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EE/RPPF

For use from May/November 2018

Page 1 / 3



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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:

I first brainstormed topics that interested me. Such as topics included "Have advances in technologies or training methods had a greater impact on the improvement of athletic track times?" This was an interest as I am an athlete who is interested in the development of sport performances. I felt that it would allow me to explore broader concepts in my topic and help me answer some of my own questions. I ultimately chose athletics because I knew I would enjoy this topic and could write a good EE about it as it motivates me. My first concern with the topic was investigating the equipment advancements, but there were only a few reliable articles that highlighted the area of investigation. I went away from the reflection session and started to look for appropriate resources which included the internet, library, books and I signed up to the state library to get access to reliable information. I asked the librarian for help in term of where I can get more specific information and where I can found reliable source.

Date:

Supervisor initials:



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Page 2 / 3

**Interim reflection**

Candidate comments:

I have finished all my research on the athletic track. I know the processes of how the new athletic track came about – it was designed to allow athletes to travel as fast as possible without losing much energy. I had an idea to compare the athletics track and training methods. One challenge I faced was not finding enough information to use in my EE on training methods. I found myself wanting to change my research question because the information found did not relate to my question and area of study. My supervisor suggested I could solve this problem by coming up with a new research question that would have enough resources. One change that I needed was to look at a wider range of resources and cross checking them with other resources. My main resources are databases. The supervisor suggested that it would be good to look at google scholar as it has a range of scientific papers.

Date:

Supervisor initials:

Final reflection - Viva voce

Candidate comments:

My ideas about the new research question have been realised to a large extent. I believe this is due to new knowledge gained and my interest for the sport. Although some of the scientific papers were conducted years ago. There is a lot of information out there on the subject. But some of the information was out of date. I was able to find some good experiments and work with them and connect some dots by myself and drew it back to training methods. The most challenging part was trying to complete the EE on time because of the setback of changing my research question. I was very surprised at how much I enjoyed my topic. I found a range of interesting information in the literature which I could incorporate into my personal training programme. This has already helped me in my performance. It has also educated my friends with the information's I learned from undertaking this research.

Date:

Supervisor initials:

EE/RPPF

Page 3 / 3



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.

The student reflections explore the student engagement with the extended essay. Student initially found it very difficult to choose and decide upon an appropriate research question that would provide student with the scope to complete a detailed and analytical essay. The student eventually responded to feedback they had received from student supervisor to reconsider the student essay focus and purpose. Once this occurred, student demonstrated some more advanced research skills and showed intellectual growth in the way student analysed scientific research papers. The candidate learnt a great deal about the importance of creating and following a step-by-step research plan and sought additional feedback on research techniques from resources beyond candidate supervisor. Overall, student engagement was limited early on but grew significantly as the due date closed in.



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