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EE/RPPF

For use from May/November 2018

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Candidate personal code: _____

Extended essay - Reflections on planning and progress form

Candidate: This form is to be completed by the candidate during the course and completion of their EE. This document records reflections on your planning and progress, and the nature of your discussions with your supervisor. You must undertake three formal reflection sessions with your supervisor: The first formal reflection session should focus on your initial ideas and how you plan to undertake your research; the interim reflection session is once a significant amount of your research has been completed, and the final session will be in the form of a viva voce once you have completed and handed in your EE. This document acts as a record in supporting the authenticity of your work. The three reflections combined must amount to no more than 500 words.

The completion of this form is a mandatory requirement of the EE for first assessment May 2018. It must be submitted together with the completed EE for assessment under Criterion E.

Supervisor: You must have three reflection sessions with each candidate, one early on in the process, an interim meeting and then the final viva voce. Other check-in sessions are permitted but do not need to be recorded on this sheet. After each reflection session candidates must record their reflections and as the supervisor you must sign and date this form.

First reflection session

Candidate comments:

Prior to the first meeting some of my initial attempts to a research question included:
To what extent does hydrogen peroxide contribute to bacterial resistance? How does the environment of aquatic and land plants lead to their adaptations revolving around photosynthesis and thus the effect on its growth?
After the meeting, I realized that my research questions were too broad, and that the first question would be hard to conduct an experiment on, and that I haven't gathered sufficient data to back up the question. As a result, I am to research further into the field of 'bacterial/antibiotic resistance', where I should come up with five sources and write out an updated version of the research question and seek advice from my advisor. In addition to that, I have found a more efficient way of finding sources and linking ideas to pull together a research question.

Date:

Supervisor initials:



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**Interim reflection**

Candidate comments:

After the meeting, I now know that my next steps include finding data suitable to the data question - as I am planning to do secondary research - before beginning the processing of data and further drafting. My research question is now more refined: "How does Vitamin C and Vitamin E affect antioxidant levels in the human immune system?" I feel that my sources are varied and are reliable and informational to help guide my writing. In addition, I should continue to keep my Research Reflective Space and works cited up to date to help keep the overall essay organized.

Date:

Supervisor initials

Final reflection - Viva voce

Candidate comments:

After submitting the essay, I realized that the research question stemmed from my personal interest and the current trend of self-medication and over-supplementation, specifically the antioxidants of Vitamin C and Vitamin E. While researching this topic I came across the interesting point of the two types of Vitamins, fat-soluble and water-soluble. I learned of the differences in intaking them and the possible harmful effects, and was able to apply that to my daily life. In addition, the most difficult task was refining and editing the research question, along with finding the first few reliable sources. After finding them, other sources were easier to find, due to the citations from the first sources. On the other hand, I found that it was relatively easy to write out the 4000 words, as the majority of the data analysis section was not included in the word count. I also realized the importance of citations and keeping track of which information came from where, as I forgot to cite my raw data tables and had to go back and find them. Writing the EE has kickstarted my writing of scientific research papers, as I plan to major in the science realm where I would surely have to apply my now honed research skills. I learned that having personal interest within the topic definitely helps during the process of writing, so that boredom doesn't arise. Additionally, keeping up with the current trends within science would have helped sparked ideas faster for the research question, something I surely will do.

Date:

Supervisor initials:

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Supervisor comments:

Supervisor: By submitting this candidate work for assessment, you are taking responsibility for its authenticity. No piece of candidate work should be uploaded/submitted to the e-Coursework system if its authenticity is in doubt or if contradictory comments are added to this form. If your text in the box below raises any doubt on the authenticity of the work, this component will not be assessed.

I have been very impressed with [REDACTED] through this entire EE process. Any suggestions on planning and process leading up to the draft were always completed. She always came to our informal check-ins with questions and new ideas on how to approach her analysis and writing. She is also a very reflective writer and student. After the rough draft feedback, she came with her own feedback to her paper and she was able to talk about what she wanted to do differently. Her ability to self-manage and self-correct are incredible skills that will serve as an incredible asset to her. When I asked why she picked a secondary research lab she said, "For Vitamin C and E labs the time required to gather results would be 4 weeks per trial and across species. This obviously is against the IB policy of animal trials so a lab was not possible. But I also wanted to evaluate the current data and it was interesting to see that there was a great deal of inconsistent data out there." When I asked her what her biggest challenge in the process was, she said that the biggest challenge was finding those first few reliable sources. Once she had those she was able to use their references to find more data.



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