

The greatest strength I had gained coming out of the IB program was being able to discipline myself, whether it's for academics or extra-curricular activities. IB taught me to sit down (or stand up, whichever was necessary), persevere, and figure out how to read a poem, write a lab report, or initiate a community project.

I focused on humanities and social sciences in high school, and even after completely changing my studies to physiology in undergrad to now neuroscience as I start my Master's degree, the worldviews that I discovered and incorporated into my own life then still continue to influence me. The oppressed and unprivileged populations that I learned about in history and economics class transformed the way I view society: back then, I wanted to write about all sorts of human rights issues; now I have focused that attention towards mental health. The level of insight required for IB literature trained me better than most undergraduate science courses to think beyond the surface, not only when reading novels or poems, but also when reading scientific literature. Many of the skills I acquired in IB were transferrable to a completely different academic field.

In terms of credit transfers, the HL courses that you take in IB will help you accelerate your studies if you continue to pursue the same field (e.g. HL history/economics/literature will allow you to skip a year for Bachelor of Arts, but not Science).

The best part of joining the IB program was the teachers that I met and still continue my relationship with. They are always engaged and organized and truly care about their students' well-being. Take advantage of any outside-the-classroom time that you can interact with them (morning/lunch help sessions, volunteering, IB Europe trip, etc.) because this is often when you will learn the most valuable things!

*Anonymous*