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EE/RPF

For use from May/November 2027

Page 1 / 2



International Baccalaureate®
Baccalauréat International
Bachillerato Internacional

Student personal code:

Extended essay - Reflection and progress form

Student: This form is to be completed by you and your supervisor during the progress and completion of the extended essay. It records your progress through the extended essay process and includes your reflective statement addressing your extended essay experience. 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 takes place 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 extended essay. This document acts as a record in supporting the authenticity of your work. Following the viva voce, you write a **reflective statement** of no more than 500 words., which must be included on the RPF.

The completion of this form is a mandatory requirement of the extended essay. It must be submitted together with the completed essay. The reflective statement will then be assessed under Criterion E. Students and supervisors should be aware that a mark of 0 will be awarded by the examiner for criterion E if the RPF is blank or the reflective statement is written in a language other than that of the accompanying essay.

Supervisor: You must have three reflection sessions with each student, one early 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 you must record the month that the reflection session took place, the student's year of DP study at that time and initial the form.

By submitting this student work for assessment, you are taking responsibility for its authenticity. No piece of student work should be uploaded/submitted to the e-Coursework system if its authenticity is in doubt.

First reflection session

Month: DP year (1 or 2): Supervisor initials:

Interim reflection session

Month: DP year (1 or 2): Supervisor initials:

Final reflection session – Viva voce

Month: DP year (1 or 2): Supervisor initials:



EE/RPF

Page 2 / 2



Reflective statement

(No more than 500 words, written in the same language as the accompanying extended essay)

My interest in chemiluminescence derives from personal observation in nature (bioluminescence in organic matter in the sea) and at parties (luminescent bracelets). I proposed this topic to my supervisor, who accepted it and advised me to read further on this topic.

Once I had read several papers, I discussed my findings with my supervisor and came up with the research question: "How do variations in the concentration of hydrogen peroxide affect the intensity and the longevity of the light emitted by the chemiluminescent oxidation of luminol (5-amino-2,3-dihydro-1,4-phthalazinedione)?"

I discovered that there were many ways of carrying out the investigation, but I finally determined that I had to go with a single method (I used an application to measure light intensity) and that I would relate two independent variables to the concentration of the hydrogen peroxide solution. This decision brought up an unexpected problem when writing the essay, and this was the word count. If I wanted to keep my research based on these two variables I would have to be careful with the selection of the material presented in the essay. I determined to perform an efficient lab and to be selective and depict crucial information.

After performing the experiments and writing the essay, I can say I have learned what it takes to conduct a systematical experimental procedure with appropriate planning and research. I had to overcome frustration when writing and trying to narrow down the word count distinguishing what was relevant material from anecdotal facts. I now have full respect for all the work behind any scientific paper.

