

# MP4 Careers Counselling Workbook

## 2022-2023



<b>Name</b>	
<b>Class</b>	
<b>Tutor</b>	

Starting Date: .....

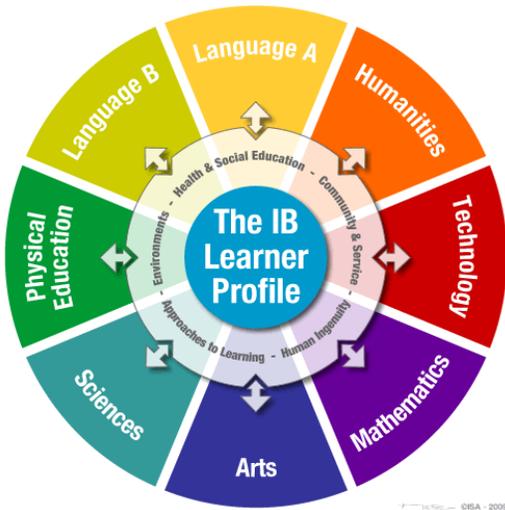
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## Section 1 - INTRODUCTION



The assignments in your MP4 careers workbook fit the IB MYP learner profile. MYP learning goes through a process of inquiry, action and reflection, which is exactly what you will be doing here.

<https://sites.google.com/site/alsabdulrahmana/home/ib-learner-profile>

This booklet gives you information

1. A brief description of subjects you will study in MP5
2. What you will be doing in MP5
3. Options after the Middle Years Programme
4. Making choices – It is important to think about your future career pathway
5. Going onto Higher Education in:
  - The Netherlands
  - United Kingdom
  - Rest of the World

**Before we discuss subject choices let's first do a short 5-minutes quiz.**

- Discover your strengths and what makes you tick! Take the Buzz Quiz.

[Buzz quiz - icould](#)

*If you were born as an animal (not human)*

*What animal would you be?.....*

*Why did you choose this animal?*

*.....*

## Section 2 – SUBJECT CHOICES MP4 to MP5

As you move from MYP4 to MYP5 you can make some choices regarding your subject package. In MP4 you study all three sciences (**Biology, Chemistry and Physics**) plus two subjects from Individuals and Societies (**History, Geography**). For MYP5 **Economics/Business** is added as a third Individuals and Societies subject. However, in MYP5 you can drop one Science and one Humanity subject. But you may also decide to keep all of them if you need these subjects for higher education. You will also continue with either Maths or Maths Extended, Music or Drama. English, Dutch, Spanish/French, Visual Arts, Drama/Music, PHE, IDU and Tutor lessons are mandatory, and they will not be the focus here.

To sum up - In MYP5 you must study **at least two Individuals and Societies** and **at least two Sciences**. **If you are doing well in all subjects, I strongly advise you to take all three sciences and all three humanities. This will keep all options open to you. You can still drop a subject after term 1, but not at the start of term 1 or during mid-term.**

If you find **sciences difficult** and find it hard to achieve a grade 4 - even though you are working hard - then it is sensible to drop one science to give you a little extra time to devote to the two remaining sciences.

If you find Individuals and Societies difficult, then seriously consider taking two of the three humanities offered. History is mandatory, so you can drop either Geography or Economics/Business.

### WHY IS THERE A CHOICE OF SUBJECTS AFTER MYP4?

The Middle Years Programme prepares you for the IB Diploma Programme and although some students may decide to continue their education elsewhere most students follow the International Baccalaureate Diploma Programme.

Along the way, the aim is for you to enjoy working individually and collaboratively as you continue to develop the skills that will make you a life-long learner and a thoughtful, valuable member of tomorrow's society!

The subjects you choose in MYP5 can affect what you do in the future. You should go for a good balance of subjects to keep your career options open. Choosing subjects that suit you and your abilities is very important.

Although applying to vocational courses (MBO) or universities (HBO and WO) seems to be a long way off, how you do in MYP4 could affect your chances of getting a place on the course you have chosen. For example, students applying to American universities are required to submit grade transcripts (certified copies of their report cards) from MYP4 onwards. MBO courses in The Netherlands ask for your report cards and in MYP5 you may also require the end result of MYP4.

