

ECLASSOPEDIA

presents

IB 45 SCORE BLUEPRINT

TOP SCORER STRATEGIES FOR 2026

Your definitive guide to achieving the perfect score in the International Baccalaureate

eclassopedia.com

2026 Edition

Foreword from Eclassopedia

Every year, fewer than 1% of IB students worldwide achieve the perfect score of 45 points. These exceptional students are not necessarily the most naturally gifted — they are the most strategically prepared. At Eclassopedia, we have spent years analyzing what separates a 45-pointer from a 40-pointer, and we have distilled those insights into this comprehensive blueprint.

This guide is not about working harder. It is about working smarter. Every chapter in this document is built from real exam data, top-scorer testimonials, and the latest updates to the IB curriculum for 2026. Whether you are starting your IB journey or entering your final stretch, this blueprint will give you the strategic edge you need.

The IB Diploma Programme is one of the most rigorous pre-university qualifications in the world. It demands excellence across six subjects, an Extended Essay, Theory of Knowledge, and Creativity, Activity, Service (CAS). Achieving 45 points means excelling at every one of these simultaneously — and that requires a system, not just effort.

Use this guide as your roadmap. Customize it to your subjects. Return to it regularly. And remember: the goal is not just a number — it is the intellectual growth, resilience, and world-readiness that comes with genuine IB mastery.

With every success,
The Eclassopedia Academic Team

Chapter 1: Understanding What a 45 Really Means

Before building a strategy, you must understand the system you are operating within. The IB Diploma Programme awards a maximum of 45 points: up to 42 from six subjects (7 points each) and up to 3 bonus points from the core (Extended Essay + Theory of Knowledge).

1.1 The IB Scoring Breakdown

The 45-point system is structured as follows:

Component	Maximum Points	Weight
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6 Subjects (SL + HL)	42 points	93.3%
Extended Essay (EE)	Contributes to Bonus	Up to +3 pts
Theory of Knowledge (TOK)	Contributes to Bonus	Up to +3 pts
EE + TOK Combined Bonus	3 bonus points	6.7%
TOTAL	45 points	100%

To achieve 45, you need 7s in all six subjects AND the maximum 3 bonus points from EE+TOK. A single 6 anywhere — even in one subject — and the perfect score is no longer possible. This reality underscores the importance of a comprehensive, multi-subject strategy.

1.2 Subject Combination Strategy for 2026

Choosing the right subject combination is your first strategic decision. Top scorers in 2026 will be evaluated on subjects updated under the IB's most recent curriculum revision cycle. Here is how to think about your six subjects:

- Select HL subjects where your genuine passion and natural strength align. Passion sustains the 2-year effort; strength provides the foundation.
- Do not choose HL subjects purely based on perceived prestige. A 7 in SL Chemistry is worth more than a 5 in HL Chemistry.
- Balance your combination: typically two humanities and one science (or vice versa) creates a manageable workload for most students.
- Research grade boundaries for each subject in recent years. Some subjects consistently have higher grade 7 thresholds, requiring near-perfect performance.
- Speak to previous IB students and check the IBO's Statistical Bulletin annually — patterns in grade distributions can inform your choices strategically.

1.3 The Psychology of a 45-Point Student

Research into high-achieving IB students reveals consistent psychological traits. Understanding these traits — and consciously cultivating them — is as important as academic preparation:

1. **Growth mindset:** They separate identity from performance. A bad mock result does not mean they are a bad student — it means they need to adjust a strategy.
2. **Data-driven reflection:** They track exactly which assessment objectives they lost marks on, rather than just looking at totals.
3. **Systems over motivation:** High achievers build consistent daily habits. A 7-pointer does not study for 10 hours the night before an exam.

4. **Strategic prioritization:** They know when to prioritize. In Week 10, they may ignore Subject A to secure a mark band jump in Subject B.
5. **Stress reappraisal:** They treat stress as information, not a threat. Exam anxiety signals importance; it is redirected into focused preparation.

Chapter 2: Subject-by-Subject Mastery Strategies

Each IB subject has its own internal logic, assessment structure, and mark-maximization strategies. This chapter provides targeted guidance for the major subject groups, aligned with 2026 syllabi and assessment objectives.

2.1 Mathematics: Analysis & Approaches vs. Applications

Mathematics remains one of the most polarizing subjects in the IB. The difference between a 5 and a 7 is almost never about intelligence — it is about precision, method marks, and paper management.

