

## IB Alumni: Delaney Houston, Vanderbilt

*Written by Sarah Houston*

**Looking at the program as a whole, what aspect of IB prepared you best for college?**

The time management skills that the IB program taught me were invaluable in preparing me for Vanderbilt academics. I was able to keep up with the workload my first year with much less stress than my peers. Oh- and the IA's were a major help. When you get to college and they assign a research paper within the first few weeks you'll already know what you're doing.

**What has been the most influential thing you learned from IB?**

One of my biggest take-aways was learning that it's beneficial to have interests in many different subjects. I felt like my IB schedule exposed me to so many perspectives and challenged me to higher level reflection. I left high school being knowledgeable about topics ranging from the rule of Mao to the Spanish imperfect tense. I learned to continually explore my interests in several fields, which I feel has suited me well in Vanderbilt's liberal arts program, where I can continue to take classes across varying disciplines...

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**Delaney Houston** graduated from WPHS in 2016. She is currently at Vanderbilt studying Medicine.

*“While the IB program is challenging, I know the academics will make college essays seem like déjà vu!”*

*- Sabrina Frot, 12*

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And More!



Chelsea-Anne (right) sporting her much-loved school uniform.

## IB From Across The Sea

*Written by Katelyn Lucero*

My cousin, Chelsea-Anne, is an IB senior in the Philippines. What is it like? Let's find out!

### **Where school do you go to?**

"International School Manila, ISM for short."

### **What grade are you in?**

"I'm in grade twelve— or what do you call it, again? —a senior!"

### **What IB classes are you taking**

"I'm taking IB History of Asia and Oceania, Filipino A Literature, English B, Theory of Knowledge, Biology, and Calculus."

### **I know that you once lived here in America. Can you tell me about the differences between middle school in America and high school in the Philippines?**

"Well, I was born in the Philippines and moved to San Francisco when I was about nine or ten. We lived there until I reached the seventh grade. Then, we moved back to the Philippines. I wasn't really bothered by the constant moving, though. School, however, that's a different story. Middle school and high school are already different within the same country— let alone two! It was hard having to switch languages— that's for sure. Test questions were really hard for me to interpret; I even had to take an extra English class on the weekends! Luckily, when I came back to the Philippines, I was already fluent in Tagalog."

Well there you have it! Although Chelsea-Anne and I are separated by nearly 10,000 miles, we are connected through family, friendship, and— the IB Program

## Hey Seniors! What has been your fa- vorite year of IB and why?

"10th grade because there were no acronyms involved"

-Erin Wright, 12

"Junior year because Mrs. Ponti is enthusiastic and makes history really fun."

- Jacob Pickett, 12

"I think that senior year is the best year of IB because you finally get to see the work of the last 3 years start to pay off."

-Mark Whittingham, 12

"I would say junior year was my favorite because, by that time, we were all super close friends. It was such an intense year, and we bonded even more to handle the insanity."

-Chelsea Wilck, 12

# IB Alumni: Delaney Houston, Vanderbilt

(Continued from Page 1)

*Written by Sarah Houston*

## **Any pro tips you can give to this year's IB classes?**

My advice would be to not wish away the school days and count down the days until major projects or exams. Enjoy time in your classes with your friends, because these are the people who are going to make your experience meaningful. By the end of your four years you won't be nostalgic about getting an A on your first physics exam. You'll more likely think back to the nights you spent studying for your physics exam- until 2 am with your closest friends as you reread the textbook and notes over and over and laughed (or cried) about how little you knew about nuclear decay.

## **What was the biggest mistake you made while in IB?**

My biggest mistake was not enjoying even the toughest parts of the program. Some days I would just really feel very defeated and overwhelmed and so concerned about my academic future. I mean really that's what everyone is worried about- you think if you don't get an A you won't get into college. Or if you don't get a perfect score on your SAT you won't get into your dream school. Or if you aren't president of an honor society you won't be building a meaningful resume. I think looking back I've realized that I worried way too much about unimportant things. If you're eager to achieve and work hard, success is really just natural. So there's really no reason to worry. I should've just relaxed and had confidence in my abilities.

## **In just a few words, how would you sum up the typical IB student?**

Overly concerned (sometimes frantic), underlying competitive, laughs off the hardest academic days.



