

[Subscribe](#)



[My Library](#) [Settings](#) [Logout](#)

How To Write IB Extended Essay Reflections

As you already know, the new extended essay criteria include 6 marks for **"Engagement."** That's 6 marks out of 35, meaning these reflections are worth 17.6% of your EE mark!

Those 6 marks are almost enough to bring you from a C to an A.

This is a lot of marks for just 500 words. That's 500 words in total, for all of the 3 reflections.

This post will show you what the rubric is asking for and how to show these things in your writing. (You will be writing your 3 reflections on the new ["Reflections on Planning and Progress Form"](#)).

In short, the reflections are meant to prove "the authenticity of your work." You do this by talking us through the path you took as you wrote your EE. So you will show us some of your thinking, decision-making and planning along the way. And you will try to show that you're taking **"an intellectual approach"** and have a lot of **"personal engagement."**

Here's what they (the IB big-shots) DON'T want, what they DO want and HOW to do it:

1) Don't just describe what you've done.

Instead,

Instead:

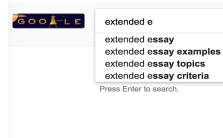
- **Let us understand your thinking processes.**
- Reflect on decisions you've already made. What decisions were hard to make or made poorly so far and how have you dealt with these?
- Have you found it hard (or easy) to make good research decisions?
- Discuss something you could have done differently or better.
- And, be yourself. We want this to be written in your own words (the



2) Don't make it seem like you've only picked the easy-to-get information.

Instead:

- **Show that you have been careful about choosing your sources** and you haven't just used whatever came up first on Google.
- Show us that **you have taken time to think creatively about what kind of information will be required** to answer your question and then that **you've taken the time to try to find this** exact information. ([Some tips on doing advanced EE research](#)).
- Reflect on your planning so far. Have you under-planned (or over-planned?) or not planned for the right aspects of your work so far?
- Have you found it hard (or easy) to plan your work?
- What set-backs have you faced in your planning and how have you dealt with these? What would you do differently, in your planning, next time you do research like this?



3) Don't make it seem like you're (mindlessly) just doing what your teacher is telling you to do.

Instead:

- **Show that you have really taken the lead** on this research. ([Some tips for getting started](#) with your EE, if you aren't sure where to start).
- Show us that **you see this research as interesting and important**, in a genuine way.
- What sub-questions have you been asking yourself as you did your research? (These would be questions that would help you answer your main research question).
- What do you find interesting about this topic?



4) Don't try to hide your mistakes.

Instead:

- **Tell us about some of your mistakes and what you've learned from them.** We love this because it shows that you are becoming a person who doesn't need a teacher to improve. You can notice your own mistakes and learn from them.
- What have you learned about yourself already, as a result of doing this work?

- What has proven more difficult than you expected and how have you dealt with this?

5) Don't worry about making it seem too academic.

Instead:

- Be comfortable explaining your journey in your natural voice.
- As you'll see in the rubric below, the IB is hoping the reflections can help you demonstrate the authenticity of your work by you explaining it in a "student voice."



"You're stuck again. Your ego is getting in the way of your recovery."

A few more suggestions

Here is a list which I've adapted from the [IB EE Guide](#) (Page 154), which might also give you some ideas. It says, you can reflect on:

- The approaches and strategies you've chosen, and how well these have gone
- The [Approaches to learning](#) (ATL) skills you have developed through the EE research and how you've developed as a learner. (The ATLs include: thinking skills, communication skills, social skills, self-management skills or research skills).
- How your conceptual understandings have developed or changed as a result of your research. For example, have you learned how to apply course ideas in a new context?
- Explain some setbacks you faced in your research and how you overcame them (or worked around them)
- Share some questions that emerged as a result of your research.
- What you would do differently if you were to start this research again?

Want to sneak a peek at the top mark-band from the rubric?

The 4 rules above are my best thinking about how you can produce reflections that can be described by the top (5-6) mark band. But you don't have to take my word for it.

