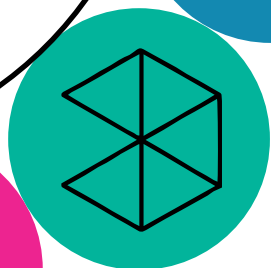
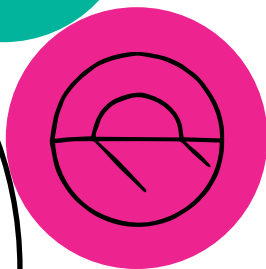


**12 A**  
to make your



# APPS

IB life easier



**Forest** Plant a seedling on your screen when you sit down to work. Concentrate for half an hour, and your seedling will grow into a tree. Swipe off, and your tree will die!

**Quizlet** Make flashcards to test yourself on the way to and from school. Use little and often whenever you have a moment to get names, dates and facts into your brain well before exams start.

**Todoist** Need a simple way to see all the things on your to-do list? Check out todoist! Check tasks off as you complete them and you'll feel on top of all your work!

**SleepCycle** Track your sleep patterns and trigger your alarm during your lightest sleep phase within half an hour of your ideal alarm time. Wake up feeling refreshed and ready to study.

**Memrise** Make your own vocab flashcards to revise your Language B, or use one of the millions of sets generated by other users. Track your progress and test yourself against someone else!

**SelfControl** Allows you to block distracting websites and your mail servers for as long as you like whilst you are studying, so that you aren't so tempted to procrastinate and waste time online.

## 2. Choose Your Method

How do you want to make your study schedule? This comes down to personal preference. Here are a few methods to create your study schedule that have proven effective:

- **Online Calendar:** Using Google Calendar or a similar tool is a great way to organise your studying.
- **Get Revising:** This website creates a study schedule for you! Type in your preferences and it outputs a perfect study schedule
- **To-Do Lists:** Makes breaking down tasks easier. Give you the satisfaction of seeing your progression!

## 3. How Much Time?

The next step to creating an effective study plan is acknowledging how many study hours you can have per week. Don't be overly ambitious at this stage! Many students believe that they can study 8-12 hours a day, or that on your first day of studying you're able to do heaps of revision, but that generally isn't the case! Like exercise, you need to warm up in order to get up to speed. Cap revision around 14 hours (2 hours per day) in your first week, and you can work from there depending on if you hit your target or not!

## 1. Make a Game Plan

The first step to consider is when you want to start your revision for the mocks or final exams. There is no 'perfect' time to start studying, but most commonly successful students tend to start thinking about revision after their TOK, EE, and IAs are done. This is different for everyone, but around the holidays may be a good time to start considering what your game plan and study schedule will look like for the final months of your IB!

# THE PATH

to timetabling success

## 7. Get Some Help

Following all these steps, and then sticking to your schedule, is a difficult task for any student. If you find yourself falling behind in your revision, or maybe you just need some help with devising a revision strategy, then we're here to help you. At the winter and spring Lanterna courses, on top of covering the information in the syllabus, our tutors help you with devising ambitious, yet realistic, study schedules. You can then get an online tutor to help make sure you stick to it! There are so many tools for you to succeed, so make sure to take advantage of them!



## 4. Divide Time by Subject

Not all subjects are created equally. All of us need different amounts of revision time for our various subjects in order to feel comfortable with the topics at hand. Perhaps you need more time revising maths than your language B in order to feel comfortable, so give yourself that time! Decide on the subjects that you'll need most time with and you can make a logical schedule that will cater to your specific needs! But be aware, although it may feel like you don't need revision when it comes to language A or language B, these are two subjects where students often trip up due to lack of revision! Tread carefully.

## 6. Plan Your Breaks

When studying, many students greatly overestimate the length of time we can truly stay focused and absorb information. Generally our time of concentration is capped around 45 minutes, after which we only get marginal gains for additional minutes/hours of studying. How can you use this to your advantage? Set a timer for 45 minutes whenever you study. After these 45 minutes, stand up and walk around, grab a drink, and take your mind off of studying for a few minutes. After a 5-10 minute break, try another 45 minutes of revision. You'll feel more energized, guaranteed!

