



Catch-up week



THE BRITISH SCHOOLS
Founded 1908



SELF-MANAGEMENT

Set Goal

Make Plan

Get to Work

Stick with it

Reach Goal



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Self - Management Skills

Initiating one's own learning through management of time, tasks, and deadlines

Organizational Skills

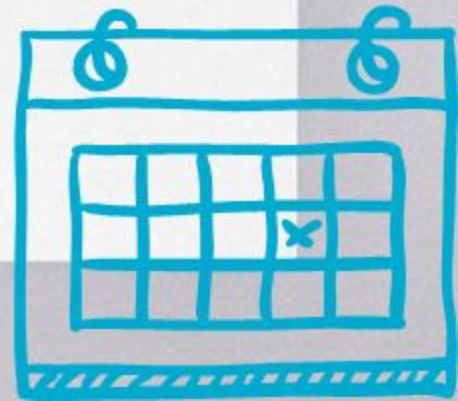
- ☒ Meeting deadlines
- ☒ Setting challenging realistic goals
- ☒ Create plans to prepare for assessments

Affective Skills

- ☒ Practice concentration
- ☒ Practice strategies to reduce stress and anxiety
- ☒ Demonstrate persistence and perseverance

Reflective Skills

- ☒ Try new skills and evaluate their effectiveness
- ☒ Reflect on skill development



Important v Urgent

	Urgent	Not Urgent
Important	Do it	Plan to do it
Not important	Delegate it	Drop it





Importance of the Internal Assessment

- Compulsory component
- Opportunity to hand in part of the exam during the course and with teacher supervision
- % of final mark (varies from subject to subject and HL/SL)
- May be the difference between passing / failing or jumping to next grade
- A way to prepare the exam





Importance of Deadlines

- Avoid bottlenecks
- Time management
- Stress management
- Teacher availability





Benefits of the catch-up week

- Opportunity to catch-up with IB assignments (not a punishment...)
- Chance to have a good start of IB2
- Teachers and supervisors focused on IA / EE
- No other classes to attend





Logistics

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 – 12:30	Maths		Maths		Maths
1:30 – 4:20	Maths	English Spanish	Maths	English Spanish	Maths

- Other subjects: arrange with each Teacher



Tutors



Galia Leivovici
Rosina Grille
Florencia Bordaberry
Laura Laborde
Verónica Lanza
Cecilia Pombo
Dora SajeVICIUS

