

Diary Entry

Exemplar

Thursday, October 17th, 2024

10:15 PM

Dear Diary,

Utterly exhausted. Today felt like running an endless marathon where the finish line keeps moving. The IB workload is relentless, and the pressure is starting to seep into everything.

Woke up feeling like I'd barely slept – because I hadn't. Stayed up far too late wrestling with my Chemistry IA draft. Mr. Henderson's feedback yesterday was... brutal, honestly. "Lacks sufficient depth in the methodology" and "the hypothesis needs greater clarity." Rereading it this morning over cold toast just soured my mood instantly. Felt a wave of inadequacy. Why can't I get this right?

The real low point hit after school. My CAS group met for our "Sustainable School Cafeteria" project. We'd spent weeks researching composting options and drafting a proposal. Presented it to Ms. Davies, the head of facilities. Her response was polite but crushing: "Commendable initiative, but the logistics and cost projections are unrealistic. The school budget simply can't accommodate this scale currently." She suggested we "scale back significantly" or focus on "awareness posters." Came home drained. Mum asked cheerfully about my day, and I snapped, "Fine!" in a tone that clearly said the opposite. Saw the hurt flicker in her eyes. Instant guilt. She doesn't deserve that. It's just... everything is piling up: the rewritten Chem IA due Monday, the History source analysis tomorrow, the scaled-down CAS project (whatever that looks like now), the EE supervisor meeting looming next week... sometimes the sheer weight of expectations makes me want to hide under my desk.

But... writing this down helps. Putting the chaos into words makes it feel less monstrous. Taking a deep breath. Okay. Tomorrow has to be better. I will apologise to Mum properly at breakfast. Then, I'll tackle the Chem IA feedback head-on during my free period – maybe just focus on reworking the hypothesis first. Small steps. As for CAS... maybe Ms. Davies is right about starting smaller? A pilot compost bin for the staff room? Less glamorous, but achievable. Need to email the group.

The IB isn't just about exams; it's about resilience, right? Well, mine is being tested to the max tonight. Feeling slightly less defeated now. Still overwhelmed, but maybe... focused? Determined to chip away at this mountain, one small rock at a time. Sleep is non-negotiable tonight. My brain is mush.

Signing off, bruised but not broken,

Luca

Audience & Purpose :

1. The defining characteristic of a diary is that there is no audience, other than yourself. It's a private reflection.
2. The purpose is to record some experiences in personal.
3. The purpose could also be sharing thoughts instead of showing publicly.

Register & Tone :

1. Informal tone.
2. The tone should be personal, frank, open.
3. The tone will be reflective to personality.
4. Generally narrative.
5. Use reflective language.

Conventions :

1. First-person narration.
2. Avoid self-evident explanatory phrases.
3. Closing statements.
4. Include date / day.
5. Could be addressed to diary (dear diary).

Useful language:I. Language for Expressing Feelings & Mood

Exhaustion "drained to the bone," "running on fumes," "weighed down," "mentally spent," wiped"
Frustration: "a knot of anger tightened," "pure helplessness washed over me," "tears of frustration pricked,"
Anxiety/Worry : "a pit of dread in my stomach," "my mind raced," "paralyzed by 'what ifs'," "the weight of expectations crushed me"

II. Language for Reflection & Analysis

Metaphors :

"suffocating blanket."

"a trapped bird fluttering in my chest."

"falling down a well."

III. Language for Authentic Voice & Flow

Natural Speech:

"My brain just froze."

"The feedback was brutal."

"Everything piled up today."

How to choose it in paper 1:

For some time, you have been impressed by the aims of a non-profit organisation, and so when you found an opportunity to do voluntary work with them, you spent a day seeing what the organisation does. This personal experience was extremely rewarding but also eye-opening. Write a text in which you reflect on the experience, work through the lessons you learnt, and summarise how the experience may have changed you as a person.

Review

Diary

Blog