Key Strategies for Mathematics AA and AI (HL & SL)

- Master the mark scheme language. IBO mark schemes reward specific phrases and method steps. Practice writing solutions as if you are the examiner.
- Never skip working. Even when you can do steps mentally, write them. Method marks are awarded independently of final answers.
- In Paper 2 (calculator allowed), use the GDC strategically — verify, not just compute. Graphing intersections, numerical differentiation, and regression analysis are high-value GDC applications.
- Memorize the formula booklet layout before exams. Knowing where every formula is saves critical minutes.
- For HL AA students: Option topics (if applicable in your region) and Paper 3 problem-solving require deep conceptual understanding, not just procedural skill. Practice multi-step reasoning problems regularly.
- Time management in Paper 1 (no calculator): allocate roughly 1.5 minutes per mark. If stuck, move on and return. A partially-answered question with method marks beats a completely blank question.

Eclassopedia Tip: The 7-Step Problem Framework for Maths

1. Read the question twice before writing anything
2. Identify the exact command term (show, find, prove, hence)
3. Write the relevant formula or theorem
4. Set up the problem structure clearly
5. Execute each algebraic step on a separate line
6. State the conclusion in the context of the question

7. Check units, sign, and reasonableness of answer

2.2 Sciences: Biology, Chemistry, Physics, ESS

Science subjects in the IB are structured around a core syllabus plus Additional Higher Level (AHL) content for HL students. The Internal Assessment (IA) constitutes 20% of the final grade and is entirely within your control — making it a critical opportunity for marks.

Internal Assessment Excellence

- Select an IA topic where you can genuinely control variables and collect quantitative data. Ambiguous or qualitative IAs lose marks in analysis.
- Front-load the report: your Research Question must be precise, testable, and original. A strong RQ makes every other section easier to write.
- Use correct scientific notation, significant figures, and error analysis throughout. These are easy marks that many students lose carelessly.
- For Biology and Chemistry, link your findings to real-world applications or further research in your conclusion. This signals higher-order thinking.

Paper Strategy for Sciences

- Use the Data Booklet proactively — highlight key constants and formulas during your reading time.
- For data-response questions, annotate graphs and tables before answering. Mark trends, anomalies, and ranges.
- Command terms are binding: 'Outline' requires less than 'Explain', which requires less than 'Evaluate'. Match your answer depth to the command term.
- Extended response questions (6-8 marks) require a structured mini-essay: context, mechanism, evidence, evaluation. Practice this structure until it is automatic.

2.3 Languages: English A Literature, Language & Literature, Language B

Language subjects reward precision, analytical depth, and awareness of literary and rhetorical techniques. In 2026, the IB continues to emphasize the relationship between text, context, and audience — across both written and oral assessments.

Individual Oral (IO) — 30% of Final Grade

- Choose an extract where you have genuine things to say. Passion is audible, and examiners reward authentic engagement.
- Structure your IO: a clear thesis, analysis of literary/language features with evidence, connection to global issue, cross-text link, and a confident conclusion.
- Practice out loud, not in your head. Fluency, intonation, and precision all improve only through spoken rehearsal.
- The global issue connection must feel organic, not forced. If you are contorting your texts to fit a global issue, choose a different one.

Written Assessments (HL Essay, Paper 1, Paper 2)

- For Paper 1 (unseen text commentary): spend 5 minutes planning before writing. Map the text's structure, purpose, audience, and key techniques.
- For Paper 2 (comparative essay): know your texts deeply enough to write about any theme. Generic essays score in the 4-5 range; specific, nuanced comparisons score 6-7.
- The HL Essay (Literature only) benefits from multiple drafts with teacher feedback. Do not submit your first draft — iterative refinement is the strategy.

2.4 Individuals & Societies: History, Economics, Geography, Psychology, Business Management

Humanities subjects in the IB demand both content knowledge and evaluative thinking. A student who can recall facts but cannot evaluate, compare, or argue will plateau at a grade 5. The 7 requires synthesis.

History

- Master source analysis: every source has origin, purpose, value, and limitation. Practice OPVL (or the updated IB approach) until it is second nature.
- For Paper 2 (essay): use the PEEL structure — Point, Evidence, Explanation, Link to question — for each paragraph. Examiners reward clear argumentation.
- Know at least 3-4 historians' interpretations for each major topic. Historical thinking requires awareness of historiography.
- The Historical Investigation (IA) requires a specific research question. Avoid broad questions like 'Why did WW2 happen?' and instead focus on specific events, decisions, or turning points.

Economics

- Every evaluation must include 'it depends' thinking — on time frame, market structure, country context, and assumptions.

