



## **Sophia Alber**

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40 points

University of Auckland, New Zealand

*“High achievement in the IB is the stepping-stone to a rewarding and fulfilling future”*

Having survived the IB, here is some advice I can give to help you achieve the IB score you wish to attain.

- 1) Choose your subjects wisely and take advantage of any additional language skills you may possess.
- 2) Do not take any difficult subjects that are not required for the course you are planning to study at university.
- 3) Try not to be disheartened by your 1<sup>st</sup> year term results - these can completely change over the course of the two years depending on how intensely you work.
- 4) Finally, I advise you to strongly focus on your TOK and EE essays, which can potentially change the overall outcome of your score by giving you those 3 additional points!

Remain positive throughout this experience – it will pass faster than you can imagine, so try to do the best you possibly can – you will regret it if you don’t!