## 5. Block Off Free Time

It's vital that you don't burn out too early in your revision period. How do we ensure this? Give yourself all the free time you need in order to stay motivated. If you derive happiness, joy, and energy from doing sports, pursuing arts, or any other activities, then try to continue doing these throughout your study period! Cutting out the activities that bring you energy and motivation in the time where you need these the most is not the way forward! Make sure to plan these into your study schedule so you don't feel bad by going for a run, going to a friend's party, or playing some music.

# How to revise LIKE A PRO

Even if you've devised a perfect study schedule, we still have another difficulty as students: How do I make my revision the most effective it can be? There are so many different methods to consolidate information, but these are our top tips!

## ★ Clarity

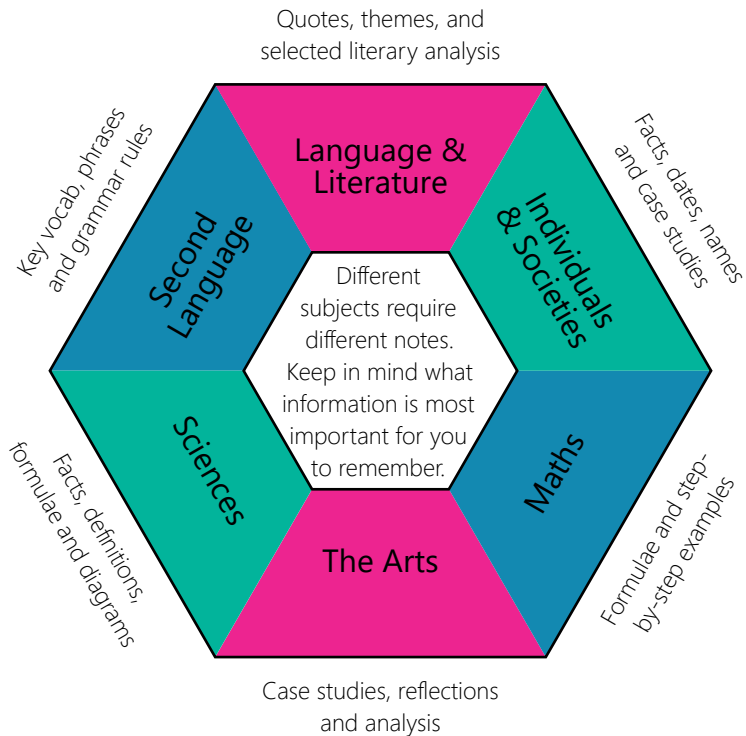
Make sure your revision notes are clear in every way, from how they look, to the way they're written, to what they're saying.

## ★ Organisation

Keeping your revision notes tidy and structured will ensure that you can find the information you need, when you need it.

## ★ Focus

Your revision notes should include only the key information you need to remember. Be selective and condense things down.



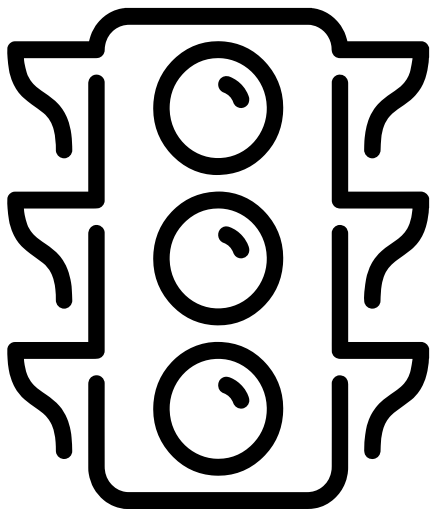
## The Traffic Light System

Use a highlighter to colour code your **syllabus** as you learn new topics. This will help you to track your progress and structure your revision, as you will be able to identify exactly what to focus on first (hint: the red!).