## **PAW PRINTS STAFF**

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# September Jams

*Written by Lucia Coutant*

Every IB student has a certain song that motivates them to work. Whether it's before homework, during an intense study session, or after studying, there's always a song to celebrate. Sometimes a peaceful piano ballad helps calm a student's nerves, yet a pumped up rap song may make a student more motivated. Here are some popular study jams:

"Something to Believe In" by Young the Giant  
-Sarah Nix ,11

"Second Piano Sonata in B-flat minor" by Chopin  
- Aaron Sol,12

"Unforgettable" by French Montana  
-Isabella Ahearn,11

"New Rules" by Dua Lipa  
-Jake Rotz ,11

"What a Wonderful World" by Louis Armstrong  
-Lindsey Dolle ,11

"You and I" by Ingrid Michaelson  
Sophie Libow, 12

"Snake Eye" by Mumford and Sons  
-Quinton Johnson, 11



TAB members play the Question Ball at their first meeting.

## CAS Opportunity: WPPL TAB

*Written by Valeria Romero*

Looking for a place to get CAS hours? Well, Winter Park Public Library's Teen Advisory Board is the place! TAB is held at the library on the first Wednesday of the month from 4-6 p.m.

Along with these meetings, there are also many other volunteer opportunities held throughout the year that YOU can help plan. It's a place to make new friends, relax after a busy school day (while earning CAS hours), and have a say in what goes on at the library. Senior TAB members are also eligible for a \$1000 textbook scholarship, the only requirement is participation in TAB events throughout the year.

By now you may be asking yourself, how do I join? All you have to do is show up at a meeting! TAB welcomes new members at any point during the year. So, come on down to the next meeting, downstairs in the community room!



## WHAT'S HAPPENING WITH THE JUNIORS?

- Medea IO Presentations
- Learning about American colonization of England
- Reading Of Mice and Men
- Formed Group 4 groups. Bonus- didn't have to come in at 4:00 A.M.!

## WHAT'S HAPPENING WITH THE SENIORS?

- Filling out college applications!
- Analyzing Carol Ann Duffy poems
- Learning about Russian Revolution
- Discussing "what is art?" in TOK



**NAVIANCE**  
Family Connection

# How to Survive - Naviance is Key

*Written by Anna Moody*

### Want to know what career you should go into?

Go to the "about me" page and take all of the assessments. Here, you can find your strengths and the jobs that utilize these traits. The results give you a detailed description of who you are and what job you should look into. This will be helpful for when you try to figure out what major you want to study.

### Want to know which college to go to?

In the "colleges" tab there is a "SuperMatch college search" that allows you to find a college that best fits you. This should be your first step when looking for a college. After you have done the match, you should add the colleges you are applying to and see if any schools you are interested in are visiting Winter Park. Click on the "my colleges" section to view the latest college visit updates. It is important to do a lot of research on each college to make sure you identify with the school's mission. This investigation can be done through any of the "college research" tabs. However, if you just click the name of the college in your "SuperMatch," you will be directed to a site full of information about the college.

### Want to know if you have a good chance of being accepted?

Go to the "colleges I'm thinking about" and add any colleges that you are interested in. Once you have a list, click the name and scroll through the information. Here, you should see the deadlines, acceptance rate, and your test scores compared to past applicants. This will give you a good idea of the schools that you might be accepted to. You have to make sure to add all of your information, like your scores, in the "about me" tab. This will make it easier for you to find colleges that fit your personality.

### Want to save some money?

Apply for scholarships! Naviance makes the scholarship search easy. Scroll down the "colleges" page to "scholarships and money." If you haven't used Naviance a lot, click "national scholarship search" to scroll through various scholarships that match your profile. To find scholarships that you meet the qualifications for, you must create an accurate profile. This can be updated by clicking "edit profile." If you are planning on applying for a scholarship, you click the scholarship link, select "planning to apply," "save to favorites," and go to the scholarship's website.



Lindery Dolle and friend enjoy a nice study break.

## Student Spotlight: Lindsey Dolle

*Written by Martha-Grace McLean*

Lindsey is an important member of the IB community, bringing much-needed comic relief into a high-stress environment. She manages to balance soccer and a social life, on top of the demanding IB course load. She responded to the following questions to give insight on how she manages everything.

### **How do you manage soccer and an IB course load?**

“Honestly, it is all a blur! Right now my progress book has every letter grade possible in it, so I’m not doing so hot right now. I manage my schedule day by day. Sometimes I can figure it all out and other times I can’t.”

### **How has IB prepared you for the future?**

“It has taught me how to do the most amount of work possible in the least amount of time.”

### **What is the best part of the IB program?**

“IB is great because there are just enough people to know and connect with, but also still enough to meet new people.”

