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DP Students Well-Being and Adaptation Survey

2024

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Survey of 26DP students

- The survey took place in November 2024.
- 28 students out of 31 participated in the survey.
- The aim of this survey was to assess the well-being of students enrolled in the DP and their adaptation to DP's challenges and requirements.



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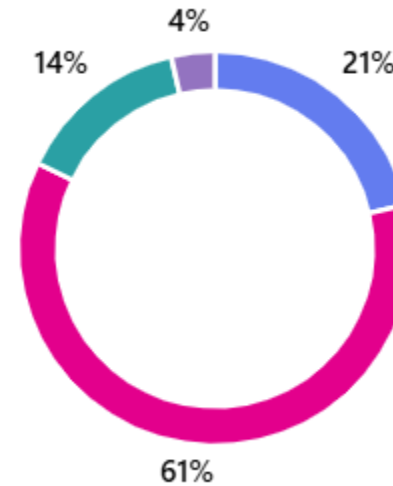
Academic Adaptation

How challenging do you find the DP curriculum?



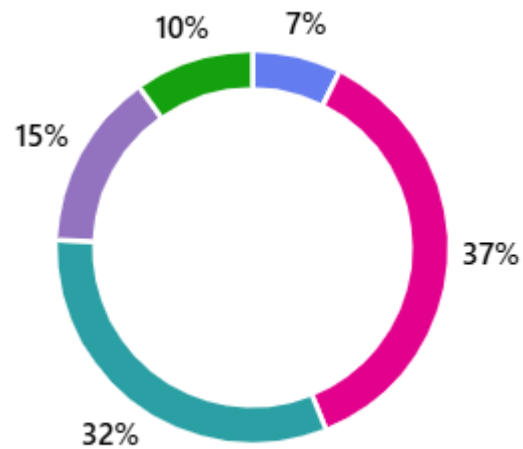
Very challenging	0
Moderately challenging	16
Manageable	12
Not challenging at all	0

How many hours do you spend studying outside of class each day?



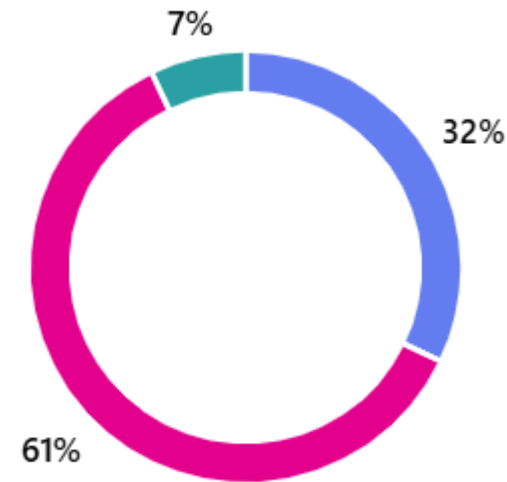
Less than 2 hours	6
2-4 hours	17
4-6 hours	4
More than 6 hours	1

What DP subjects do you find the most difficult? (Select all that apply)



Language & Literature	3
Mathematics	15
Sciences (e.g., Biology, Chemistry, Physics)	13
Individuals & Societies (e.g., History, Economics)	6
Kita	4

How well have you adapted to the DP environment?



