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# THE COMPLETE IB EXAM PREP

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## CHECKLIST & MEGA-GUIDE 2026

*Your Ultimate Subject-by-Subject Preparation Guide*

IB Diploma Programme | May & November 2026 Sessions

[eclassopedia.com](https://eclassopedia.com)

# About This Guide

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This mega-guide has been meticulously compiled by Eclassopedia to serve as the definitive IB exam preparation resource for the 2026 examination sessions. Whether you are sitting your exams in May or November 2026, this guide covers everything you need to know — from subject-specific content checklists and revision strategies to time management frameworks and mental wellness tips.

The International Baccalaureate Diploma Programme (IBDP) is one of the world's most rigorous pre-university qualifications. With 6 subject groups, an Extended Essay, Theory of Knowledge, and Creativity, Activity, Service (CAS), the IBDP demands exceptional organisation, intellectual depth, and personal discipline. This guide is your roadmap to conquering it all.

**HOW TO USE:** This guide covers all six IB subject groups, the core components (EE, TOK, CAS), a month-by-month revision timeline, study techniques, past paper strategies, mental health tips, and a comprehensive resource directory.

## How to Use This Guide

- Read through Section 1 (IB Overview) to orient yourself with the structure.
- Jump to your specific subjects in Section 3 for detailed content checklists.
- Use the Month-by-Month Timeline (Section 2) to plan your revision schedule.
- Refer to Section 7 for study techniques tailored to different learning styles.
- Use the printable checklists as daily trackers throughout your revision period.

# Section 1: Understanding the IB Diploma Programme

## 1.1 The IB Diploma Structure

The IB Diploma Programme requires students to study six subjects across six groups, complete three core components, and accumulate a maximum of 45 points. Understanding this structure is the foundation of effective exam preparation.

Subject Group	Examples	HL/SL Options
Group 1: Studies in Language & Literature	English Literature, Spanish A, French A	Both HL and SL available
Group 2: Language Acquisition	French B, Spanish B, Mandarin AB	Both HL and SL available
Group 3: Individuals & Societies	History, Economics, Geography, Psychology	Both HL and SL available
Group 4: Sciences	Biology, Chemistry, Physics, Computer Science	Both HL and SL available
Group 5: Mathematics	Mathematics AA, Mathematics AI	Both HL and SL available
Group 6: The Arts / Elective	Visual Arts, Music, Theatre, or a 2nd Group 3/4	Both HL and SL available

## 1.2 The IB Core Components

Beyond subject exams, three core components are mandatory for every IB Diploma student. These are assessed separately and contribute to the overall diploma — but they cannot earn you points directly. However, TOK and EE together can award up to 3 bonus points through the IB Matrix.

### Extended Essay (EE)

- A 4,000-word independent research paper in a subject of your choice.
- Graded A (highest) through E (failing condition).
- Assessed on: focus and method, knowledge and understanding, critical thinking, presentation, engagement.
- Must be submitted well before exams — typically 6+ months in advance.

### Theory of Knowledge (TOK)

- An epistemological course exploring how we know what we know.
- Assessed via TOK Exhibition (Internal Assessment) and TOK Essay (1,600 words).
- TOK Essay titles are released by the IB each year — practice with past titles.
- Grade A or B in TOK combined with a Grade A or B in EE = 3 bonus points.

### Creativity, Activity, Service (CAS)

- Not formally graded but is a diploma requirement — failure to complete means no diploma.
- Requires ongoing reflection and evidence across 3 strands: Creativity, Activity, Service.

- Must include at least one CAS Project lasting 3+ months.
- Document everything in your CAS portfolio with reflections referencing the 7 CAS learning outcomes.

### 1.3 The IB Grading Scale

Grade	Description	Points
7	Excellent — outstanding performance	Maximum per subject
6	Very Good — consistent and strong	Strong performance
5	Good — sound performance	Above average
4	Satisfactory — consistent performance	Pass level
3	Mediocre — limited performance	Below average
2	Poor — very limited performance	Weak
1	Very Poor — minimal achievement	Failing

**IMPORTANT:** The IB pass mark is 24 points (out of 45), with no grade lower than a 2 in any Higher Level subject and no grade lower than a 1 in any Standard Level subject. Failing conditions also apply for EE and TOK.

## Section 2: Month-by-Month Revision Timeline for 2026

Effective IB preparation requires a structured, phased approach. The timeline below is designed for students targeting the May 2026 examination session. November 2026 candidates should shift all dates forward by approximately 6 months.

### Phase 1: Foundation Building (September–October 2025)

**START EARLY:** Begin this phase at the very start of Year 2. Do not wait until 2026 to start preparing — the IB rewards students who build habits early.

#### September 2025 Goals

- Complete all Internal Assessments (IAs) for Group 4 subjects if not already done.
- Submit or finalise your Extended Essay draft to your supervisor.
- Organise all Year 1 and Year 2 notes by topic for each subject.
- Obtain past paper packs for all your subjects (2018–2024 minimum).
- Set up a revision timetable template for October onwards.
- Purchase or download your subject-specific IB revision guides.
- Begin using spaced repetition tools (Anki, Quizlet) for vocabulary-heavy subjects.

#### October 2025 Goals

- Complete one full, timed past paper per subject under exam conditions.
- Mark your past papers using official IB mark schemes — identify weak topics.
- Create a 'weaknesses log' for every subject and prioritise those areas.
- Submit your TOK exhibition evidence to your teacher for review.
- Begin drafting a personal study schedule showing hours per subject per week.
- Set up your study environment: organised, well-lit, distraction-free.

### Phase 2: Intensive Topic Review (November 2025–January 2026)

#### November 2025

- Focus on highest-weighted topics in each subject (check subject guides for mark distribution).
- Complete at least 2 past papers per subject — aim for exam conditions timing.
- Finalise and submit your Extended Essay.
- Begin your TOK Essay — choose your title and produce a detailed plan.
- Review teacher feedback on all IAs and understand mark scheme comments.
- Revise Mathematics — work through all Paper 1 (no calculator) topics.

#### December 2025

- Take a structured break over the holiday period (5–7 days maximum) to avoid burnout.
- Complete holiday revision: 2 hours per day across your weakest subjects.
- Finalize your TOK essay first draft — submit to your teacher before January.
- Do a full subject audit: rate each topic 1–5 (1 = very weak, 5 = mastered).
- Create visual revision aids: mind maps, flashcard sets, formula sheets.