It's worth having a look at the top mark band yourself.

Criterion E: Engagement

This criterion assesses the student's engagement with the

It will be applied by the examiner at the end of the assessment
candidate's reflections as detailed on the RPPF, with the student's
as context.

5–6	<p>Engagement is excellent.</p> <ul style="list-style-type: none">• Reflections on decision-making and reference to the student's capacities and challenges experienced in the research• These reflections communicate a high level of engagement with the research for its authenticity, intellectual initiative
-----	---

Cite this page as:

Woods, Tim. "How To Write IB Extended Essay Reflections"
IBMastery 26 Jan 2017. Web. PUT TODAY'S DATE HERE
<<https://www.ibmastery.com/blog/how-to-write-ib-extended-essay-reflections>>

25 Comments

Sort by **Oldest**



Add a comment...



Johan Lindkvist

Thanks!

Like · Reply · 6 · 2y



Ronna Stefan

Super helpful! Thanks for posting. Shared with my colleagues as well.

Like · Reply · 1 · 2y



Jean-pierre Pilaprat

Super!

Like · Reply · 1 · 2y



Joel Angel

Thanks!!!

Like · Reply · 1 · 2y



Ale Jandra

Gracias!

Like · Reply · 2 · 2y



Ian Stroughair

Very useful. Thanks.

Like · Reply · 1 · 2y



Andrew Romanoff

Good guide, but it's short. Instead, check this one:
<https://writemyessay4me.org/blog/reflective-essay> . List of topics included.

Like · Reply · 1 · 2y



Mohammad Rizwan Siddiqui

Thanks for the clarifications.....!!
It is very helpful to the teachers and students

Like · Reply · 1 · 2y



Nan Dini

Thank you for this. Has helped clear my doubts about this criterion!

Like · Reply · 1 · 2y



Yanti Hendar

Thanks....

Like · Reply · 1 · 2y



Lidia Jiorgio

Thank you!!!

Like · Reply · 1 · 1y



Reeta Singh

Good insight!

Like · Reply · 1 · 1y



Wed Alsallom

Thank u loads

Like · Reply · 1 · 1y



Kalkidan Ayalew

that saved me, lots of thanks.

Like · Reply · 1y



Like Master



Usna Manonar

Great help to teachers of EE, Explanatory an clearly guided. Thank you.

Like · Reply · 1y



Yanti Hendar

Thanks for sharing...

Like · Reply · 1y



Bhargavi Aiyappan

Very useful thank you so much! Just one thing, do examiners read the researcher's reflection space?

Like · Reply · 1y



Miriam Tutiven

Thank you so much. This is so enlightening=)

Like · Reply · 1y



Louna-Louise Bardon

Thank you so much, you're a life-saver!

Like · Reply · 1y



Andres Orella Matilla

ye

Like · Reply · 1y

[Load 5 more comments](#)

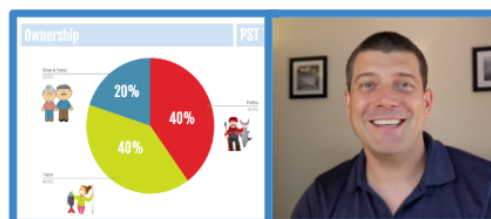


Search IBMastery...

Business Students

**Click here to access
our analysis of the
P&S Trawlers case.**

Paper 1 is worth 35% (HL) or
30% (SL) of your grade.