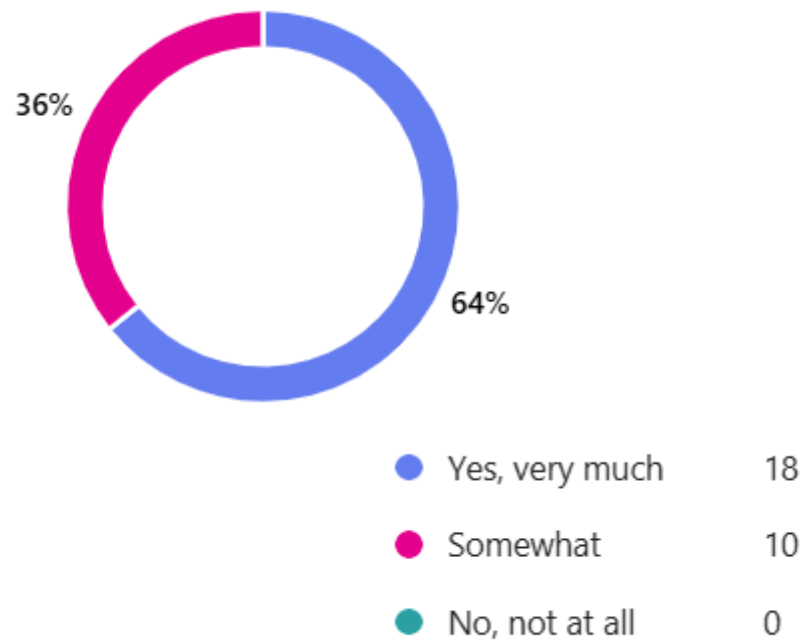
Very well	9
Well	17
Somewhat	2
Not at all	0



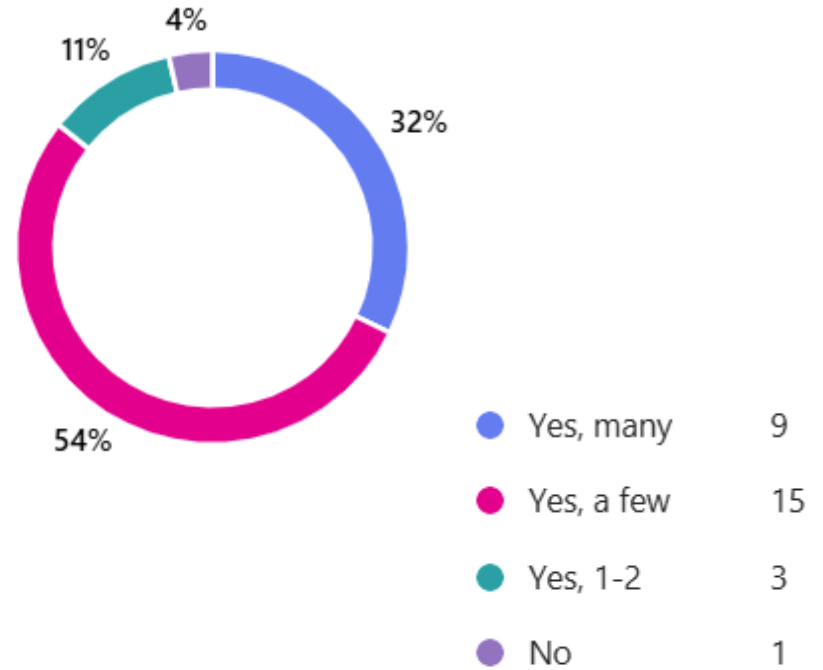
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Social Adaptation