## IB CAS Coordinator : Joel Brielmaier

*Written by Kyle Smith*

While Joel Brielmaier is notorious for being the witty laid-back math teacher, he is also the CAS coordinator for WPHS. For a total of nineteen years, he has contributed to the WPHS IB community through teaching SL Math, HL Math, and even AP Calculus!

As CAS coordinator, he takes the time to meet with each IB student, approving new CAS opportunities and making sure he/she is achieving the appropriate number of creative, active, and service hours. He can recommend services that would fit every student.

If, you have any CAS questions, go visit Mr. Brielmaier in room 377 and schedule a meeting with him!



# Let's Stop Laziness!

*Written by Hope Oladipo*

**Though it seems a daunting task, here are a few tips to curb procrastination:**

1. Work ahead ! If assignments are light one night or if there is extra time on your hands, start future assignments.

2. Split assignments into smaller blocks- big assignments can appear Herculean in nature, but splitting them into smaller chunks makes them much more manageable

3. Give yourself rewards. Try setting a prize for achieving a goal like studying without distraction or getting a good mark on an test. The reward can be something little, like five minutes of phone time, or even a snack.

4. Begin! The worst part of any process is starting. Once you are past that initial hurdle, you'll be less stressed in no time!

## IB Glossary

*Written by Tina Glatz*

**HL Class (Higher Level)** - A two year course in which students develop a deeper knowledge of the subject matter. Students take this exam at the end of their senior year. Each student has three HL courses. At Winter Park, all students are required to take HL English and History. One of the more popular HL courses is Psychology.

**SL Class (Standard Level)**- A one year course that provides a general overview of the subject matter. Students will take the SL exam at the end of the course, either in their junior or senior year. To receive an IB diploma, students need to score an average of four on each SL examination.

**IA - Internal Assessment** - A written paper for every IB class with an exam . This paper counts towards the overall exam score, but do not worry, the IA is meant to help the exam score. In order to graduate high school, all IB Students must turn in an IA, so make sure to talk with a teacher to clarify any questions.

**CAS Hours - Creative/Active/Service Hours** - A system that tracks extracurricular activities. The official CAS hour log begins the summer before junior year. To complete CAS hours, another graduation requirement, 60 hours are needed for each letter. Take the advice of the older and experienced IB students— do not wait to start your CAS hours! Attempt to accomplish the majority of the CAS hours during the summer! Visit pages four, six, and nine in this issue of the IB Newspaper to learn more about the CAS Coordinator and other CAS opportunities.

## IB Survival Guide

*Written by Sarah Nix*

IB students sometimes have mountains of homework, so it can be challenging to make time for extracurricular activities. However, if you can manage your time wisely, you will discover an ideal balance between work and activities. Here are some suggestions for organization:

1. Make a homework folder, one side for homework assignments that need to be finished, and the other side for completed homework.
2. Keep an ongoing list of things you need to have done , for both homework and extracurricular requirements (i.e. beta points, IA due dates, etc.).
3. Find an efficient order in which to do your homework. Some students work chronologically, starting with either their 1st or 7th period. Another way to work could be according to difficulty: starting with your least challenging assignment and working your way up.
4. Look at assignments as smaller pieces of a whole. Instead of putting off an entire book to read until the night before, start with a few chapters a week.
5. Teachers will tell you not to procrastinate (and it's good to listen), but it's better to plan out your week logically according to your schedule and assignment deadlines.

# YA Books Hitting Shelves in October

*Written by Katherine Terry*

These are some of the top young adult books coming out in the month of October. Give one a chance, you may just find your new favorite book.

## ***Turtles All The Way Down - John Green***

Author of hits such as *The Fault in Our Stars*, *Looking for Alaska*, and *Paper Towns*, John Green, makes a comeback with this much-anticipated novel. It tells the story of Aza and her best friend, Daisy, as they investigate the disappearance of Russell Pickett, a fugitive billionaire. With the promise of friendship, an unexpected reunion, and Ava's **grappling with her own** mental illness, one can expect a heartfelt, memorable story. John Green isn't one to disappoint with his metaphors, quotable lines, and relatable humor. Readers should expect this to be released October 10th, 2017.

## ***The Ship of the Dead - Rick Riordan***

On October 3rd, 2017 comes the next installment in the *Magnus Chase* and the *Gods of Asgard* series by Rick Riordan. Riordan is well-known for his incorporation of mythologies into his young adult series. His most famous being the *Percy Jackson and the Olympians* series, which incorporates Greek mythology with a middle-grade adventure story. However, his latest series, *Magnus Chase and the Gods of Asgard*, focuses on Norse mythology that originates from the Vikings. Readers have most likely heard of a couple of the more prominent gods, Thor and Loki. Rick Riordan is great at creating lovable and hilarious characters, so expect a laugh with this one.