## January 2026

- Ramp up to 3–4 hours of targeted revision per day.
- Rotate through all subjects — minimum 4 subjects covered per week.
- Submit your TOK Essay final draft.
- Begin mock exam preparation — schools typically hold mocks in Feb/March.
- Focus on command terms (analyse, evaluate, compare, discuss) for essay-based subjects.
- Tackle previously avoided topics — now is the time to face them head-on.

## Phase 3: Mock Exam Period (February 2026)

Mock exams are an invaluable diagnostic tool. Treat them with the same seriousness as the real thing — sleep properly, arrive on time, and review every paper thoroughly afterwards.

- Sit all mock exams under strict exam conditions.
- Request detailed marking feedback from every teacher.
- For every question answered incorrectly, trace back to the root concept and re-revise.
- Update your weaknesses log — mocks reveal blind spots that self-study often misses.
- Begin targeted past paper drilling on Paper 2 and Paper 3 components.
- Practise writing full essay responses under timed conditions (especially History, TOK, English).

**DATA POINT:** Students who analyse their mock exam mistakes systematically improve by an average of 1–2 grades by their final exams. Do not skip the post-mock review process.

## Phase 4: Final Push (March–April 2026)

### March 2026

- Complete at least 5 full past papers per subject by end of month.
- Refine your exam technique: timing, structure, use of command terms.
- Drill multiple-choice and short-answer sections for speed and accuracy.
- Practise data response questions (Economics, Sciences, Geography).
- Review all formula booklets and data booklets — know what is given vs. memorised.
- Peer review essays with classmates using IB mark schemes.

### April 2026

- Final two weeks before May exams: consolidation, not new learning.
- Focus exclusively on high-yield topics and exam technique refinement.
- Complete at least one full mock exam for each subject in the final 3 weeks.
- Prepare your exam materials: approved calculators, pens, rulers, ID.
- Review your personal weaknesses list one final time.
- Practise mindfulness and stress-management techniques daily.

## Phase 5: Exam Period (May 2026)

During Exam Period	After Each Exam
Sleep 8 hours minimum — memory consolidation depends on it	Do not obsess over the exam just completed

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Eat protein-rich meals on exam days for sustained energy	Brief review of topics for your NEXT exam only
Arrive 30 minutes early to each exam venue	Reward yourself with a short break
Do light revision only the evening before — not all-nighters	Stay off social media exam discussion groups
Review formula sheets and key terms morning of exam	Maintain positive self-talk throughout the period

## Section 3: Subject-by-Subject Content Checklists

The following checklists cover all major IB subject groups. Use them to audit your knowledge and systematically ensure you have covered every examinable topic. Tick each box as you achieve confident understanding — not just surface familiarity.

### 3.1 Group 1: Studies in Language & Literature

#### English A: Literature / Language & Literature — Key Checklist

Check	English A Literature / Language & Literature
<input type="checkbox"/>	Read and annotated all set texts from your prescribed reading list
<input type="checkbox"/>	Understood the authorial context and historical/cultural background of each text
<input type="checkbox"/>	Identified key literary devices: metaphor, irony, symbolism, narrative voice, tone, structure
<input type="checkbox"/>	Practised Paper 1 Guided Literary Analysis — unseen texts in poetry and prose
<input type="checkbox"/>	Completed timed Paper 1 responses with clear introduction, analysis paragraphs, and conclusion
<input type="checkbox"/>	Prepared Paper 2 comparative essay with 2–3 strong literary works
<input type="checkbox"/>	Mastered comparative essay structure: sustained argument, textual evidence, conceptual links
<input type="checkbox"/>	Reviewed IB command terms: analyse, compare, discuss, evaluate, examine, explore, to what extent
<input type="checkbox"/>	Completed Individual Oral (IO) covering global issue, literary work, and body of work
<input type="checkbox"/>	Practised integrating quotes smoothly — no dropped quotations without commentary
<input type="checkbox"/>	Studied the IB assessment criteria for Paper 1 (A: Understanding, B: Analysis, C: Focus, D: Language)
<input type="checkbox"/>	Completed at least 4 timed Paper 1 and Paper 2 practices under exam conditions

**EXAM TIP:** For Paper 1, always identify the form first (poem, prose fiction, drama extract, non-fiction), then analyse form, structure, voice, and language in that order to ensure holistic coverage.

### 3.2 Group 2: Language Acquisition (Language B)

#### Language B (Spanish B / French B / Mandarin B / German B etc.)

Check	Language B Subjects
<input type="checkbox"/>	Mastered core vocabulary for all 5 IB themes: Identities, Experiences, Human Ingenuity, Social Organisation, Sharing the Planet

<input type="checkbox"/>	Practised Paper 1 (Text-Based Analysis) — identifying purpose, audience, register, tone
<input type="checkbox"/>	Revised text types: blog, article, speech, letter, report, interview, brochure, podcast transcript
<input type="checkbox"/>	Completed Paper 2 (Written Production) — practised formal and informal writing tasks
<input type="checkbox"/>	Studied linking language, discourse markers, and transition phrases in the target language
<input type="checkbox"/>	Revised grammar: subjunctive (Romance languages), verb conjugations, tense agreement
<input type="checkbox"/>	Completed Individual Oral (IO) — stimulus-based conversation and wider discussion
<input type="checkbox"/>	Practised listening comprehension with authentic audio resources
<input type="checkbox"/>	Reviewed cultural content: films, literature, current affairs in the target language
<input type="checkbox"/>	Practised writing arguments both for and against on common IB themes
<input type="checkbox"/>	Completed at least 4 full Paper 1 and Paper 2 timed practices
<input type="checkbox"/>	Peer-reviewed written work with a native or near-native speaker

### 3.3 Group 3: Individuals & Societies

#### History HL/SL — Content Checklist

Check	History
<input type="checkbox"/>	Revised all prescribed topics in the Prescribed Subject (e.g., Military leaders, Rights and Protest, Peacemaking)
<input type="checkbox"/>	Covered all World History Topics relevant to your course (e.g., Causes of WWI, Cold War, Civil Rights)
<input type="checkbox"/>	Mastered your Regional Option (e.g., History of the Americas, European History, History of Asia & Oceania)
<input type="checkbox"/>	Practised Paper 1 source-based analysis: comprehension, value/limitations (OPVL), comparing sources, evaluating arguments
<input type="checkbox"/>	Mastered Essay Writing for Paper 2: analytical thesis, three developed paragraphs, clear argument throughout
<input type="checkbox"/>	Completed HL Paper 3 regional option essay practice (three essays from a choice of topics)
<input type="checkbox"/>	Revised historiography: key historians, their arguments, and their relevance to your topics
<input type="checkbox"/>	Practised the 12-mark essay under 25-minute timed conditions
<input type="checkbox"/>	Learned how to use counter-argument effectively without undermining your own thesis
<input type="checkbox"/>	Reviewed the Internal Assessment (Historical Investigation) mark scheme and reflected on your own IA