- Diagrams are mandatory in Economics essays. A well-drawn, clearly labeled diagram with a verbal explanation can be worth 4-5 marks on its own.
- Real-world examples must be specific: name the country, year, and policy. 'A European country' is worth zero marks; 'Germany's 2012 fiscal stimulus' shows command.
- For the Internal Assessment portfolio: choose articles that allow genuine economic analysis, not just description. Current events work best.

Psychology

- The command term 'Evaluate' appears in almost every HL Paper 2 question. Evaluation requires strengths AND limitations of studies, theories, and approaches.
- Know your studies deeply: name, year, participants, methodology, findings, and at least two critiques. Superficial knowledge scores in the 4-5 range.
- For Paper 3 (HL only, research methods): practice identifying the research design from a stimulus, and be prepared to critique its validity and reliability.

Chapter 3: Mastering the Core — EE, TOK, and CAS

The IB Core is where many students leave marks on the table. The Extended Essay and Theory of Knowledge together determine whether you receive 0, 1, 2, or 3 bonus points. For a 45-pointer, the maximum 3 bonus points are non-negotiable.

3.1 The Extended Essay: Your 4,000-Word Masterpiece

The Extended Essay is a self-directed research paper of up to 4,000 words. It is assessed against five criteria: Focus and Method, Knowledge and Understanding, Critical Thinking, Presentation, and Engagement. For 2026, the IB continues to emphasize genuine intellectual inquiry over comprehensive literature review.

Choosing Your EE Topic

- Choose a subject and topic you are genuinely curious about — you will spend 6+ months with this question. Forced enthusiasm produces mediocre essays.
- Your Research Question must be specific, arguable, and researchable with the resources available to you. Test it: 'Could a reasonable person disagree with my answer?' If yes, it is arguable.
- Avoid topics where the answer is obviously yes or no. The best EEs live in the grey area of genuine academic debate.
- Speak to your supervisor early and often. Their feedback at the draft stage can mean the difference between an A and a C.

EE Writing Strategy

6. **Outline first:** Write a detailed outline before your first word. Section by section, argument by argument.
7. **Strong introduction:** Your introduction must state your RQ, provide context, outline your methodology, and preview your argument structure.
8. **Claim-Evidence-Analysis:** Each body section should make one clear claim, support it with evidence, analyze the evidence, and link it to the RQ.
9. **Answer the question:** Your conclusion must directly answer the RQ, acknowledge limitations, and suggest areas for further research.
10. **Source quality:** Engage deeply with primary and secondary sources. For science EEs, original data collection is strongly encouraged.

EE Grading: What A vs. B vs. C Looks Like

Grade A: RQ is sharp and original. Argument is coherent and well-supported. Evaluation is genuine and nuanced.

Grade B: RQ is clear. Argument is mostly coherent but lacks depth in places. Some evaluation present.

Grade C: RQ is vague or descriptive. Argument is underdeveloped. Evidence summarized, not analyzed.

Aim for A. Even a B+B combination with TOK gives you 2 bonus points, not 3.

3.2 Theory of Knowledge: Where Philosophy Meets Practice

TOK is unique in the IB: there is no fixed content to memorize. Instead, it rewards the quality of your thinking, the originality of your examples, and the sophistication of your argument. In 2026, TOK continues to be assessed through the TOK Exhibition and the TOK Essay.

TOK Exhibition (33% of TOK Grade)

- Choose three objects that genuinely illuminate your chosen IA prompt. The objects do not need to be physically impressive — they need to be conceptually rich.
- Each object commentary must make a specific claim about knowledge, not just describe the object. 'This photograph shows X' is description; 'This photograph reveals how visual evidence can simultaneously capture and distort historical truth' is TOK thinking.
- The links between objects must be explicit. Examiners reward coherence across all three commentaries.

TOK Essay (67% of TOK Grade)

- Choose a title where you have genuine uncertainty and things to explore — not one where you already know your answer from Page 1.
- Define your key terms in the introduction. Ambiguous terms like 'knowledge', 'truth', and 'certainty' must be defined before they can be argued about.
- Use specific, well-developed knowledge claims and counterclaims. Superficial examples score in the middle band; developed, analyzed examples score in the top band.
- Real-Life Situations (RLS) must be genuinely illustrative. Avoid cliches (do not use the flat Earth example — examiners have seen it thousands of times).
- Your conclusion must do more than summarize — it should offer a qualified, nuanced answer and acknowledge the implications of the question remaining open.