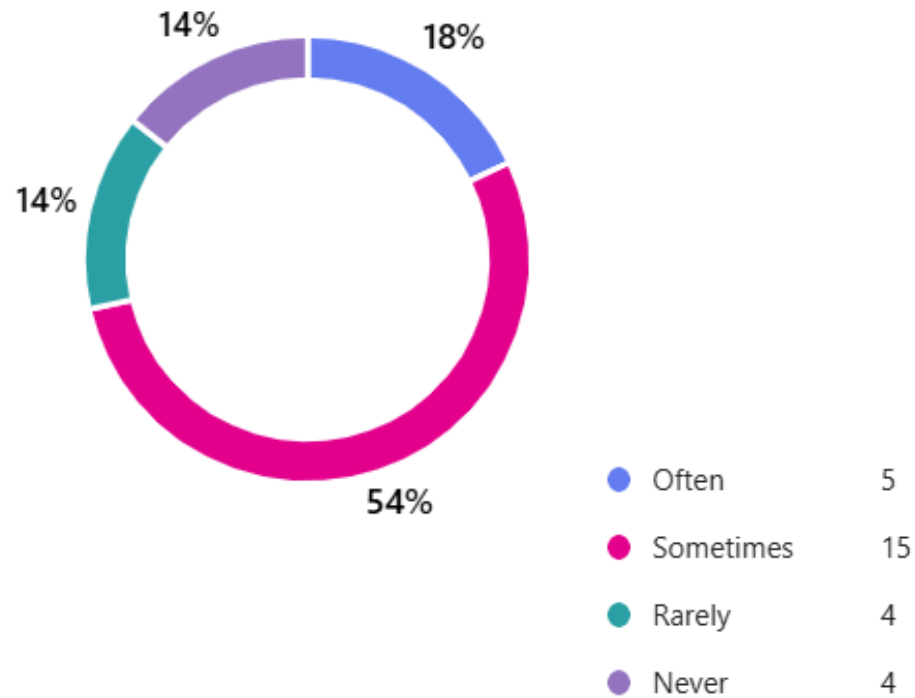
Do you feel a sense of community and belonging among your DP peers?



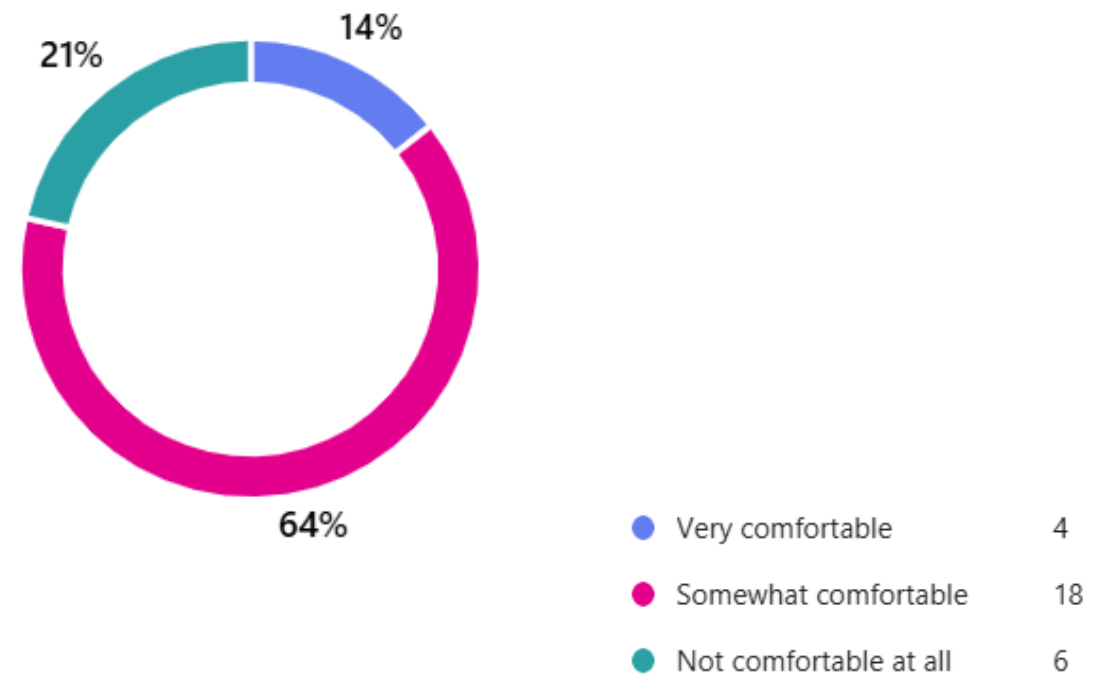
Have you made new friends since joining the DP?



How often do you participate in group study or social activities with other DP students?



How comfortable do you feel seeking help from teachers or counselors when you're feeling stressed or overwhelmed?