Before you make any subject choices, it is important to know more about what you will learn in these subjects in MYP5. Read through the information and underline or **highlight** everything that appeals to you. Remember, you must take **AT LEAST 2 Individuals and Societies** and **AT LEAST 2 Sciences**.

## Individuals and Societies

### ***What will I do in Geography in MP5?***

The MP5 Geography course is geared to develop an understanding of key global issues facing the world, whilst preparing you for the expectations and demands of the IB Diploma Programme.



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**The first unit** is a mini investigation of a geographical issue operating at a local scale, for example noise pollution, fear of crime or traffic congestion. The issue may also cover social and ethical aspects. The whole unit is geared around the need to think critically about how information is presented and why it is important to consider the world around us from the perspectives of other people.

**The second unit** is based around a traditional topic, namely rivers and flood management. You will be faced with learning the necessary key and related concepts but also a lot of subject-specific content, prior to applying that knowledge and understanding in a creative way.

**The final unit** is fundamentally a preparation for the demands of the DP course but also a rounding off of your learning in the MYP. The unit focuses on how quality of life is changing globally and how, in particular, increased global interactions have an impact on this.

MP5 Geography aims to develop you as someone who is engaged in the world around you, and able to think critically and from different perspectives. In addition, you will be able to use a range of geographical skills to collect and analyse data.

### ***What will I do in History in MP5?***

**History** in MP5 is focused on 20<sup>th</sup> century world history topics. In the first term we take a general look at government and political systems and how they developed over time, followed by a detailed look at two case studies from the 20<sup>th</sup> century. In addition, you are required to write a research paper on a 20<sup>th</sup> century government of your own choice, focusing on how one particular government dealt with a crisis. In the second term we will look at the Cold War, the United Nations Organisation and developments in the Middle East. For this last topic, you will become the teachers and, in pairs, will teach a 30- minutes lesson on a topic from 20<sup>th</sup> century Middle East history.

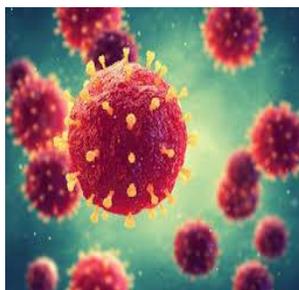
## What will I do in Economics/Business in MP5?

The subject is taught in two terms and is offered as a taster course. Economics and Business are “disciplines traditionally studied in the humanities, as well as disciplines in the social sciences”. (Source: DP Economics and Business Management Guide, [www.ibo.org](http://www.ibo.org)) Economics and Business are in the group called Individual and Societies, together with Geography and History. In this subject group, students collect, describe and analyse data used in studies of societies, test hypotheses, and learn how to interpret complex information, including original source material. The Economics and Business course for MP5 is designed to develop skills in preparation for the IB Diploma Program. It is, therefore, a skill-based curriculum as opposed to a content-based curriculum. Both Economics and Business require no specific prior learning. The skills are developed within this course to support students to select Economics or Business in the Diploma Program. All courses in MYP are at a standard level other than Mathematics Extended. The Economics/Business course is at a standard level. The skills taught in this course, such as research and analytical skills, are cross-curricular in nature.

## Sciences



[www.sporcle.com](http://www.sporcle.com)



[www.biologyonline.com](http://www.biologyonline.com)



[www.army.il](http://www.army.il)

## What will I do in Chemistry in MP5?

### Topics:

#### Unit 5 – Chemical systems

What determines the rate of a reaction and what is chemical equilibrium? You will study the collision theory and the factors that influence rate and equilibrium.

#### Unit 6 – Important redox reactions

What is a redox reaction? How do we extract metals from ores? How do electrical cells and batteries work?

#### Unit 7 – Useful organic molecules

Expand your knowledge of organic molecules from MP4 with alkenes, alcohols and esters. Plastics are long chain molecules called polymers. Learn about synthesis, uses and problems of artificial and biological polymers.