<input type="checkbox"/>	Completed at least 5 full past paper sets under timed conditions
<input type="checkbox"/>	Created a timeline of key events for each topic to aid chronological clarity

## Economics HL/SL — Content Checklist

Check	Economics
<input type="checkbox"/>	Revised all microeconomics concepts: supply and demand, elasticities, market structures, market failure
<input type="checkbox"/>	Covered all macroeconomics topics: GDP, inflation, unemployment, business cycles, fiscal and monetary policy
<input type="checkbox"/>	Revised international economics: comparative advantage, terms of trade, exchange rates, balance of payments
<input type="checkbox"/>	Covered development economics: indicators of development, growth strategies, international aid, sustainability
<input type="checkbox"/>	Practised Paper 1 (Extended Response): two-part essay with theoretical and evaluative sections
<input type="checkbox"/>	Practised Paper 2 (Data Response): interpreting graphs, tables, statistics; answering structured questions
<input type="checkbox"/>	Completed HL Paper 3 (Policy Analysis and Evaluation): practiced policy recommendations
<input type="checkbox"/>	Mastered drawing and annotating diagrams: AD-AS, PPC, Lorenz Curve, Phillips Curve, FoP, etc.
<input type="checkbox"/>	Revised real-world examples for each topic — current events in global economics (2024–2026)
<input type="checkbox"/>	Completed Internal Assessment (3 commentaries) and reviewed teacher feedback thoroughly
<input type="checkbox"/>	Practised using economic terminology precisely and consistently in written responses
<input type="checkbox"/>	Completed at least 4 full past paper sets under timed conditions

## Psychology HL/SL — Content Checklist

Check	Psychology
<input type="checkbox"/>	Revised Biological Approach: brain physiology, genetics, evolutionary perspective, neuroscience studies
<input type="checkbox"/>	Covered Cognitive Approach: schema theory, cognitive processing, computer models, memory studies
<input type="checkbox"/>	Revised Sociocultural Approach: social identity, social cognitive theory, cultural studies
<input type="checkbox"/>	Covered all three approaches through the lens of the three core topics: Abnormal, Developmental, Human Relationships

<input type="checkbox"/>	Revised HL extensions: animal research, biological approach extension, cognitive approach extension
<input type="checkbox"/>	Mastered research methods: experimental, case studies, interviews, observations, content analysis
<input type="checkbox"/>	Practised SAQ (Short Answer Questions) — 200-word precise responses with study evidence
<input type="checkbox"/>	Practised ERQ (Extended Response Questions) — 800-word analytical essays with multiple studies
<input type="checkbox"/>	Revised ethical considerations in psychological research (APA guidelines, informed consent, anonymity)
<input type="checkbox"/>	Prepared a bank of 20+ key studies with researcher names, method, findings, evaluations
<input type="checkbox"/>	Completed Internal Assessment (simple experimental study) — understood all sections
<input type="checkbox"/>	Completed at least 4 full past paper sets under timed conditions

## Geography HL/SL — Content Checklist

Check	Geography
<input type="checkbox"/>	Revised all core themes: Freshwater, Oceans & Coastal Margins, Extreme Environments, Geophysical Hazards
<input type="checkbox"/>	Covered Global Interactions: globalisation, power and borders, human development, climate change
<input type="checkbox"/>	Studied your chosen optional themes thoroughly (e.g., Urban Environments, Food & Health, Tourism)
<input type="checkbox"/>	Practised interpreting and sketching maps, cross-sections, diagrams, satellite imagery
<input type="checkbox"/>	Revised case studies for each theme — specific examples with data, locations, dates
<input type="checkbox"/>	Mastered Paper 1 (short answers and extended responses on core themes)
<input type="checkbox"/>	Practised Paper 2 (options) — essay structure with geographic analysis and evaluation
<input type="checkbox"/>	Revised HL Extension: Global Interactions essays with detailed geographic argument
<input type="checkbox"/>	Reviewed your Internal Assessment fieldwork report — understand methodology and findings
<input type="checkbox"/>	Practised six-mark extended response questions using PEEL: Point, Evidence, Explanation, Link
<input type="checkbox"/>	Completed at least 3 full past paper sets under timed conditions
<input type="checkbox"/>	Revised contemporary case studies: events from 2023–2026 relevant to your themes

## 3.4 Group 4: Sciences

### Biology HL/SL — Content Checklist

Check	Biology
<input type="checkbox"/>	Revised Topic 1: Cell Biology — cell theory, organelles, membrane structure, transport, cell division
<input type="checkbox"/>	Covered Topic 2: Molecular Biology — metabolism, DNA structure, DNA replication, transcription, translation, enzymes
<input type="checkbox"/>	Revised Topic 3: Genetics — chromosomes, meiosis, inheritance patterns, genetic modification
<input type="checkbox"/>	Covered Topic 4: Ecology — species, communities, ecosystems, energy flow, nitrogen cycle, carbon cycle
<input type="checkbox"/>	Revised Topic 5: Evolution & Biodiversity — natural selection, Linnaean classification, cladistics
<input type="checkbox"/>	Covered Topic 6: Human Physiology — digestion, blood system, defence against disease, gas exchange, neurons
<input type="checkbox"/>	Revised all HL options: Topics 7–11 (Nucleic Acids, Metabolism, Plant Biology, Genetics, Animal Physiology)
<input type="checkbox"/>	Practised drawing and labelling biological diagrams with precision
<input type="checkbox"/>	Mastered Paper 1 (Multiple Choice) — practice eliminating wrong answers systematically
<input type="checkbox"/>	Practised Paper 2 (short answers + extended response): data analysis, graph interpretation
<input type="checkbox"/>	Completed Paper 3 (options + data analysis) — practised Section A thoroughly
<input type="checkbox"/>	Reviewed your Individual Investigation (IA) criteria and teacher feedback
<input type="checkbox"/>	Practised writing Methods sections using independent/dependent/controlled variable language
<input type="checkbox"/>	Completed at least 4 full past paper sets including Papers 1, 2, and 3