3.3 CAS: More Than a Checkbox

CAS is not assessed for points, but failure to complete it means the IB Diploma is not awarded — regardless of your subject scores. Beyond compliance, CAS done thoughtfully enriches your academic work, demonstrates character to universities, and builds the resilience that sustains performance across two years.

- Plan your CAS activities in advance and document them regularly. Last-minute CAS completion is stressful and unconvincing in your portfolio.
- Seek activities that genuinely challenge you in one of the three strands. The most memorable CAS projects involve real challenge and real reflection.
- Use CAS reflections to practice the reflective writing skills that serve you in the EE and TOK. Cross-pollinate your IB skills deliberately.
- CAS projects (sustained collaborative activities) are excellent conversation starters in university applications and personal statements.

Chapter 4: Exam Technique — The Mark-Maximization System

Content knowledge gets you to a grade 5 or 6. Exam technique gets you from a 6 to a 7. The IB's command terms, mark schemes, and assessment objectives create a system that rewards students who understand how to translate their knowledge into marks. This chapter is dedicated entirely to that translation.

4.1 Command Terms Decoded

The IB uses specific command terms in every exam question. Understanding the precise meaning of each term prevents the most common exam mistake: giving the wrong type of answer. The table below summarizes the most critical command terms across all subject groups:

Command Term	What It Requires	Common Mistake
Define	Give the precise meaning of a specific term or concept	Being too vague or giving an example instead
Outline	Give a brief account or summary (less detail than Explain)	Over-explaining; wasting time with unnecessary depth
Explain	Give reasons or causes; make the relationship between ideas clear	Describing without giving causes or mechanisms
Analyse	Break down to bring out essential elements; examine critically	Summarizing instead of breaking apart and examining
Evaluate	Make a judgment based on evidence; consider strengths and limitations	Only presenting one side; no final judgment
Discuss	Offer a balanced review; consider multiple viewpoints	Being one-sided; failing to acknowledge counterarguments
Compare	Give an account of similarities between two or more items	Only describing each item separately, not linking them
Contrast	Give an account of differences between two or more items	Same as Compare mistake — missing explicit comparison

Justify	Give valid reasons or evidence for an answer or conclusion	Asserting without evidence; describing instead of arguing
To what extent	Consider evidence for and against; reach a balanced conclusion	Saying only 'yes' or 'no' without genuine weighing of evidence

4.2 Mark Scheme Thinking

The single most transformative shift in exam preparation is learning to think like an examiner. IB mark schemes follow predictable patterns. Once you internalize these patterns, you can reverse-engineer the marks available in any question.

For Short-Answer Questions (1-4 marks)

- Each mark corresponds to a distinct point, piece of evidence, or step. Count the marks available and match your answer to that number of distinct elements.
- For 1-mark definition questions: give a precise, concise definition. Do not pad with examples unless the question asks for them.
- For 2-mark questions requiring an explanation: state the point AND explain the mechanism. One without the other is worth 1 mark at most.

For Extended Response Questions (6-12 marks)

- Plan your response for at least 2-3 minutes before writing. An unplanned 12-mark essay wastes 12 marks.
- Use a clear structure: introduction (thesis), body paragraphs (claims with evidence and analysis), conclusion (evaluated judgment).
- Reference specific examples, studies, dates, events, or data points. Vague examples score in the middle band; specific, analyzed examples score in the top band.
- For 'evaluate' and 'to what extent' questions: your conclusion must take a position. Fence-sitting does not score full marks.

4.3 Time Management in Exams

Time pressure is the silent grade-killer in IB exams. Many students know the content but cannot deploy it efficiently within time limits. The following system has been proven effective by Eclassopedia's top scorers:

The Eclassopedia Time Allocation Formula

Step 1: Note the total marks and total time for the paper

Step 2: Calculate marks-per-minute ratio (e.g., 80 marks / 90 min = ~0.9 min per mark)

Step 3: Allocate time per question (e.g., 8-mark question = ~7-8 minutes maximum)

Step 4: Add 10% buffer at start for reading and planning

Step 5: Reserve final 5 minutes for reviewing answers you flagged as uncertain

NEVER: Spend more than allocated time on any single question

4.4 Reading Time Strategy

Most IB papers include reading time (typically 5 minutes) before writing begins. This time is profoundly underutilized by average students and maximally exploited by top scorers.

- During reading time, read all questions first, then data/stimuli. Understanding what is being asked shapes how you read the information provided.
- Mentally begin planning your extended response during reading time. By the time writing begins, your essay structure is already formed.
- Circle command terms in every question during reading time. This prevents the most common exam mistake: answering a different question than was asked.
- For Paper 1 source analysis questions: identify bias, purpose, origin, and limitations during reading time, so you can write directly without pausing to think.