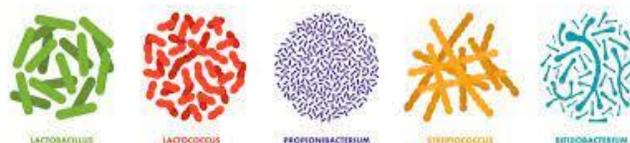
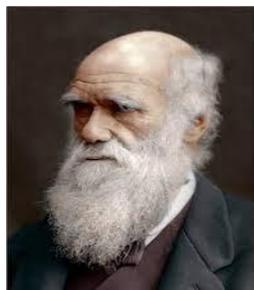
#### Unit 8 – Pharmaceutical calculations and considerations

You will learn how to “quantify” chemistry. How can you calculate how much of a product is produced, how can you link experimental data to a reaction equation? We will focus on medicines in our calculations

### Unit 9 –Making use of energy changes in chemical reactions

What is it and how can you measure energy transfer? Combustion reactions transfer chemical energy into heat: what is a good fuel, how is the environment affected by the use of chemical fuels?

#### What will I do in Biology in MYP5?



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[www.posterlounge.nl](http://www.posterlounge.nl)

#### Topics:

- Micro-organisms, health and disease: What are germs and how do they act?
- Immune system: How does our body defend itself against infectious diseases?
- Cell ultra-structure: What is the structure and function of the organelles that you can see in cells when using an electron microscope?
- Enzymes: What are they and when do they perform best?
- Mitosis and Meiosis: how and when do cells divide?
- Genetics and inheritance: What are genes and how are they passed on from parents to offspring?
- Genetic engineering: What is the effect of changing the genetic make-up of organisms? Are there long-term risks associated with this? Or is it purely beneficial to mankind?
- Variation: How are individuals different and what does it mean to be the “best adapted to the environment”?
- Evolution and the Theory of Natural Selection.

#### What will I do in Physics in MP5?

The topics that are covered are of course a little bit more challenging than before: radioactivity, forces, energy, and motion. The practicals are more complex and you will still have to write lab reports. The most challenging part for a lot of students is the fact that math skills become more important. This is especially **true** for the last part of the year where the material gets to DP1 level and includes topics such as motion. Algebra plays a larger role than in the previous years. It helps a lot if you take Maths Extended.

#### What about Maths?

In MP5 you will continue with the level of Maths (**Standard or Extended**) that you take in MP4. If you are in Extended, but are finding it difficult to cope, a switch to Standard is likely. Switching from Standard to Extended will only happen in exceptional cases and will require extra effort on your part to catch up on missed material.

In the **IB Diploma Programme (DP)** there will be two different types of Mathematics to choose from: **‘Analysis and Approaches’ (‘A&A’) Higher and Standard Level** and **‘Applications and Interpretation’ (‘A&I’) Standard Level**. If you are in Math Standard in MP4/5 you will need a grade 7 to be able to choose the subject at HL in DP.

**Personal Project (PP) and Service as Action (S as A) : the core of the IB MYP Programme**

**Personal Project – related to the global context for education**

The PP is an individual project that is started in MP4 and completed in MP5.

A mandatory component of the MYP is the **Personal Project & Service as Action, both components take part in MP4 & MP5.**

If you have a clear idea of what you would like to do in the future, you might consider the areas below for your Personal Project . For example, if you aspire to a career in medicine, start with the health and social education area of interaction. If you are interested in engineering, Scientific and Technological Innovation would make a good starting point. If your family is from a country which has been through war, maybe Fairness and Development would be a good choice. Your own family history may inspire, in which case Identities and Relationships will be the focus.

Or it could be that a topic in your Geography or Biology class inspires you to do a project on “Globalisation and Sustainability”.

In fact, all your classes can be linked to one or more of the ideas below.

**Write down ideas for your Personal Project in the space below: (6 global contexts)**



<b>Identities and Relationships:</b>
<b>Orientation in Space and Time:</b>
<b>Personal and Cultural Expression:</b>
<b>Scientific and Technological Innovation:</b>
<b>Globalisation and Sustainability:</b>
<b>Fairness and Development:</b>



### In late January, you will complete a Psychometric Test – Morrisby

In MP5 you will complete a Psychometric Test, to help you find out about your abilities, your strengths and weaknesses. You will have an individual interview (parents are also allowed to attend) with a Morrisby Consultant. This is another tool to help you with your choices after MP5. It is a voluntary test that you cannot study for.