### Chemistry HL/SL — Content Checklist

Check	Chemistry
<input type="checkbox"/>	Revised Topic 1: Stoichiometric Relationships — moles, empirical formula, limiting reagent, percentage yield
<input type="checkbox"/>	Covered Topic 2: Atomic Structure — electron configurations, orbitals, ionisation energy, atomic spectra
<input type="checkbox"/>	Revised Topic 3: Periodicity — periodic trends, properties across and down the table
<input type="checkbox"/>	Covered Topic 4: Chemical Bonding — ionic, covalent, metallic, Lewis structures, VSEPR, intermolecular forces

<input type="checkbox"/>	Revised Topic 5: Energetics / Thermochemistry — enthalpy, Hess's Law, bond enthalpies, calorimetry
<input type="checkbox"/>	Covered Topic 6: Chemical Kinetics — rate expression, activation energy, Arrhenius equation
<input type="checkbox"/>	Revised Topic 7: Equilibrium — Le Chatelier's principle, Kc, Kp, Kw, pH calculations
<input type="checkbox"/>	Covered Topic 8: Acids & Bases — Brønsted-Lowry, pH, buffer solutions, titration curves
<input type="checkbox"/>	Revised Topic 9: Redox Processes — oxidation numbers, half-equations, electrochemical cells
<input type="checkbox"/>	Covered Topic 10: Organic Chemistry — functional groups, reaction types, mechanisms (SN1/SN2, E1/E2)
<input type="checkbox"/>	Revised Topic 11: Measurement & Data Processing — uncertainties, significant figures, error analysis
<input type="checkbox"/>	Covered all HL Topics 12–21 thoroughly with worked examples
<input type="checkbox"/>	Practised all calculation types: stoichiometry, equilibrium constants, pH, redox, enthalpy
<input type="checkbox"/>	Completed at least 4 full past paper sets under timed conditions

## Physics HL/SL — Content Checklist

Check	Physics
<input type="checkbox"/>	Revised Topic 1: Measurements & Uncertainties — SI units, uncertainties, vectors vs scalars
<input type="checkbox"/>	Covered Topic 2: Mechanics — kinematics, forces, Newton's laws, work/energy/power, momentum
<input type="checkbox"/>	Revised Topic 3: Thermal Physics — temperature, internal energy, ideal gas law, thermodynamic processes
<input type="checkbox"/>	Covered Topic 4: Waves — transverse/longitudinal, superposition, standing waves, resonance
<input type="checkbox"/>	Revised Topic 5: Electricity & Magnetism — electric fields, circuits, magnetic forces, electromagnetic induction
<input type="checkbox"/>	Covered Topic 6: Circular Motion & Gravitation — centripetal force, Kepler's laws, gravitational fields
<input type="checkbox"/>	Revised Topic 7: Atomic, Nuclear & Particle Physics — atomic models, radioactivity, nuclear reactions, particle physics
<input type="checkbox"/>	Covered Topic 8: Energy Production — energy sources, efficiency, climate change, renewables
<input type="checkbox"/>	Revised all HL Topics 9–12: Wave Phenomena, Fields, EM Induction, Quantum & Nuclear Physics
<input type="checkbox"/>	Mastered all formulae in the IB Physics Data Booklet — know which are given vs memorised

<input type="checkbox"/>	Practised graph-based questions: sketching, interpreting gradients and areas under graphs
<input type="checkbox"/>	Practised multi-step calculation problems — show all working clearly for method marks
<input type="checkbox"/>	Reviewed your Internal Assessment and understood assessment criteria
<input type="checkbox"/>	Completed at least 4 full past paper sets under timed conditions

## Computer Science HL/SL — Content Checklist

Check	Computer Science
<input type="checkbox"/>	Revised Topic 1: System Fundamentals — system design, change management, data transformation
<input type="checkbox"/>	Covered Topic 2: Computer Organisation — architecture, cache, memory types, OS functions
<input type="checkbox"/>	Revised Topic 3: Networks — types of networks, protocols, network management, security
<input type="checkbox"/>	Covered Topic 4: Computational Thinking — algorithms, pseudocode, flowcharts, searching/sorting
<input type="checkbox"/>	Revised Topic 5: Abstract Data Structures — arrays, linked lists, stacks, queues, trees, graphs
<input type="checkbox"/>	Covered Topic 6: Resource Management — OS scheduling, memory management, process management
<input type="checkbox"/>	Revised Topic 7: Control Systems — feedback control, autonomous systems, SCADA systems
<input type="checkbox"/>	Covered HL Topic D: Object-Oriented Programming — OOP principles, inheritance, polymorphism
<input type="checkbox"/>	Practised writing pseudocode using IB standard notation
<input type="checkbox"/>	Completed and reviewed your Internal Assessment (Solution) against all criteria
<input type="checkbox"/>	Practised trace tables and algorithm walkthrough questions
<input type="checkbox"/>	Completed at least 3 full past paper sets under timed conditions

## 3.5 Group 5: Mathematics

### Mathematics: Analysis & Approaches (AA) HL/SL

Check	Mathematics AA
<input type="checkbox"/>	Revised Algebra: binomial theorem, sequences/series, complex numbers (HL), proof by induction (HL)
<input type="checkbox"/>	Covered Functions: transformation, inverse, composite, domain/range, rational functions (HL)
<input type="checkbox"/>	Revised Trigonometry: exact values, identities, double angle, applications, complex numbers in polar form (HL)
<input type="checkbox"/>	Covered Calculus: differentiation, integration, related rates, volumes of revolution (HL), Maclaurin series (HL)
<input type="checkbox"/>	Revised Statistics & Probability: distributions (normal, binomial, Poisson HL), hypothesis testing
<input type="checkbox"/>	Mastered Paper 1 (no calculator) technique — all algebraic manipulation must be exact
<input type="checkbox"/>	Mastered Paper 2 (calculator) technique — know when and how to use GDC efficiently
<input type="checkbox"/>	Practised Paper 3 (HL only) — extended problem solving, unfamiliar contexts
<input type="checkbox"/>	Created a formula sheet for everything NOT in the IB AA data booklet
<input type="checkbox"/>	Practised 'show that' style questions — every step must be clearly shown
<input type="checkbox"/>	Reviewed all GDC functions: solve, integrate, differentiate, statistical distributions
<input type="checkbox"/>	Completed at least 5 full past paper sets under timed conditions (separate Paper 1 and Paper 2)