## ***All the Crooked Saints - Maggie Stiefvater***

The author of popular young adult trilogies, the *Shiver Trilogy* and the *Raven Cycle*, Maggie Stiefvater is back with a standalone paranormal novel. *All the Crooked Saints* takes place in Bicho Raro, Colorado, the town home of a family who can perform miracles. The story follows cousins Beatriz, Daniel, and Joaquin, all of whom need a miracle. Yet, the miracles in Bicho Raro aren't without unforeseen consequences. In past series, Stiefvater has created realistic, captivating characters and twisted, interwoven plotlines, so one shouldn't expect anything different from her new standalone. This book will be hitting shelves October 10th, 2017.

## WHAT'S HAPPENING WITH THE FRESHMAN??

- Just finished learning about demography in AP Human.
- Exploring cell functions in Biology, such as osmosis.
- Close reading and analyzing short stories in English.

## WHAT'S HAPPENING WITH THE SOPHOMORES?

- Learning about the exploration of the Americas in AP European History.
- Presenting on the Great Epics, such as King Arthur in English.
- Analyzing Bohr's atomic model in Chemistry.





## IB Alumni: How Has IB Prepared You For College?

“IB definitely prepared me for college because I now know how to manage my time effectively. Professors don’t remind you when projects are due or tell you what you have to work on. Having to plan out my time in IB really helped me to be able to stay on top of stuff now.”

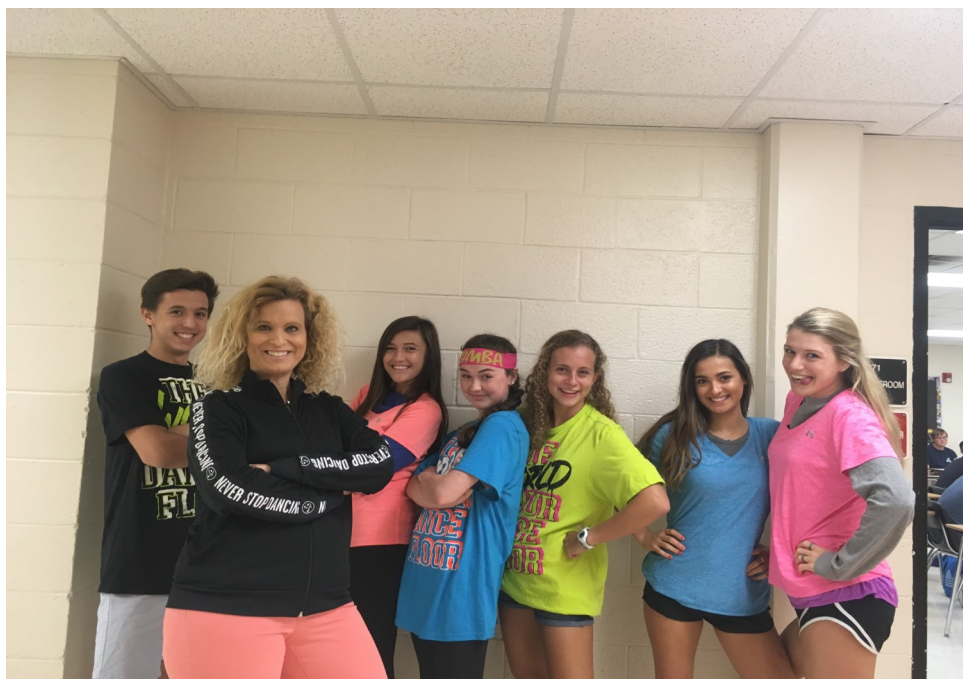
-Maddie Black, Freshman at the University of Florida

“IB has definitely helped me with time management– I feel like I am prepared to do well with school work while at the same time getting involved on campus.”

-Maddie Kidd, Freshman at the University of Florida

“It’s actually been so fun to meet other people in college who also did IB. This must sound so nerdy, but it’s an immediate and deep connection you have with a total stranger. My roommate and I actually initially hit it off because she did IB in Charlotte, NC! Talking about own common experiences in IB helped us to bond and broke down the initial barrier; now we’re such great friends!

-Madeline Schmitt, Freshman at Vanderbilt University



Members of Mrs. Arnold's Zumba club get ready to dance!