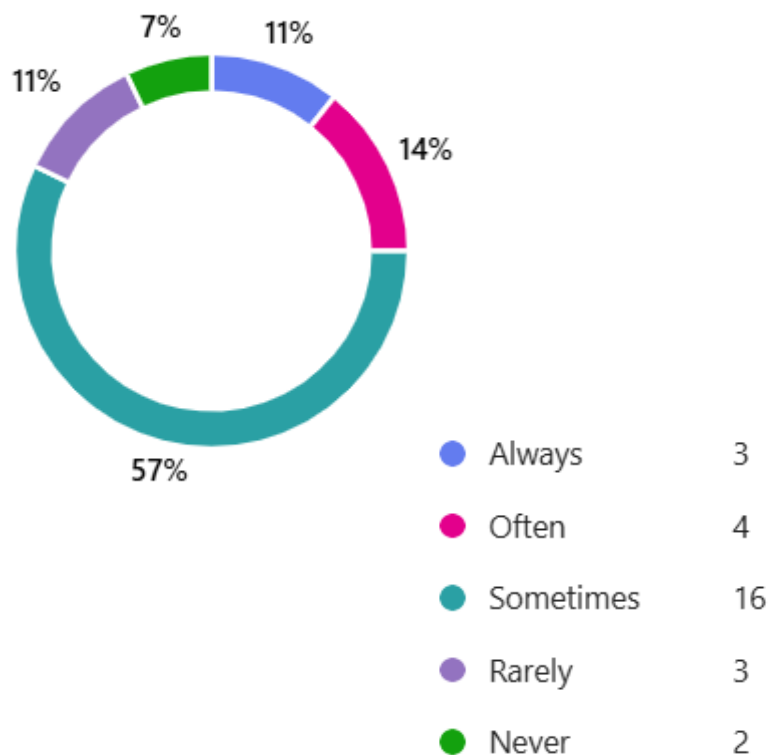


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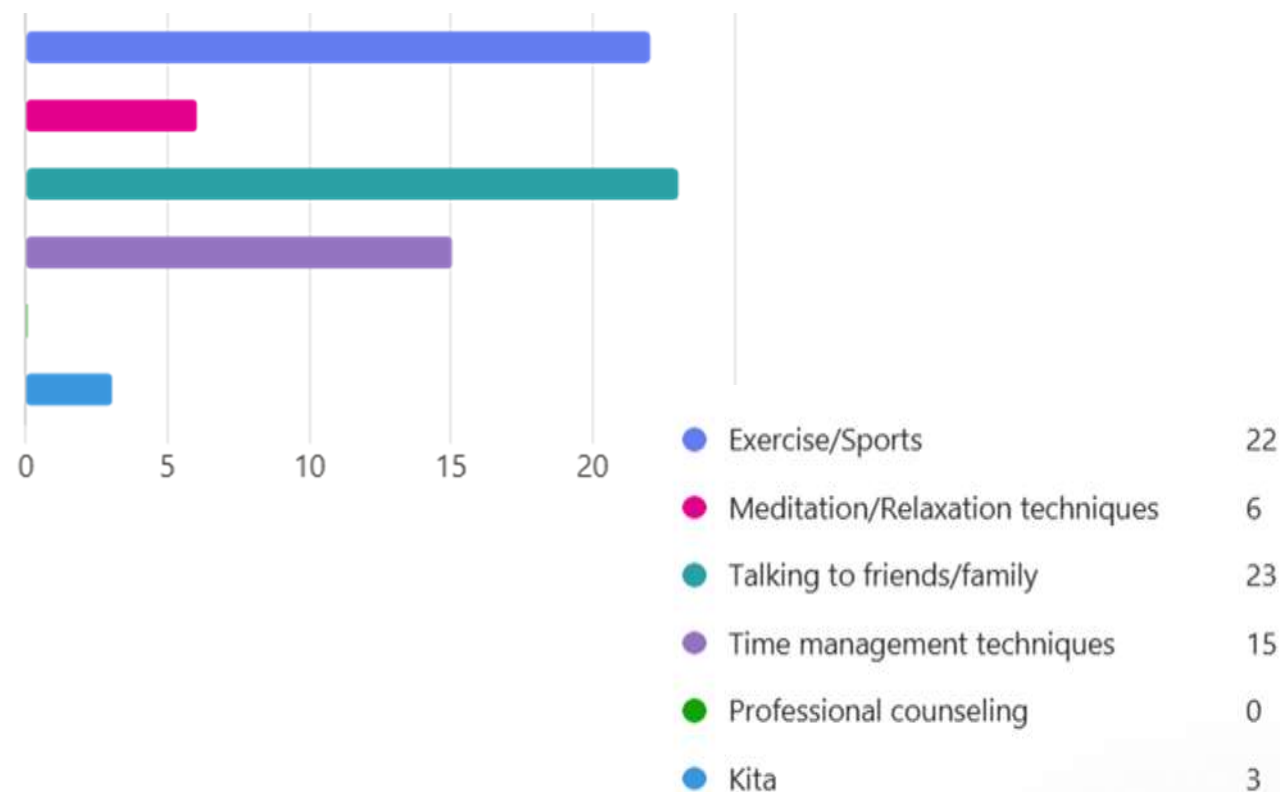
Emotional Well-Being Coping and Support