### Mathematics: Applications & Interpretation (AI) HL/SL

Check	Mathematics AI
<input type="checkbox"/>	Revised Number & Algebra: standard form, arithmetic/geometric sequences, financial mathematics, amortisation
<input type="checkbox"/>	Covered Functions: linear, quadratic, exponential, logistic, sinusoidal — modelling focus
<input type="checkbox"/>	Revised Geometry & Trigonometry: areas, volumes, trigonometric ratios, non-right angled triangles, Voronoi diagrams (HL)
<input type="checkbox"/>	Covered Statistics: descriptive statistics, regression, correlation, chi-squared test, normal distribution
<input type="checkbox"/>	Revised Probability: combined events, conditional probability, Bayes' theorem (HL), distributions
<input type="checkbox"/>	Covered Calculus: differentiation (SL only), integration, Euler's method (HL), systems of DEs (HL)
<input type="checkbox"/>	Mastered GDC usage thoroughly — AI exams allow calculator throughout most papers

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<input type="checkbox"/>	Practised real-world modelling questions — interpret context before setting up equations
<input type="checkbox"/>	Practised Paper 3 (HL) — extended problem-based questions requiring multiple mathematical areas
<input type="checkbox"/>	Reviewed modelling contexts: population growth, carbon emissions, economic models, spread of disease
<input type="checkbox"/>	Created reference sheets for all key formulas and conditions for each test
<input type="checkbox"/>	Completed at least 4 full past paper sets under timed conditions

## 3.6 Group 6: The Arts

### Visual Arts HL/SL — Content Checklist

Check	Visual Arts
<input type="checkbox"/>	Completed and refined your Visual Arts Journal (process portfolio) with sufficient evidence
<input type="checkbox"/>	Ensured your Comparative Study analyses at least 3 artworks by 2 different artists from different cultural contexts
<input type="checkbox"/>	Completed your Exhibition with a clear curatorial rationale linking all works
<input type="checkbox"/>	Documented your creative process thoroughly with reflections in your portfolio
<input type="checkbox"/>	Reviewed art movements and theoretical frameworks relevant to your work
<input type="checkbox"/>	Practised discussing your work using art vocabulary: composition, medium, concept, context, form
<input type="checkbox"/>	Prepared to discuss your works confidently in any oral examination scenario
<input type="checkbox"/>	Ensured all works are photographed professionally and uploaded to your portfolio system
<input type="checkbox"/>	Reviewed the IB Visual Arts assessment criteria for each component

### Music HL/SL — Content Checklist

Check	Music
<input type="checkbox"/>	Completed your Exploring Music in Context (Comparative Musical Analysis) component
<input type="checkbox"/>	Practised detailed listening skills across multiple musical traditions and genres
<input type="checkbox"/>	Revised Western music theory: harmony, counterpoint, melody, rhythm, structure, form
<input type="checkbox"/>	Explored world music traditions relevant to your course options
<input type="checkbox"/>	Completed and finalised your Presenting Music component (performance or composition or both)
<input type="checkbox"/>	Practised discussing music analytically using correct terminology
<input type="checkbox"/>	Reviewed your Internal Assessment reflections and supervisor feedback
<input type="checkbox"/>	Completed at least 2 practice listening examinations under timed conditions

## Section 4: Extended Essay & TOK Deep Dive

### 4.1 Extended Essay — Final Submission Checklist

By the time you reach exam season, your Extended Essay should already be submitted. However, understanding what you did and why is important — you may be asked about your EE in your RPPF viva voce, and your EE grade contributes to your IB Matrix bonus points.

Check	Extended Essay Final Checklist
<input type="checkbox"/>	Research question is focused, arguable, and answerable within 4,000 words
<input type="checkbox"/>	Essay meets the word count requirement (3,500–4,000 words; abstract not counted)
<input type="checkbox"/>	Introduction clearly contextualises the question and outlines your methodology
<input type="checkbox"/>	All body paragraphs have clear topic sentences linked to the research question
<input type="checkbox"/>	Evidence is properly cited using consistent referencing format (MLA, APA, Chicago)
<input type="checkbox"/>	Conclusion answers the research question directly and acknowledges limitations
<input type="checkbox"/>	Bibliography is complete with all sources cited in-text
<input type="checkbox"/>	RPPF (Reflections on Planning and Progress Form) has all three reflections completed
<input type="checkbox"/>	Essay has been proofread for grammar, spelling, and academic language
<input type="checkbox"/>	Supervisor signature and viva voce (meeting) completed
<input type="checkbox"/>	Uploaded via IB's IBIS system and submission confirmed

### 4.2 TOK Essay — Preparation Checklist

The TOK Essay (1,600 words) is one of the most philosophically demanding pieces of writing in the IB. It requires you to take a genuine epistemological position, explore it through Areas of Knowledge (AOKs) and Ways of Knowing (WOKs), and engage with real-life situations and knowledge claims with intellectual rigour.

Check	TOK Essay
<input type="checkbox"/>	Selected your prescribed essay title from the 6 options provided by the IB
<input type="checkbox"/>	Identified the central knowledge question embedded in the title
<input type="checkbox"/>	Brainstormed relevant Areas of Knowledge (e.g., Natural Sciences, History, Arts, Mathematics, Ethics)
<input type="checkbox"/>	Developed a clear knowledge claim and counterclaim structure
<input type="checkbox"/>	Identified at least 2 strong real-life situations (RLS) from different AOKs
<input type="checkbox"/>	Written an introduction that unpacks key terms and presents your line of inquiry
<input type="checkbox"/>	Developed body paragraphs with claim, RLS, analysis, and mini-conclusion format

<input type="checkbox"/>	Addressed the counterclaim seriously — do not just dismiss the opposing view
<input type="checkbox"/>	Ensured your essay has a consistent thread of inquiry (not just a list of examples)
<input type="checkbox"/>	Written a conclusion that goes beyond summary — offers a nuanced final position
<input type="checkbox"/>	Checked word count: 1,600 words maximum, excluding references and bibliography
<input type="checkbox"/>	Submitted via IB's IBIS system with supervisor confirmation

**TOK EXAMINER TIP:** Examiners specifically reward essays that go beyond surface-level examples. Use specific, detailed real-life situations — not vague references like 'scientists discovered...'. Instead, name the scientists, the field, the discovery, and the epistemological significance.

