

My overall IB experience was positive. The teachers that I had throughout my time in the program were imperative to my ability to succeed. I have remained in contact with much of them and hope to remain in contact with them as they were such a large part of my life for my three years in the IB programme.

The close knit community in the program is definitely very different from the large range that you will experience in university. I had the benefit of attending a smaller university, but for most the shift will be dramatic from the small sizes of the IB classes to the large lectures in university.

What I found to be most beneficial from IB was the course load. Although it is a pain in the butt in the moment, it definitely prepared me much more than my university classmates were prepared for the course load in university. The intense work load helps you to learn proper time management which is such a necessary skill once you reach university.

*Anonymous*

I had an extremely great experience with the IB programme at Kelvin High School. It was a little different from what I expected, in that, it was not as difficult as some people proclaimed it to be. Even though my group was largely impacted by COVID, I was still able to derive benefit from the program. I was looking for a challenge in my academics, and that is exactly what I received. But along with that challenge, I received in-depth and detailed course content, knowledge from amazing and passionate teachers, and I made so many great friendships due to the smaller class sizes. The program also helped me prepare for university, and I strongly believe that my current performance is all due to the rigor and balance that IB taught me. I was additionally able to transfer credits to University, which has allowed me to already reach my breadth requirements (types of courses that every student at my university needs to take to graduate, no matter their program). If you are looking for a challenge and believe that you can take on the rigor and lessons that IB teaches, this program is the perfect way to improve your academic experience in High School and get prepared for University.

*Aisha O.*

The IB programme explores concepts that are quite similar to the content taught in various Universities, including the one that I am currently attending, UBCO. Thus, I felt prepared, and almost ahead of, what was being taught in lectures.

If your main goal going into IB is to get University credits early, it is suggested that you visit the transfer credit website of your dream University before choosing your IB classes so that you are aware of which exact courses are course equivalents. In my case, many of the SL courses could not transfer, but the HL courses did as long as a certain grade was obtained.

On the other hand, if your objective is to expand your knowledge across the many IB courses offered, taking partial or full IB is the way to go. I chose to do full IB, where I quickly learned how to study effectively since the course load was demanding. The IB course load felt heavier

than it did in my first semester at UBCO, so I only slightly adjust my study habits in University according to the Professor's style of teaching.

I felt extremely supported throughout my IB journey by every single one of the teachers, which made taking IB less stressful and much more enjoyable. Teachers for me make a big impact on how I view and treat a class, so having this support system definitely helped me excel in the IB Programme.

*Hadieh H.*

Firstly, I must say that the teachers in the IB programme have always been extremely welcoming and helpful. From experience, I would say that the level of difficulty involved with an IB course would almost certainly exceed that of a course with comparable status found in the English-Academic program. I think this is because IB courses have always placed an emphasis on the holistic comprehension of concepts. Of course, this meant the prescription of additional work and lent itself to more stress for students which may have been unpleasant at times. However, in retrospect, the extra content that was demanded of me frequently helped me understand concepts at a greater profundity. Although I am currently in a gap year, I would say that this deeper level of understanding will certainly facilitate my post-secondary endeavors both physically and conceptually. Beyond just the advanced content, I think one of the most valuable things that the programme provided was a sense of community. Its warmth has enabled me to explore a plethora of curiosities that I wouldn't have felt safe enough to embark on otherwise. Especially during the pandemic, when we were all in isolation, my IB colleagues and teachers made school such an exciting part of my day.

*Nick C.*

Though commonly complained about, I found it wasn't the difficulty of the IB program that was the hardest part, but rather the hours devoted to subjects I wasn't interested in. Most of my peers who regretted doing IB felt pressured to maintain heavy course loads and as a result, they now emphasize the sacrificed relationships and opportunities over the skills acquired over the years. I never felt this pressure so only took IB courses I found interesting. This approach to selecting IB classes worked well for me to justify spending more time under pressure in courses I was passionate about. In addition, it was so nice to be with fellow students who were also devoted to classes and engaged with the material. Learning alongside people with similar mindsets towards education created an environment where caring about learning wasn't alienated, which I found was sometimes the case in other high school classes. I appreciated the opportunity to push my academic abilities before university. The IB program refined my capacity to work under pressure and learn how to study, life skills that are only learned through practice. The teachers and staff involved in the program did a great job facilitating the IB students' willingness to improve upon important skills such as communication, critical thinking, problem-solving skills and discipline. The transition from high school to university was seamless for me primarily from the confidence gained through the IB program to learn difficult material in a short time frame.

*Aidan F.*

Being in the IB programme has really helped me with my preparation for university. In IB you get a good amount of content and material and assignments that you're having to find a way to manage all at the same time. It's the same in university. I was quite nervous to start post-secondary until I realized it's a lot like what I had to do in IB. Big assignments like writing research papers or even being pushed to think critically about all sorts of topics are skills I was really able to hone in on before entering university. I found my teachers to be a massive help throughout all of my IB experience as well. It's extremely infectious when you have passionate, driven teachers, excited to work with the students.

*Pilar P.*