Chapter 5: Building the 45-Point Study System

There is no single study method that guarantees a 45. However, there is a set of evidence-based principles — drawn from cognitive science, academic research, and the practices of verified 45-point scorers — that dramatically increase your probability of achieving it. This chapter translates those principles into a practical system.

5.1 The Spaced Repetition Principle

Memory decays exponentially without reinforcement. Spaced repetition — reviewing material at increasing intervals — leverages the forgetting curve to maximize long-term retention with minimal time investment. For IB students, this means:

- Review new material after 1 day, 3 days, 1 week, 2 weeks, and 1 month. This sequence dramatically reduces the need for last-minute cramming.
- Use flashcard apps (Anki is the most research-backed) for definitions, formulae, dates, case studies, and key vocabulary.
- Create subject-specific decks for each chapter as you complete it. Do not wait until the end of the course.
- Customize review intervals based on difficulty: hard cards get reviewed more frequently; easy cards less frequently. Anki does this automatically.

5.2 Active Recall Over Passive Review

Re-reading notes is the least effective study method available. The illusion of familiarity it creates is not the same as the ability to retrieve information under exam pressure. Active recall — forcing yourself to produce information without looking — is the most effective single study technique available.

Active Recall Techniques

- Close your notes and write everything you know about a topic from memory. Then open your notes and fill the gaps.
- Teach the concept to a real or imaginary audience. If you cannot explain it clearly, you do not know it clearly.
- Use past paper questions as active recall prompts, not just as practice tests. Attempting a question before reviewing the mark scheme is far more effective than reading the mark scheme first.

- Create mind maps from memory, then check against your notes. The gaps in your mind map are your learning priorities.

5.3 The IB Study Calendar: Year 1 and Year 2

A two-year IB programme requires phased preparation. Top scorers do not begin exam preparation in Year 2 — they build their foundation continuously throughout Year 1, then sharpen their strategy in Year 2.

Year 1 Priorities (Months 1-12)

- Consolidate understanding of each new topic before moving to the next. Do not let knowledge gaps accumulate.
- Begin your Extended Essay topic selection and preliminary research by the end of Year 1, Term 1.
- Complete at least one practice past paper per subject by the end of Year 1. This calibrates your understanding of exam expectations early.
- Start your CAS portfolio and document activities throughout — do not leave it to Year 2.
- Develop a relationship with each subject teacher. Their insider knowledge of mark scheme expectations is invaluable.

Year 2 Priorities (Months 13-24)

- Complete at least 3-5 full past papers per subject under timed conditions by the end of Month 18.
- Submit your EE first draft no later than Month 15 (beginning of Year 2). This gives time for meaningful revision.
- Finalize your TOK Essay and Exhibition by Month 16-17. Do not leave core assessments to the final stretch.
- Months 19-22: intensive subject revision using mark schemes, examiner reports, and past papers.
- Months 22-24 (pre-exam): one past paper per subject per week under exam conditions. Focus on weak areas identified through mark scheme analysis.

5.4 The Examiner's Report: Your Secret Weapon

Every year, the IBO publishes Examiner's Reports for each subject — documents where examiners detail what students did well, what they did poorly, and what is expected at each mark level. These reports are among the most underutilized resources available to IB students.

- Download the last 3-5 years of Examiner's Reports for each of your subjects. They are available through your school's IB resource access.
- Pay special attention to sections titled 'areas for improvement' and 'common errors'. These are the exact mistakes that separate grade 6 from grade 7 students.
- Align your essay writing and exam responses to the language and structure praised in these reports.
- Share relevant sections of Examiner's Reports with your teachers. It opens a valuable conversation about what examiners specifically want.

Chapter 6: Internal Assessments — Your Guaranteed Marks

Internal Assessments (IAs) are the most strategically valuable component of the IB Diploma. Unlike external examinations, IAs are completed in a controlled environment over time, with teacher feedback available. This means every mark in your IA is fully controllable — and top scorers treat IAs as their highest-priority guaranteed marks.