Resources

[Theory of Knowledge](#)

[IB Business Management](#)

[IB Economics](#)

[IB Global Politics](#)

[Extended Essay](#)

[General Resources](#)

Recent Posts

[How to Structure an SL Business Management Internal Assessment](#)

Nov 13, 2019

[The May 2020 TOK Essay Titles](#)

Sep 21, 2019

[The November 2019 TOK Essay Titles](#)

May 05, 2019



"[This course](#) has been excellent and of so much help to me." - **Kanika V. (India)**

"[This](#) saved my life. 10/10
-Harold L (Hong Kong)

"Thanks a ton! I have used [this article](#) to guide me for my last 2 IA's and when I was assigned my 3rd and final Econ IA, the first thing I did once I got my Econ article, was open this page. Much appreciation from [Pearson College UWC!](#)
-Keegen Payne (Victoria, British Columbia)

"I actually just wanted to let you know that **you have been a very big help for me in TOK and Economics.** With your effort to publish all this information and advice to IB students, you're really making a difference!"
-Anne-Sophie T. @ [UWC Maastricht \(The Netherlands\)](#)

"Me and my partner have got an A for our presentation, fully following [this guide](#). Thank you so much Mr. Woods!"
-Alexa A @ [Pechersk School International Kyiv \(Ukraine\)](#)

"Thank you so much for [this structure!](#) We followed it exactly as you laid out in our TOK presentation and our teacher gave us 9/10!!"
-Mariana @ [St Julien's School \(Carcavelos, Portugal\)](#)

"THANK YOU SO MUCH! We recently began working on TOK presentations and I was completely lost but [this guide](#) is absolutely amazing and makes it so much clearer. :)" -Virginia @ [Tashkent International School \(Uzbekistan\)](#)

"I want to thank you for the resources that have been provided. As a result, I got an A for EE in business after following the steps written in this website, including the help from my supervisor of course. I would recommend the current IB students to read the resources in your web, in order to obtain more insights. Thank you once again, sir!"

-Cynthia @ [Universitas Kristen Petra \(Surabaya, Indonesia\)](#)

"I'm an IB student who has been lost until I found this website! This has the best advice on the web and I'm definitely recommending it to all my fellow IBers back at school. Definitely wish you were my economics teacher! Thank you so much for taking time to write these guides. You have truly saved my IB life!"

-Cat (UK)

"WOW! Thank you already for helping me. So many great posts about IB and how to be effective. So awesome. **I will defiantly spend more time here and hopefully learn a lot. I just wanted to let you know how great and helpful your website is :)**"

-Nea @ [HF-kursus og IB World School \(Denmark\)](#)

"Thank you so much Mr Woods. **The Economics exam will start in 4 hours and I think I am ready for it!**"

-Thao @ [Auckland International College \(New Zealand\)](#)

"Your website is amazing! **I got two level 7's in my last IAs with the help of your site.** Thank you, all the way from UWCSA"

-Nicolette Sauramba @ [Waterford Kamhlaba United World College of Southern Africa \(Swaziland\)](#)

"@adnamaweit **Every self-motivated IB student knows** @timwoods..."

-Amanda Tiew @ [Campaka Schools \(Malaysia\)](#)

"Just want to express my deepest gratitude and appreciation for this website and all the effort you've channelled into helping others with your knowledge and skills. **I've found it extremely helpful and I cannot thank you enough!**"

-Hachi @ [Anglo-Chinese School \(International\) School \(Singapore\)](#)

"Just wanted to send you a note of appreciation for the great and selfless contribution you have made. You must have already made a difference to so many lives and achieved the real purpose of our lives. "

-Hina Nihal @ [Jeddah Knowledge International School \(Saudi Arabia\)](#)

"Thank you so much Mr. Woods. I find it absolutely incredible that you take the time to answer students and write your posts. **Just today I was talking with another friend of mine who, I just found out, also happens to be following your blog.**"

-Alyson @ [EF Academy \(New York\)](#)

"I just wanted to say that **I got a 6 on my SL economics exam last year, and I strongly believe that was because of all the help I got from this website on commentaries.** A big thank you from Dallas, TX."-Tashi

"Dear Mr. Woods, thank you so much for your [structure for TOK essays](#). **It's really helped me develop a clear idea of what to do when I was absolutely clueless before!** Definitely recommending to all my peers."

-Justine @ [Tunas Muda International School \(Jakarta\)](#)

"[This page is awesome](#). Thank you very much for your help in my IA. **You saved my life. Argentina wishes the best for you.** Gracias!"