## CAS Opportunity: It's Not Too Late to Join Zumba Club

*Written by Isabelle Barbato*

This year, Mrs. Arnold is leading a brand new club that will teach everyone how to do Zumba! Many people are not exposed to Zumba and don't know just how beneficial it is. Zumba incorporates rhythmic Latin and World music to create an exciting and effective workout. It's a great way to get better at dancing, burn calories, and have fun with your friends. Not only is Zumba club a great way to get some exercise, you'll also be earning CAS hours too!

Even if you're not particularly gifted in the art of dance, have no fear - anyone can do Zumba! If you want to take it easy on some moves and attempt a simpler move, or even rest for a while, that's completely okay. Stop by Mrs. Arnold's room (room 271) for more information!

(Note that you must have an updated sports physical to participate. You can get the necessary forms for the physical at the front office.)

	Natalia	Olivia	Noah	Chris	Cross Country	Golf	Swimming	Volleyball
2018								
2019								
2020								
2021								
Cross Country								
Golf								
Swimming								
Volleyball								

## Logic Puzzle

*Created by Emily Evans*

Natalia, Olivia, Noah, and Chris are all IB students in different grades. They are each playing one sport: cross country, golf, swimming, or volleyball. Figure out which sport they are playing and what year they will graduate.

Clues:

- 1.Noah will graduate one year before Natalia graduates.
- 2.The student playing golf will graduate one year before the student playing volleyball.
- 3.The student who is involved in cross country will graduate after Chris graduates.
- 4.The swimmer will graduate in 2020.
- 5.Noah will graduate in 2019.

Answers:

2018, Chris, Golf; 2019, Noah, Volleyball; 2020, Natalia, Swimming; 2021, Olivia, Cross Country

## Crossword

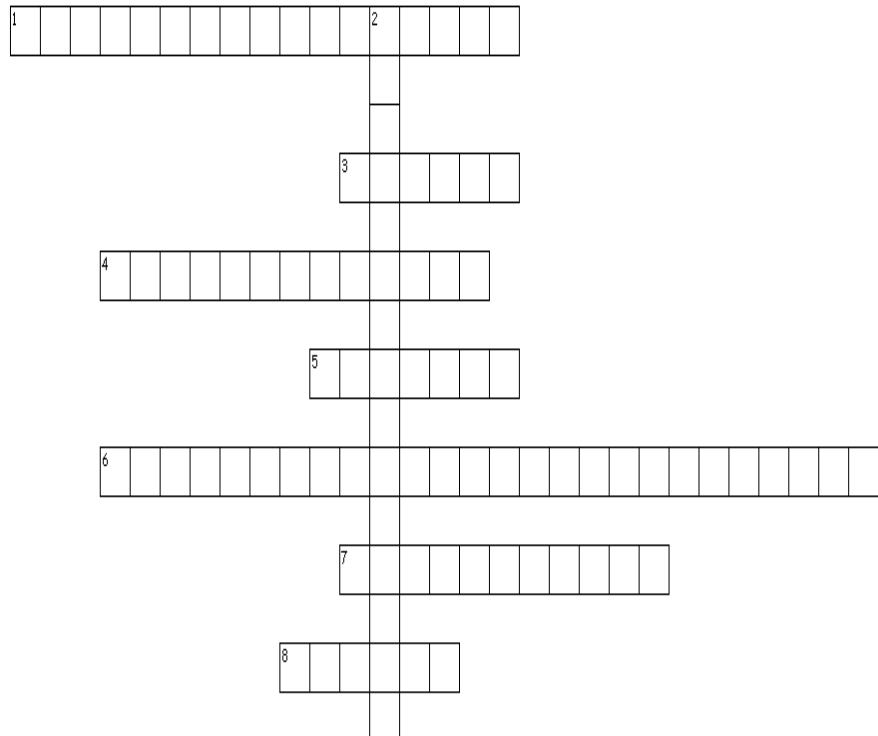
*Created by Danielle Dietz*

### Across

1. A class every senior must take; this class asks students to reflect on the nature of knowledge
3. A joint project between all students enrolled in the various IB sciences
4. Every IB student choose 3 of these classes to complete within their years of IB
5. The certificate awarded to show the completion of courses of study
6. An international education foundation
7. A rigorous type of class taken over the period of two years
8. A response to the tremendous pressure put on IB students

### Down

2. What they call the group of traits every student is supposed to have/acquire (examples include caring, open-minded, knowledgeable, etc..)



Answers:

Across: 1. Theory of Knowledge, 3. Group 4, 4. Standard Level, 5. Diploma, 6. International Baccalaureate, 7. Higher Level, 8. Stress; Down 2. Learner Profile