6.1 The IA Mark Contribution

IA weighting varies by subject, but typically contributes 20-25% of the final grade in most subjects. Across six subjects, this means roughly 20-25% of your total diploma marks can be secured before you enter a single exam room. Here is how IAs typically break down:

Subject Group	Typical IA Type	% of Final Grade
Sciences (Bio, Chem, Physics)	Scientific Investigation Report	20%
Mathematics AA/AI	Mathematical Exploration	20%
English A (Literature/L&L)	Individual Oral (IO)	30%
History	Historical Investigation	25%
Economics	Portfolio (3 articles)	20%
Psychology	Experimental Study Report	25%
Business Management	Research Project (HL) / Written Commentary (SL)	25%
Geography	Fieldwork Investigation	25%

6.2 Universal IA Excellence Principles

Regardless of subject, the following principles apply to every IA and consistently separate top-marking work from average work:

Criterion Clarity

- Obtain the full IA assessment criteria for your subject from your teacher or the IBO Subject Guide. Read every criterion carefully before beginning.

- Design your IA so that every section directly addresses a specific criterion. IAs that are academically interesting but miss assessment criteria score poorly.
- Cross-reference every section of your IA against the relevant criterion as you write. Ask yourself: 'Where is the evidence for this criterion in my work?'

Draft and Revision Process

- Submit a draft to your teacher at least 4-6 weeks before the final deadline. Teachers can provide one round of formal feedback — use this opportunity strategically.
- After receiving feedback, prioritize improvements that address specific criterion weaknesses, not just grammatical or stylistic polish.
- Have a peer read your IA and explain your argument back to you. If they cannot, your writing lacks clarity — a marks-losing problem.

Presentation and Formatting

- Follow all formatting requirements precisely: word count, citation style, appendices, and labeling conventions. Examiner irritation at poor formatting translates into less charitable grading.
- Graphs, tables, and diagrams must be fully labeled with titles, axes, units, and data sources. Unlabeled visuals lose marks.
- Citations must follow a consistent format throughout (IB accepts both APA and MLA, but pick one and apply it uniformly).

Chapter 7: Wellbeing as a Performance Strategy

The IB is demanding. Two years of high-pressure academic work, multiple assessed components, and the weight of university expectations create a unique psychological environment. For many students, burnout, anxiety, and chronic stress are the real obstacles to a 45 — not lack of intelligence or effort. This chapter is about protecting the engine that powers your academic performance: you.

7.1 Sleep as a Cognitive Enhancer

Neuroscience is unambiguous: sleep is not negotiable for high cognitive performance. Memory consolidation, emotional regulation, and analytical reasoning — all of which the IB assesses — are directly dependent on adequate, quality sleep. The research-backed guidelines for IB students:

- Aim for 7.5-9 hours of sleep per night during the academic year. Chronic sleep deprivation below 6 hours impairs cognitive performance at the level of legal alcohol intoxication.
- Maintain a consistent sleep schedule, even on weekends. Irregular sleep patterns disrupt circadian rhythms and reduce sleep quality regardless of quantity.
- In the final week before exams: do not sacrifice sleep for extra revision. A well-rested brain with 80% of the content beats an exhausted brain with 100%.
- Avoid screens for 30-60 minutes before sleep. Blue light suppresses melatonin production and delays sleep onset.

7.2 Managing Exam Anxiety

Some anxiety before exams is physiologically normal and actually beneficial — it increases alertness and focus. The problem is not anxiety itself, but dysregulated anxiety that impairs performance. The following strategies are evidence-based and used by Eclassopedia students who have gone on to achieve 45:

Before Exams

- Practice controlled breathing: 4 counts in, hold 4, out 4. This activates the parasympathetic nervous system and reduces physiological arousal within minutes.
- Use positive performance imagery: visualize yourself confidently reading the paper, knowing the content, and writing fluently. This is not wishful thinking — it is cognitive rehearsal.

- Avoid comparing preparation with peers the morning of an exam. This is universally counterproductive and triggers social comparison anxiety.

During Exams

- If you feel panic rising: stop, put down your pen, take three slow breaths, and remind yourself of your preparation. Panic narrows attention; deliberate calm widens it.
- If you encounter a question you cannot answer: write what you do know, make an educated attempt, and move on. Partial marks exist; blank pages do not.
- Reframe difficult questions as opportunities to demonstrate thinking, not tests of whether you know a specific fact. Examiners reward analytical process.

7.3 Sustainable Study Rhythms

Burnout is the enemy of the 45. Students who study 8-10 hours daily for months without adequate rest consistently underperform compared to students who study 4-5 focused hours daily with deliberate recovery. Quality of study hours matters more than quantity.