Red = I don't understand

Yellow = I kind of know what this means

Green = Clear as an empty road



## THE CORNELL METHOD

CUE COLUMN	NOTETAKING COLUMN
Highlight key ideas here. Use diagrams, & include your own questions and comments	Use the Cornell method to organise your notes. Divide up your page like this. Include your main notes here in short, clear sentences.

### SUMMARY SECTION

Use this section after the lesson is over to summarise the main ideas you've learned.

## The artful notetaker's checklist

- ☐ I always make notes during lessons
- ☐ I can always read and understand my notes afterwards
- ☐ My notes are organised so I can easily find each subject and topic
- ☐ I make sure that I include all the information I need in my notes
- ☐ I am confident that this time next year, my notes will not only make sense but be useful for my revision

## THE NOTE CONDENSATION TECHNIQUE

**Fact:** If we don't actively work with our notes, we need to spend significantly longer before we're able to memorize the information in them.

**Solution:** Instead of just reading your notes in order to memorize, rewrite them! Every time you rewrite them, condense them slightly. You can abbreviate certain words, cut out unimportant information, and omit anything you feel extremely comfortable with!

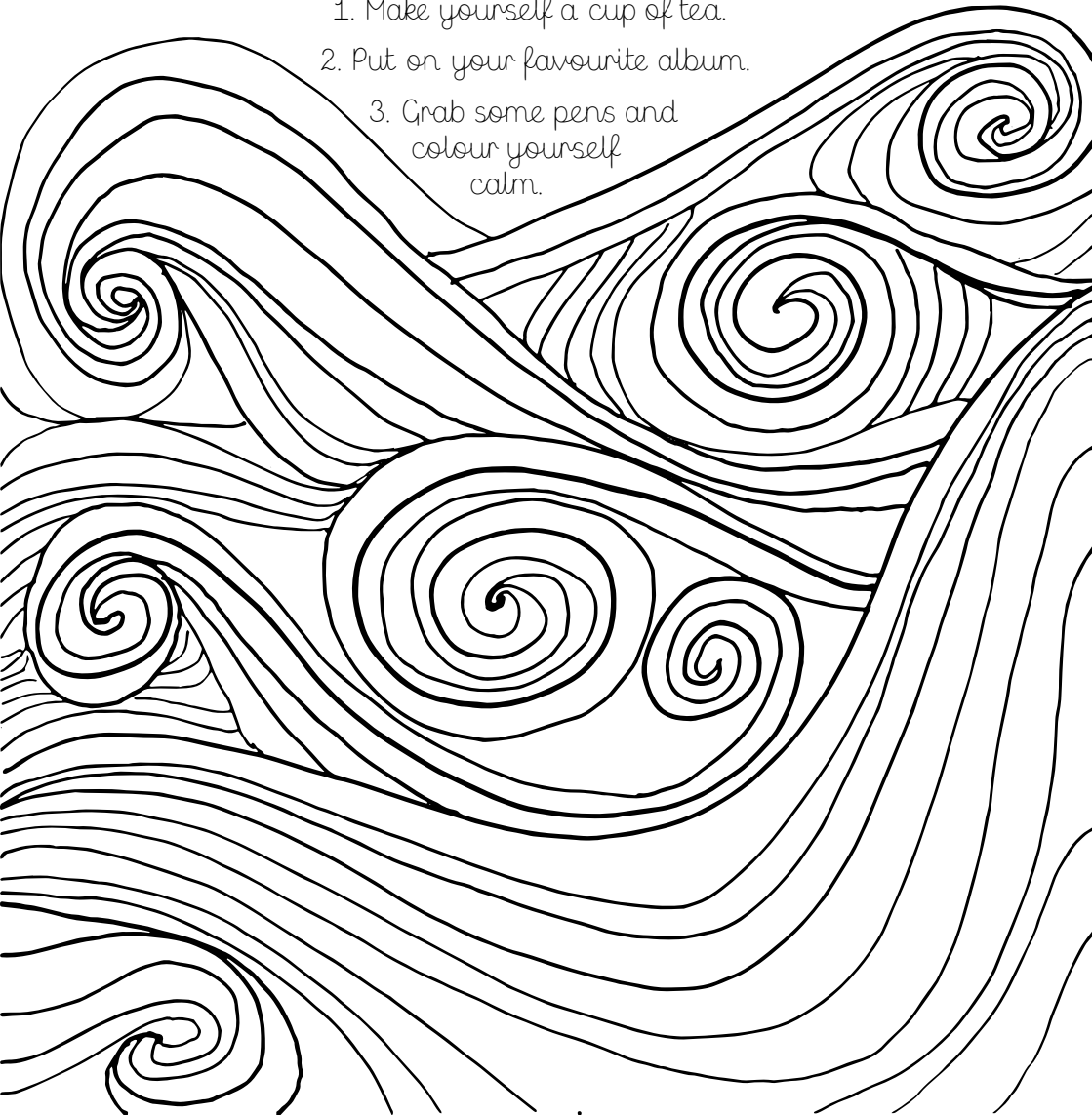
**Conclusion:** By condensing your notes you're actively working with the material, which will increase memory retention. At the same time, you're creating a more manageable set of notes that will have all key information, but look much more manageable!