How often do you feel stressed due to academic pressure?

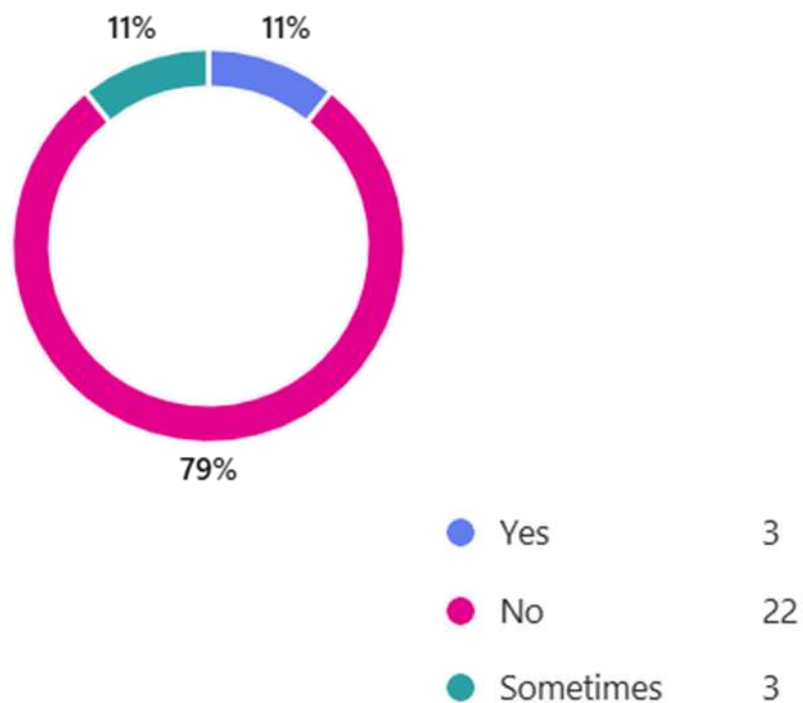


What coping strategies do you use to manage DP-related stress? (Select all that apply)