### In March you will be involved in The World of Work Week (WoWW)

This week includes 4 days of work experience in an organisation you will have sought with the help of parents/guardian and 1 day visit to an Applied Science University. This work placement opportunity gives you the experience of what it is like to be in the workplace, preferably in an environment you wish to pursue as a future career. Also, a visit to a University will allow you to take in the atmosphere of what it would be like to go onto higher education and to find out the courses that the university offer in English.

In May E-assessments take place – Results are released in August

## Section 4 What happens after MP5 – What are my options?

### IB Diploma Programmes



[Education programmes - International Baccalaureate®](#)



You may want to continue with the IB Diploma Programme. This is a two-year programme, for which you choose 6 subjects: **3 Higher Level** Subjects and **3 Standard Level** Subjects. DP is seen as the equivalent of Dutch VWO education.

Another option would be to do the **IB Career-Related Programme (CP)**. This programme was introduced by the International Baccalaureate in 2014 and leads to career-related studies, such as HBO Universities (Higher Vocational Education). Our school does not offer CP, but the ISH in the Hague are offering the programme. The British School in Voorschoten also offers CP. Check out the website of these schools.

## Vocational Education or MBO (Middelbaar Beroeps Onderwijs)

You may also decide that vocational education is what suits your talents most. There is Dutch **Vocational Education or MBO** - these courses are more hands-on learning in combination with academic skills; often continuing with a Bsc at a University of Applied sciences. In the Netherlands there are some excellent MBO courses, also taught in English. To find out more about MBO (Intermediate Vocational Education), we visit the website of **ROC Mondriaan** in Den Haag. **www.mondriaan.nl**. Find **the International Hotel Management** course, which is an **MBO level 4** course, that is, the highest MBO level possible. Also, this course is taught in English.

There is a gap in the Dutch education system for those who would like to follow medium vocational education (MBO education) in English. There are some schools that offer bilingual courses on the MBO level, but most schools do not have a regular programme taught fully in English. Some schools (such as Mondriaan) offer these courses.

### MBO levels

Secondary vocational education (*middelbaar beroepsonderwijs*, MBO) consists of 4 different levels:

- Level 1 (assistant training, 1 year) - MBO diploma at level 1.
- Level 2 (basic vocational training, 2 years) - MBO diploma at level 2.
- Level 3 (professional training, 3 years) - MBO diploma at level 3.
- Level 4 (middle-management training, 3 or 4 years) - MBO diploma at level 4.
- Level 4 (specialist training, 1 year), is open to students who have completed a vocational or middle-management training, and leads to an MBO diploma at level 4.

### Useful Websites:

[www.studiekeuze123](http://www.studiekeuze123.nl)

[www.kiesmbo.nl](http://www.kiesmbo.nl)

*If you are interested in CP or an MBO course – and there is more on offer than Business courses - or if you would like to transfer to Dutch HAVO/VWO, please make an appointment with Ms Lamers (a.lamers@rijnlandslyceum-rlo.nl).*

## Section 5: Making choices and getting to know yourself - Worksheet

It is important to think about your future career and advisable to take some time to consider your options.

## Making Choices



To help you make the right subject choice, it is also important to make a list of your strengths and weaknesses.

### Factors influencing the choice of subjects

There are many factors influencing the choice of subjects:

**Ability:** choose subjects you are good at.

**Interest:** interest in a subject may be a good basis for choosing it although interest is not the same as ability and may not be enough to pass an exam.

**Content:** do you like to learn more about the topics taught in the subject?

**What you want to study later:** To study Dentistry, you need certain subjects. If you find Sciences difficult in MP5 then a Scientific career or Dentistry is perhaps not the best option. **Your strength may not be in the Sciences, but perhaps in the Humanities. Whatever it is, the school is there to help you make the most of your talents.**

Answer the following questions:

***Which subject do I enjoy the most? Why?***

.....

.....

.....

***Which subject do I like the least? Why?***

.....

.....

.....

***What subjects am I good at?***

.....

.....

.....

Hopefully some of the subjects that you enjoy are also the subjects that you are good at. **Which ones fit both the “enjoy” and the “good at” category? I enjoy and I am good at:**

.....  
.....  
.....