- Use the Pomodoro technique or similar time-blocked focus sessions: 45-50 minutes of deep focus, followed by a 10-minute break. Four such sessions per day is highly productive.
- Protect at least one full day off per week from academic work. This is not laziness — it is neurological recovery that makes the other six days more effective.
- Schedule physical activity: exercise increases BDNF (brain-derived neurotrophic factor), which directly enhances learning and memory. Even 20-30 minutes of moderate exercise per day is cognitively beneficial.
- Social connection is not wasted time. Isolation during IB correlates with poorer outcomes. Maintain friendships and family relationships as part of your wellbeing strategy.

Eclassopedia's Wellness Check-In: Weekly Questions

Am I sleeping 7.5+ hours consistently this week?

Have I moved my body for at least 20 minutes most days?

Am I eating regular, nutritious meals (not just exam snacks)?

Have I connected with a friend or family member this week?

Is there an academic worry I need to discuss with a teacher or counselor?

What have I done this week that is not related to the IB at all?

Chapter 8: The Final Month — Countdown to 45

The final four weeks before IB exams begin are the highest-stakes period of your preparation. This is not the time to learn new content — it is the time to consolidate, practice, and optimize. The students who perform best in this final stretch are those who enter it with a clear plan rather than a vague intention to 'study harder'.

8.1 The Four-Week Countdown Framework

Week	Focus	Daily Priority
Week 4 (4 weeks out)	Content audit and gap identification	Identify weakest topics per subject; create revision priority list
Week 3 (3 weeks out)	Targeted weakness revision	Focus 60% of study time on identified weak areas
Week 2 (2 weeks out)	Past paper practice under timed conditions	One full paper per day; mark using official mark scheme; analyze errors
Week 1 (exam week)	Light review and peak performance preparation	Short focused reviews; sleep prioritization; exam logistics confirmed

8.2 The Revision Priority Matrix

Not all topics deserve equal revision time. The Revision Priority Matrix helps you allocate your limited final-month hours where they will generate the most marks:

Topic Type	Your Knowledge	Exam Mark Weight	Priority Level
Core syllabus, tested every year	Shaky	High (10+ marks)	URGENT — address immediately
Core syllabus, tested every year	Solid	High (10+ marks)	MAINTAIN — quick review only
Occasional topics, lower marks	Shaky	Low (1-4 marks)	LOW — deprioritize if time-poor
Command term application	Inconsistent	All papers	HIGH — practice with past papers
IA content (for exam links)	Good	Indirect	MEDIUM — use as examples in essays

8.3 Exam Day Protocols

Your exam day routine is as important as your exam technique. Many students underperform simply due to logistical stress, poor morning routines, or anxiety-inducing pre-exam behaviors. Codify your exam day protocol now:

The Night Before

- Prepare all materials (pens, pencil, ruler, calculator, ID) the evening before. Do not leave this to the morning.
- Eat a nutritious dinner and avoid heavy, unfamiliar foods. Your digestive comfort affects your cognitive comfort.
- Stop studying by 8pm. Anything you learn in the final hour before bed is not being consolidated — you are creating anxiety, not knowledge.
- Set two alarms. Sleep at your usual time.

The Morning Of

- Eat a sustained-energy breakfast: complex carbohydrates and protein. Avoid high-sugar breakfasts that cause blood sugar crashes mid-exam.
- Arrive at the exam venue 15 minutes early. This eliminates travel anxiety and gives you time to settle physiologically.
- Avoid discussing content with anxious peers immediately before the exam. Their anxiety is contagious and counterproductive.
- Use your first 2 minutes in your seat to take three deep breaths, read your name and candidate number on the paper, and mentally affirm your preparation.

Post-Exam

- Avoid detailed post-exam analysis with peers. You cannot change what you have written; you can only affect future papers.
- Do something briefly enjoyable between exams: a short walk, a meal with a friend, a non-academic activity. Reset your mental state.
- Focus forward: each exam is independent. A paper you feel went poorly does not predict the next one.

Chapter 9: Digital Tools and Resources for 2026

The landscape of study tools available to IB students in 2026 is richer than at any previous point. From AI-assisted learning to IBO's own digital platforms, strategic use of technology can accelerate preparation significantly. This chapter catalogues the most effective tools and how to use them wisely.

9.1 Official IBO Resources — Start Here

- **IB MyIB Portal:** Access your subject guides, past papers (where licensed), and examiner reports. This is your primary resource hub.
- **IB Questionbank:** Subject-specific question banks organized by topic and difficulty. Invaluable for targeted practice.
- **IBO Assessment Principles & Practices Documents:** Updated for 2026, these outline what each assessment is looking for at the highest level.
- **Subject-Specific Curriculum Documents:** The Subject Guide for each of your subjects is the definitive reference for what can and cannot appear in your exam.