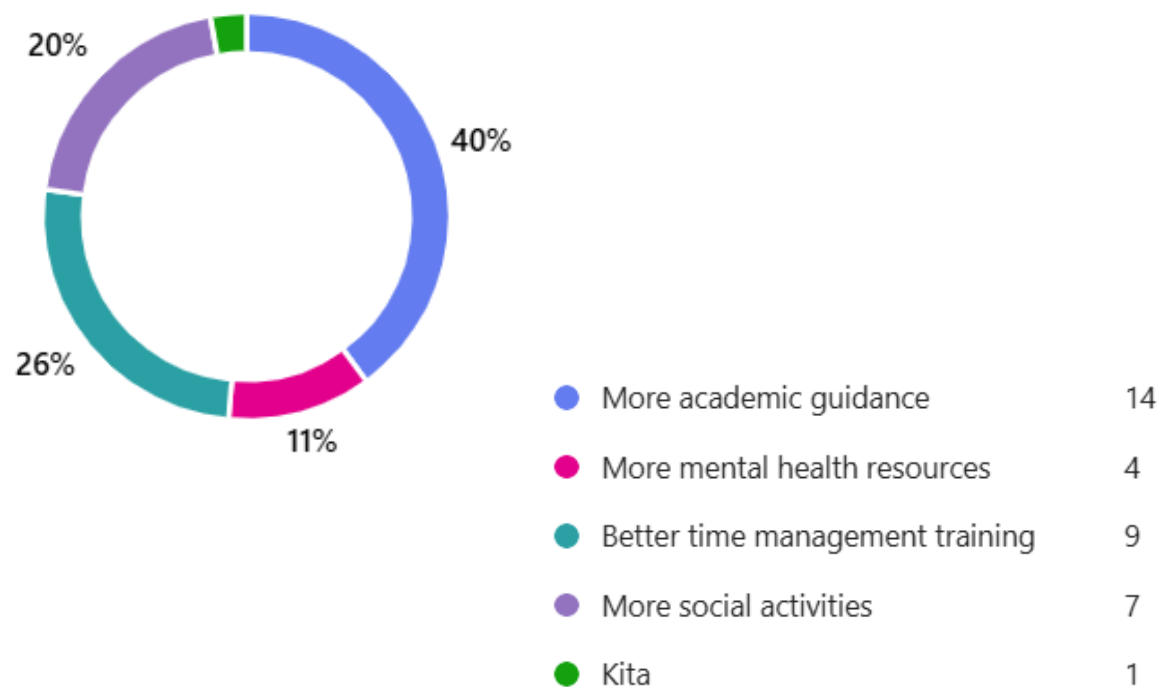




Have you ever considered dropping out of the DP program due to stress or workload?



What additional support would help you to adapt better to the DP? (Select all that apply)



What do you find most **challenging** about the DP?

- **Workload, huge amount of topics in a short period of time (11).**
- **Planning out my time (7).**
- **The adaptation to CAS from just social hours and the TOK subject. (3).**
- Teachers who cannot teach in general. No feedback or little feedback from the teachers is also a difficult thing (1).

What do you **enjoy** most about the DP?

- **The subjects and the curriculum (interesting topics, the well-balanced curriculum, highly academic content) (12).**
- **The community (support from teachers and classmates) (10).**
- **The learning process itself (3).**
- The values and skills that IB encourages (1).
- Creativity part of CAS (1).

Conclusions

- 93 % students have adapted to DP very well or well. 7 % - somewhat.
- The community is still developing. 64 % students feel a sense of community, 36 % - somewhat. One student doesn't have any friends.
- 21 % students have considered or sometimes considered dropping out of the DP program.
- 82% students feel stressed due to academic pressure.
- 21% students do not feel comfortable asking for help from teachers or educational support specialists.
- In order to overcome stress, students do sports/exercises (32%), talk with friends/family (33%), learn to manage time (22%), meditate (9%).
- Students are open to additional help in coping with stressful situations. Mostly expecting: more academic guidance (40%), better time management training (26%) and more social activities (20%).

Recommendations

- Feel free to ask for help from teachers, program coordinator, educational support specialists. Show initiative in seeking help.
- Join learning groups, help each other.
- Improve your ATL skills to become a more effective and efficient learner:
 - Self-Management Skills
 - Time Management
 - Organization and Planning
 - Stress Management
 - Social Skills
 - Communication Skills
 - Thinking Skills
 - Research Skills