# COLOUR

*yourself calm*

Feeling stressed and having difficulty concentrating? Sometimes we are too hard on ourselves and when our brain asks for a break we say "No!". Sometimes a simple 15 minute break from your worries is all you need. Just follow our three steps below for relaxation:

1. Make yourself a cup of tea.
2. Put on your favourite album.
3. Grab some pens and colour yourself calm.



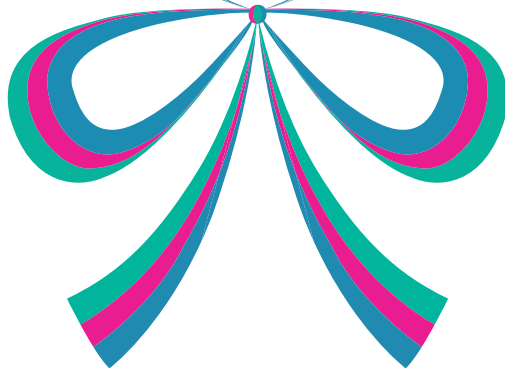
# TYING IT UP

## On the Exam Day

The day of your exam we want to make sure that you're in the best place physically, mentally, and emotionally that you can possibly be in a naturally stressful time! Although your grade will naturally be most affected by your preparation going into the final few days, your mood and form on the day of the exam can have significant impacts on your grade! These are our 2 main tips to make sure you're feeling good to go on Exam Day!

*Get Your Sleep* Pulling an all-nighter the night before the exam will not make you look cool, nor will it actually help you come the exam. Sure, you might be able to memorize one or two more definitions, but the loss you're getting from not being at 100% while taking the exam far outweighs any of those benefits.

*Get There Early* The worst thing that could happen on the day of the exam is that you show up late. Maybe you won't be allowed to take the exam, or you'll lose time to write the test! Either way, you'll be stressed, and your score will be mightily affected. Get there 30-60 minutes early and you can chill before the exam starts.



## WANT MORE SUPPORT?

Lanterna Education runs revision courses for students who want to help prepare you for the final months of the IB! If you'd like to feel extra confident heading into mocks, revision season, or exams, join us this Winter or Spring in the UK, Germany, or Sweden to recap your subjects with an elite Lanterna tutor who has recently aced the IB and knows how to help you do the same! Want some additional help? Sign up for Online Private Tuition and receive exactly the support you need via video call whenever it suits you. To learn more visit [www.lanternaeducation.com](http://www.lanternaeducation.com)



**Lanterna**  
education

Originating as a CAS project in 2004, Lanterna Education helps thousands of students every year through our preparation and revision courses, online and around the world. Our tutors are elite IB alumni who know exactly how to support you on your IB journey.