-Carlos (Argentina)

"**Thank you for this piece of gold!** I was about to give up on my TOK presentation [when I saw this page](#)! Now I know I can deal with the IB and TOK in particular! Greetings from PERU!"

-Mateo (Peru)

"**Thank you so much for all of this voluntary support.** I'm taking an online economics HL course and it becomes quite difficult at times to find assistance. You're a life saver!."

-Theone (Bangkok, Thailand),

"Hello, I just wanted to say thank you for writing [these guides](#). They have been extremely helpful for me, **I was just about to panic and give up on my IA and now I am actually really proud of it.**"

-Sofie Lind

"Dear Mr. Woods, your initiative is highly appreciated and **needless to say, the resources on this website are helping thousands of students tremendously.** As for me, I thank you sincerely for your notes on IB Economics, the Extended Essay and for Theory of Knowledge. Hats off! Nothing better than spreading wisdom! Congratulations!"

-Anonymous

"**Everyone at my school in Mexico uses your** [Structure for TOK essays](#). I've used it on all of mine and I've never gotten lower than an A-. I just wanted to thank you for being a lifesaver."

-Maria @ [Greengates School \(Mexico City\)](#)

"[How to structure an Economics Internal Assessment](#) is amazing. Absolutely great. **It is such a great help to have word counts of different sections** and a detailed description on how to score high marks. Thank you so much."

-"Desperate Student"

"Just wanted to say, as a fellow Economics & Business teacher of IB, I love your site. So plain, simple but so effective. **My students in Barcelona love it too and it makes my job easier.** Keep up the good work, and thank you once again. Really good and inspirational information on your site!"

-Faraz Mirza @ [The American School of Barcelona](#)

"Thank you! This is tremendously helpful. I am writing three IAs tonight. **Unsure as to what I would do without these posts these posts as a guide.** Thanks again."

-"Procrastinator"

"I am an IB student from India and I am very very thankful to you for these sites. My extended essay, TOK essay and business IA are the result of your articles and ideas. Your site gave my extended essay a plan on how to go about it and made the journey simpler. The article [how to score full marks in the business IA](#) was really helpful as it gave me a plan and coming into TOK **I was able to build my ideas in structured pattern.**

-Srikanth Reddy @ [Sreenidhi International School \(Hyderabad, India\)](#)

"I was looking about to get some support material for my son's TOK and EE today and your pages have been great. They are easy to follow and digest. My son was very grateful. **Your blog has been a fabulous resource!** Keep up the great work!"

-Karen (Doha, Qatar)

"Just wanted to write you a quick thank you note for putting up such a **great revision website! It is honestly one of the best I have encountered** online for IB Economics revision. If I was at [OFS](#) it would be a

encountered online for IB Economics revision. It was at IB & it would be a pleasure to have you as my Econs teacher!"

-Avi @ United World College of South East Asia (UWCSEA), Singapore

"Your [Economics IA](#) slideshow **really helped me understand what assessors were looking for, and how I could easily avoid losing marks** (word count etc). I really appreciate the time that you have spent to help students like me."

-Anonymous Student @ IBS of Provence (France)

"I teach ToK in Midvale, UT and LOVE your site. The students have really struggled with the essay writing process and [your site structures it better than anything else I've ever received](#). Thanks"

-S. Allen (Utah, USA)

"i am an IB student here in India, and i was demotivated with regards to the workload this course has dished out to us every week. but i went through this website, and all of a sudden there's been a change of heart. thank you for posting such beautiful stuff that i can relate to."

-Adi C.

"Your site is amazing!! Thank you so much! I am a senior in IB economics and thanks to you did very well in my IA! Just thought I had to let you know."

-Pamela A.

"woooooooooooooow [How to Write Successful College Application Essays](#) has opened my eyes like so wide. thanx tim woods i sure will apply all these tips"

-Julie H.

IBMastery

© 2020 IBMastery. Not affiliated with or endorsed by the International Baccalaureate Organization.

[Terms](#) [Privacy](#)