



## **Rachel Knight**

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“It is not our abilities that show who we truly are - it is our choices.”

“I’ve done everything I can to get where I want to be.” That is the best way to feel once you have come out of your last exam - if you work with that ethic, there is no way you can fail. Make your own deadlines a few months before the actual deadlines so you don’t suddenly have ten of them all staring you in the face at the last minute. The IB does not have to be a nightmare if you make things easy for yourself – do not believe that sleepless and stressful months in Tle are inevitable – they are! Apart from that, remember to not take things too seriously all the time and be sure to take a day off every now and then. Also remember not to study all night - especially the night before an exam - it doesn’t actually make you smarter or help you remember more on test day! Stay grounded and try not to lose your sense of humor when you are faced with the entirety of the IB. Sure, it is important, but it doesn’t have to be your whole life - if you find that hard to remember, surround yourself with people who will remind you to chill out when you are panicking. Good luck!