## Section 5: Study Techniques & Learning Strategies

Different IB subjects require different study approaches. The following techniques have been validated by cognitive science research and are particularly effective for the types of tasks the IB examines.

### 5.1 Spaced Repetition

Spaced repetition is the single most evidence-backed study technique for long-term retention. Instead of massing your revision into one session (cramming), you revisit material at increasing intervals — maximising retention with minimum study time.

- Use Anki flashcard software — available free on all platforms.
- Create cards for: vocabulary (Languages), formulas (Sciences/Maths), key studies (Psychology), dates (History), economic concepts, biological processes.
- Review due cards every day — do not skip days during exam preparation.
- Aim for 100–200 new cards per week in intensive revision periods.

**SCIENCE BEHIND IT:** Research by Ebbinghaus and confirmed by modern cognitive science shows that reviewing material at 1 day, 3 days, 7 days, 14 days, and 30 days produces near-permanent retention.

### 5.2 Active Recall Testing

Passively re-reading notes is one of the least effective study strategies. Active recall — forcing your brain to retrieve information without looking at notes — dramatically improves retention and identifies gaps.

- Close your notes and write everything you know about a topic from memory.
- Use past paper questions as active recall prompts.
- Practise the Cornell Notes method: write questions in the margin, cover the content, test yourself.
- Use the Feynman Technique: explain a concept as if teaching it to a Year 7 student.

### 5.3 Past Paper Strategy

Past papers are the most direct preparation tool available. IB examiners follow consistent patterns in how they structure questions, and familiarity with these patterns is a significant advantage.

1. Source past papers from: IB Questionbank, Revision Village (Maths), IB Documents, school subscriptions.
2. Complete each paper under strict timed conditions — no open notes, no internet.
3. Mark your paper using the official mark scheme immediately after.
4. Categorise mistakes: Was it a knowledge gap? A misread question? Poor time management?
5. Revisit the relevant topic content before attempting similar questions again.
6. Track your scores over time — a gradual upward trend indicates effective revision.

**CRITICAL INSIGHT:** Doing 10 past papers without reviewing mistakes is far less valuable than doing 3 papers with thorough, analytical review. Quality of review > quantity of papers.

### 5.4 Mind Mapping for Conceptual Subjects

For subjects like History, Psychology, Economics, and TOK, mind maps help you visualise relationships between concepts — essential for writing analytical essays.

- Start with a central concept at the centre of the page.
- Branch out to sub-topics, then to specific evidence, examples, and case studies.
- Use colour coding: one colour per theme or perspective.
- Digital tools: Miro, MindMeister, Coggle, XMind.
- Revisit and expand your mind maps as your understanding deepens.

## 5.5 The Pomodoro Technique for Focus

The Pomodoro Technique combats procrastination and maintains sustained focus during long revision sessions.

Phase	Duration	Activity
Pomodoro (Study)	25 minutes	Single-subject, focused revision — no distractions
Short Break	5 minutes	Stand up, stretch, hydrate — no screens
After 4 Pomodoros	15–30 minute break	Eat, walk, rest eyes — full mental reset
Evening Review	10 minutes	Write 3 things learned today in a revision journal

## Section 6: Recommended Resources by Subject

### 6.1 Official IB Resources

- IB Subject Guides — free to download from the IBO website (mandatory reading for every subject).
- IB Past Papers & Mark Schemes — available via your school's IB subscription to the IB Store.
- My IB portal — check for updates to your subject curriculum and assessment clarifications.
- IB Questionbank — official database of past exam questions organised by topic.

### 6.2 Subject-Specific Resources

Subject	Top Resources	Notes
Mathematics (AA & AI)	Revision Village, IB Maths (Christos Nikolaidis), Mathleague	Revision Village is the gold standard for IB Maths prep
Biology	BioNinja (jackwestin.com/ib), ThinkIB Biology, Crash Course Biology	BioNinja covers every IB Biology topic with concise notes
Chemistry	Richard Thornley YouTube, ChemNinja, Frankly Chemistry	Richard Thornley's YouTube channel covers all HL/SL topics
Physics	Hamid Surkatty notes, Physics & Maths Tutor, PhysicsHL	Past paper drilling is especially important for Physics
History	IBDP History (InThinking), Oxford IB History, History Today	InThinking has excellent model essays by topic
Economics	InThinking Economics, Jason Welker Economics, Econplusdal	Econplusdal on YouTube is free and highly detailed
Psychology	Crane & Hannibal IB Psychology, Ethan Weed notes, Psychlopaedia	Psychlopaedia.com has organised notes by approach and topic
English A	Oxford IB English, SparkNotes (context only), Literary Devices glossary	Never use SparkNotes as a substitute for reading the actual text
Language B	Duolingo (supplementary), News in Slow [Language], Target Language films	Immersion content greatly improves Paper 1 comprehension
TOK	Theory of Knowledge by Richard van de Lagemaat, Tok Talk blog	van de Lagemaat's textbook is the best TOK preparation resource

### 6.3 Digital Tools & Platforms

Tool	Purpose	Cost
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Anki	Spaced repetition flashcards	Free
Quizlet	Vocabulary flashcards and learning games	Free (premium available)
Revision Village	IB Maths past papers and topic questions	Subscription (~\$50/year)
Notion / OneNote	Organised digital note-taking	Free
Forest App	Focus timer / anti-distraction	Small one-time fee
Todoist / TickTick	Task management and study scheduling	Free (premium available)
YouTube Premium	Ad-free educational video content	Subscription
Wolfram Alpha	Mathematical computation and checking	Free (basic)
BioNinja	IB Biology notes and diagrams	Free
Goodnotes / Notability	Digital handwritten notes on iPad	Paid app

## 6.4 Eclassopedia Resources

As an Eclassopedia student, you have access to a comprehensive suite of resources specifically designed for IB exam success. These include:

- Live and recorded tutoring sessions with IB-experienced educators across all subjects.
- Subject-specific past paper solution banks with step-by-step worked answers.
- Weekly live revision webinars in the months leading up to May 2026 exams.
- Personalised study plans based on your mock exam performance and target grades.
- A dedicated IB community forum for peer discussion and resource sharing.
- Monthly progress check-ins with academic advisors to keep you on track.