9.2 Study Platforms and Applications

- **Anki (Spaced Repetition Flashcards):** The gold standard for vocabulary, definitions, formulae, and case study review. Free and highly customizable.
- **Revision Village (Mathematics):** Purpose-built for IB Mathematics, with topic explanations, past paper solutions, and predicted papers for 2026.
- **Kognity and Pamoja Education:** Online IB-aligned textbooks and courses, particularly useful for independent review of challenging concepts.
- **Eclassopedia's IB Platform:** Subject-specific video lessons, mark scheme walkthroughs, and practice assessments aligned to 2026 syllabi.
- **Notion or Obsidian (Note Organization):** Building a connected knowledge base for TOK and EE research significantly improves conceptual clarity.

9.3 Using AI Tools Responsibly and Effectively

AI tools have become part of the IB student's toolkit in 2026. The IBO's Academic Integrity Policy addresses AI use clearly: AI cannot be used to generate assessed work, but it can be a powerful learning and preparation tool when used appropriately.

Appropriate AI Uses for IB Preparation

- Concept explanation: 'Explain the mechanism of enzyme inhibition at a level suitable for IB Biology HL' is a legitimate use.
- Feedback simulation: write a practice essay, then ask an AI to identify weaknesses relative to IB assessment criteria. Compare with your teacher's feedback.
- Socratic dialogue: use AI as a debate partner for TOK arguments, forcing you to defend and develop your positions.
- Exam question generation: ask AI to generate practice questions in the style of IB papers for your specific topics.

Inappropriate AI Uses — Academic Integrity Boundaries

- Never use AI to generate any text submitted as your own work in IAs, EE, TOK Essay, or any other assessed component.
- Never use AI to translate, paraphrase, or rewrite text you plan to submit. This constitutes academic misconduct under IBO policy.
- Be aware that IBO and schools use AI detection tools. Academic misconduct results in disqualification — not just point deductions.

Chapter 10: The Eclassopedia Commitment to Your 45

Achieving a 45 in the IB is one of the most significant academic accomplishments a student can reach before university. At Eclassopedia, we exist to make that achievement accessible to every motivated student — regardless of geography, school resources, or starting point. This final chapter outlines how Eclassopedia supports your journey from first day of IB to results day.

10.1 What Eclassopedia Offers

- **Live Online Tutoring:** One-on-one and small-group sessions with IB-specialist tutors, scheduled around your school timetable and time zone.
- **Subject Masterclasses:** Deep-dive sessions on the most challenging topics in each subject, led by tutors who have guided students to 7s in those exact subjects.
- **IA and EE Review Services:** Structured feedback on your Internal Assessments and Extended Essay at every draft stage, aligned to current IBO criteria.
- **TOK Coaching:** Personalized support for both the TOK Exhibition and TOK Essay, from title selection through to final submission.
- **Mock Exam Program:** Full exam simulations under timed conditions, with detailed mark scheme analysis and individual feedback reports.
- **Study Skills Workshops:** Evidence-based workshops on spaced repetition, active recall, exam technique, and performance mindset — specifically adapted for IB demands.

10.2 The Eclassopedia Student Pledge

Every student who works with Eclassopedia is invited to commit to the following pledge — not as a contract, but as a personal declaration of intent. This pledge has been signed by students who went on to achieve 45 points, and it captures the mindset that makes it possible:

The Eclassopedia 45-Point Student Pledge

I commit to engaging fully with every subject, not just those I find easy.

I commit to treating every mark as achievable, not predetermined.

I commit to seeking feedback and acting on it, rather than defending my mistakes.

I commit to treating my wellbeing as a performance strategy, not a luxury.

I commit to approaching the IB with integrity in every assessed and non-assessed component.

I commit to asking for help when I need it — from teachers, tutors, and peers.

I commit to remembering why I began this journey, when it feels hardest.

I commit to giving my best — knowing that is all that can ever truly be asked.

10.3 Final Words: The 45 is Closer Than You Think

If you have read this far, you already have something that most students do not: a commitment to strategic, intentional preparation. The 45 is not a miracle — it is the product of the right system, applied consistently, over the right period of time. Every chapter of this blueprint is a piece of that system.

The IB will challenge you in ways you do not expect. It will ask you to think about thinking, to argue both sides of a question you feel certain about, to research a topic for a year and then reduce it to 4,000 words. These challenges are not obstacles to your 45 — they are the reason your 45 will mean something.

Go get it. Eclassopedia is with you every step of the way.

eclassopedia.com

Your Partner in IB Excellence — 2026 and Beyond