**ECLASSOPEDIA:** Log in to your Eclassopedia dashboard at [eclassopedia.com](https://eclassopedia.com) to access your personalised IB 2026 prep resources, including subject-specific question banks and live session schedules.

## Section 7: Exam Technique Masterclass

### 7.1 Command Terms — The Key to IB Answers

The IB uses specific command terms to indicate the depth and type of response required. Misunderstanding a command term is one of the most common reasons students underperform despite having the correct knowledge.

Command Term	What It Means	Depth Required
State / List / Name	Give a fact, number, or name with no explanation	Surface — 1 sentence
Define	Give the precise meaning of a term	1–2 sentences with key words
Describe	Give a detailed account, series of steps, or characteristics	Factual detail — no evaluation
Explain	Give reasons or mechanisms — how or why something happens	Mechanism + linked cause/effect
Outline	Give a brief account covering key points only	Structured, concise — no depth
Analyse	Break into component parts and examine each — identify trends/patterns	Structured argument, 3+ points
Compare / Contrast	Show similarities and differences with explicit linkage	Must address BOTH sides equally
Evaluate / Assess	Make a judgement supported by evidence — consider pros/cons, significance	Balanced argument with clear conclusion
Discuss	Offer a considered argument considering different perspectives	Multi-sided, with supported conclusion
To what extent	Make a judgement on a scale — how much, how true, under what conditions	Qualified conclusion — avoid absolutes

### 7.2 Essay Writing Framework

Whether you are writing for History, Economics, Psychology, English, or TOK, the IB rewards structured, analytical essays with a clear line of argument throughout. Use the following framework:

#### Introduction (5–10% of word count)

- Hook: Open with a specific quote, statistic, real-world event, or bold claim.
- Context: Brief background to the question — 2–3 sentences maximum.
- Thesis: Clear, arguable position that directly answers the question.
- Signpost: Briefly indicate the structure of your argument.

#### Body Paragraphs (PEEL Structure)

- Point: Topic sentence that advances your argument.
- Evidence: Specific evidence — study, data, quote, historical event, example.
- Explanation: Analyse how your evidence proves your point.

- Link: Connect back to the essay question — maintain the argument thread.

### Counterclaim / Opposing Perspective

- Acknowledge a significant opposing view or limitation of your argument.
- Do not simply dismiss it — engage with it intellectually.
- Then explain why your original argument remains more convincing overall.

### Conclusion

- Restate your thesis — do NOT simply copy your introduction.
- Synthesise your key points — draw them together into a final position.
- End with a nuanced statement that shows depth of thinking.
- For TOK and History: avoid a 'yes or no' conclusion — acknowledge complexity.

## 7.3 Time Management in the Exam Hall

Time pressure is one of the biggest challenges in IB exams. Students who do not plan their time systematically often find themselves rushing through the final questions or leaving sections blank.

Strategy	How to Apply
Read the whole paper first (2 min)	Identify easy questions and hard questions — start with what you know
Allocate time by marks	Divide total time by total marks to find minutes-per-mark ratio
Stick to your time allocation	Move on when time is up — return only if time permits
Leave no question blank	Partial credit is always possible — write something for every question
Check your work (last 5 min)	Review calculation answers for arithmetic errors; check essay opening/closing
Annotate the question paper	Underline command terms and key words before writing anything

## Section 8: Mental Health & Wellbeing During IB Exam Season

The IB is academically rigorous, but it should never come at the cost of your mental health and wellbeing. Research consistently shows that students who manage their stress effectively, maintain physical health, and preserve social connections outperform students who sacrifice everything for study.

### 8.1 Managing Exam Stress

#### Recognise Your Stress Signals

- Physical: headaches, muscle tension, disrupted sleep, fatigue, stomach upsets.
- Emotional: irritability, anxiety, hopelessness, mood swings, low motivation.
- Cognitive: difficulty concentrating, forgetfulness, 'freezing' under pressure.
- Behavioural: procrastination, social withdrawal, changes in eating habits.

#### Evidence-Based Coping Strategies

- Box Breathing: Inhale 4 counts, hold 4, exhale 4, hold 4. Repeat 4–5 times before entering an exam.
- Exercise: 30 minutes of moderate exercise 3–5 times per week improves memory, focus, and mood.
- Sleep: 7–9 hours per night is non-negotiable during revision. Sleep is when memory consolidation occurs.
- Social Connection: Maintain at least one regular social activity per week — isolation worsens anxiety.
- Nature Exposure: Even 20 minutes outdoors reduces cortisol levels measurably.
- Journaling: Writing about exam worries for 10 minutes reduces working memory load during tests.

### 8.2 The IB Student's Sleep Protocol

**SLEEP SCIENCE:** Sacrificing sleep for extra revision is counterproductive. A student who sleeps 8 hours retains 30–40% more than a student who sleeps 5 hours after studying the same material. Sleep is your most powerful revision tool.

Week Type	Recommended Sleep Schedule
Normal revision weeks	9:30–10:00pm sleep; 6:30–7:00am wake
Mock exam weeks	10:00pm hard cutoff; no revision after 9:30pm
Real exam days	Aim to be in bed by 9:45pm the night before
Post-exam evenings	Wind down — do not start the next subject immediately after an exam

### 8.3 Nutrition & Brain Performance

What you eat during exam season directly affects your cognitive performance. The brain consumes approximately 20% of your total energy, and glucose availability affects focus, memory, and processing speed.

- Breakfast on exam days: eggs, oats, berries, nuts — sustained energy, not sugar spikes.
- Hydration: mild dehydration (just 1–2%) measurably impairs concentration. Drink water consistently.
- Avoid: high-sugar energy drinks, heavy processed meals before exams, skipping meals.
- Smart snacks during revision: walnuts (omega-3), blueberries (antioxidants), dark chocolate (moderate), banana (potassium + glucose).
- Limit caffeine: moderate caffeine (1–2 cups of coffee or tea) can improve alertness but excess causes anxiety and disrupts sleep.

## 8.4 Seeking Support

If you are struggling — with the academic content, with anxiety, or with your mental health — please reach out. You are not alone, and seeking support is a sign of strength, not weakness.

- Talk to your IB Coordinator — they can make accommodations and connect you with support.
- Talk to your school counsellor — trained professionals experienced with exam stress.
- Talk to trusted friends and family — social support is one of the strongest protective factors for mental health.
- Eclassopedia Academic Support — our tutors are available for morale support as well as academic help.
- Access international helplines if needed — your mental health comes before any exam.

## Section 9: Internal Assessment Final Checklist

By exam season, your IAs should ideally be completed and submitted. However, this section helps you reflect on your IA components and ensure nothing is outstanding. IA marks are submitted to the IB by your school in April (for May session) and are moderated externally.

### 9.1 IA Submission Status Check

Check	IA Submission Checklist
<input type="checkbox"/>	Group 1 (Language A) — Individual Oral (IO) completed and submitted to teacher
<input type="checkbox"/>	Group 2 (Language B) — Individual Oral (IO) completed and submitted to teacher
<input type="checkbox"/>	Group 3 — Internal Assessment component completed (History Investigation, Economics Commentary, Psychology IA, Geography Fieldwork)
<input type="checkbox"/>	Group 4 — Individual Investigation (Lab Report) completed for Science subject
<input type="checkbox"/>	Group 5 — Mathematics Exploration (IA) completed and submitted to teacher
<input type="checkbox"/>	Group 6 — Art Portfolio / Music IA component completed
<input type="checkbox"/>	Extended Essay — submitted via IBIS with supervisor signature
<input type="checkbox"/>	TOK Exhibition — completed and submitted with supervisor sign-off
<input type="checkbox"/>	TOK Essay — submitted via IBIS
<input type="checkbox"/>	CAS — all experiences documented with reflections; CAS Project completed; supervisor sign-off received
<input type="checkbox"/>	All IAs have been marked by your teacher and you understand the feedback
<input type="checkbox"/>	You are aware of your predicted grades for IA components

**IMPORTANT:** IA marks are fixed once submitted to the IB — external moderators may adjust them up or down. Ensure your IA submissions are polished. A strong IA grade provides a vital buffer for your final exam performance.

## Section 10: The Final Week Before Exams — Your Complete Protocol

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The final seven days before your first exam are not the time for learning new material. They are for consolidation, confidence-building, exam logistics, and mental preparation.

### Day 7 Before First Exam

- Complete one full past paper per subject — mark it and note any remaining weak points.
- Compile your final notes: one A4 side per subject with key points, formulas, and reminders.
- Confirm your exam timetable: dates, times, rooms, reporting times.
- Prepare your exam kit: pens, pencils, rulers, approved calculator, ID, exam entry paperwork.

### Days 6–4 Before First Exam

- Focus on your specific exam order — revise for your first exam most intensively.
- Review all formula sheets, data booklets, and vocabulary lists.
- Do a final review of your weaknesses log — not to panic, but to reassure yourself you have covered them.
- Get moderate exercise daily — even a 30-minute walk helps consolidate memory and reduce anxiety.
- Sleep well every night — 8 hours minimum.

### Day 3 Before First Exam

- Light revision only — review notes, do short question sets, but avoid new difficult material.
- Do something enjoyable: watch a film, cook a meal, spend time with family or friends.
- Visualise yourself entering the exam hall calmly and writing confidently.

### Night Before First Exam

- Do NOT revise past 9:30pm — the returns are minimal and the sleep cost is high.
- Lay out your exam materials the night before.
- Set two alarms — do not risk oversleeping.
- Eat a proper dinner; avoid alcohol; limit screen time after 9pm.
- Read something light or listen to calming music before sleep.

### Morning of Exam

- Wake up with plenty of time — rushing increases cortisol and impairs performance.
- Eat a protein-rich breakfast: eggs, oats, yoghurt, nuts. Avoid high-sugar cereals.
- Review your one-page summary for the subject — 10 minutes maximum.
- Arrive at the exam venue at least 20 minutes before the start time.
- Practise box breathing in the waiting area if you feel anxious.
- Remember: you have prepared thoroughly. Trust your preparation.

**FINAL WORD FROM ECLASSOPEDIA:** Thousands of IB students sit these exams each year. The exam is designed to be passed with dedicated preparation. If you have followed this guide, you are ready. Back yourself, answer every question, and give it everything you have.

## Section 11: Quick Reference — IB Points & Grade Boundaries

### 11.1 Understanding IB Grade Boundaries

Grade boundaries are set after each exam session by the IB and vary year to year based on exam difficulty and the performance of the global cohort. However, historical data allows us to estimate approximate marks required for each grade. Use these as rough targets during past paper practice.

Subject	Grade 7 Approximate %	Grade 6 Approximate %	Grade 5 Approximate %
Mathematics AA HL	~75–80%	~65–70%	~55–60%
Mathematics AA SL	~80–85%	~70–75%	~60–65%
Mathematics AI HL	~70–75%	~60–65%	~50–55%
Biology HL	~75–80%	~65–70%	~55–60%
Chemistry HL	~70–75%	~60–65%	~50–55%
Physics HL	~75–80%	~65–70%	~55–60%
History HL	~70–75%	~60–65%	~50–55%
Economics HL	~70–75%	~60–65%	~50–55%
English A Lit HL	~75–80%	~65–70%	~55–60%
Psychology HL	~72–78%	~63–68%	~53–58%

**DISCLAIMER:** These are approximate historical ranges. Actual grade boundaries are set by the IB after each exam session and can vary significantly. Always aim for the highest possible mark rather than targeting a specific boundary.

### 11.2 The IB Bonus Points Matrix

EE Grade	TOK Grade A	TOK Grade B	TOK Grade C	TOK Grade D/E
A	3 points	3 points	2 points	1 point
B	3 points	2 points	2 points	1 point
C	2 points	2 points	1 point	0 points
D	1 point	1 point	0 points	0 points
E (Fail)	0 (fail cond.)	0 (fail cond.)	0 (fail cond.)	0 (fail cond.)

An E in either your Extended Essay or TOK is a failing condition — meaning you will not receive the IB Diploma regardless of your subject scores. Ensure both are completed to at least a C standard.

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# Final Message from Eclassopedia

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You have chosen one of the most challenging and rewarding pre-university qualifications in the world. The International Baccalaureate is not just about grades — it shapes the way you think, the way you argue, the way you approach complex problems, and the way you engage with the world around you. These are skills that will serve you long after May 2026.

At Eclassopedia, we believe that every student who commits to their preparation with focus, consistency, and a positive mindset is capable of achieving their IB goals. This guide is your comprehensive roadmap — but the journey is yours to walk.

Start early, stay consistent, lean on your support network, and take care of yourself. The IB is a marathon, not a sprint — and you have everything you need to cross the finish line.

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**Best of luck, IB Class of 2026!**

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