***What subjects cause me the most stress?***

.....  
.....  
.....

***Is the stress due to the subject content or is there another reason? (Be honest)***

.....  
.....  
.....

***Look back at your answers. From what you have written are you able to continue with all three sciences and all three humanities in MP5? Would it be more sensible to drop a science and/or a humanity?***

***Yes, I think I might decide to drop the following subject(s)***

.....  
.....  
.....

***because:***

.....  
.....  
.....

***No, at this point I'd like to keep all Sciences and Individuals and Society subjects because:***

.....  
.....  
.....

***.....These choices cannot be made without giving some thought to your plans for the future.***

***The subjects you take, or do not take, can influence the opportunities open to you in the future.***

## **Section 6: Finding out about Higher Education**

**Higher Education:** The Netherlands offers a great many **Bachelors** (Bsc) courses in higher education in English. If you do any research about higher education courses in the Netherlands, please be aware that your qualification – **MYP, CP or DP** – makes you an **International Student**. So, when you look for the **entry requirements (the subjects and grades you need to apply for a course)**, look at what is asked of **INTERNATIONAL STUDENTS** and not HAVO/VWO

### Research Activity

I do not expect you to decide in MP4 what subjects you are going to study in the Diploma Programme, or even what you will study or if you want to do a vocational course or go to university. But it is a good idea to look around and see what options there are out there.

After completing the IB DP, IB CP, Dutch Havo, Dutch VWO, Dutch MBO course successfully, students can choose a course for higher education. The courses of higher education are called **Bachelors** (Bsc). In the UK BSc are called **Undergraduate Courses**. After a Bsc you may continue with a Master.

### The Netherlands



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<https://www.dreamstime.com/>



<http://wallpapers.fansshare.com/>

The most popular higher education courses in the Netherlands are:

- **WO = Research Universities** (Technical University Delft, for example)
- **HBO = University of Applied Sciences** (The Hague University of Applied Sciences, for example)
- **University Colleges** (Erasmus University College, for example) These are liberal arts programmes. HBO universities provide more hands-on learning. Also, only Research Universities offer a PhD after a Masters.

**Useful websites:**

[www.studielink.nl](http://www.studielink.nl).

[www.studyinholland.nl](http://www.studyinholland.nl)

[www.studiekeuze123.nl](http://www.studiekeuze123.nl)

# Higher Education in The Netherlands

## Worksheet 1

Let's find out more about higher education in the Netherlands.  
For this activity we use: [www.studyinholland.nl](http://www.studyinholland.nl), a website in English.

From the top menu choose **Finances**> then from the right menu **Tuition Fees**. Answer the following questions:

**Q1:** Student X has an **EU passport**. *How much are the tuition fees for this student who is in the first year of a Bsc course for Archeology in the Netherlands in 2022-2023?*

.....

**Q2:** Student Y has a Swiss **passport**, and is also in their first year of the Bsc Archeology at **Leiden University College**? *Will Student Y be paying the same, less or more in tuition fees than Student X?*

.....

**Q3:** Go back to the homepage of [www.studyinholland.nl](http://www.studyinholland.nl) and use "Find a study programme" to find out more about the Bsc course - **International Sport Management (ISM) in Den Haag**

*a. Is the course taught in English or in Dutch? .....*

*b. How many years does it take to complete the course? .....*

*c. Is ISM a full-time or a part-time course? .....*

*d. Is the course and HBO or a WO course? .....*

**Q4: Start with the Homepage of [www.studyinholland.nl](http://www.studyinholland.nl)**

From the top menu select>**Dutch Education**> then from the right menu> **Dutch Institutions>University Colleges**. Answer the following questions:

*a. What stood as a model for the Dutch University College?*

.....  
.....

*b. What are the University Colleges in Zuid-Holland?*

.....  
.....

c. How does a University College differ from the other two types of universities in the Netherlands?

.....  
.....

**Q5:** You think you enjoy the sciences more than the humanities. You might want to find out more about **Technical University Eindhoven**. To find out more about Bsc courses at this research university, let's visit another website: **studiekeuze123.nl**. This website is in Dutch, but it is great to find out more about **Open Days**. In the search box type in **"Open Dag TU Eindhoven"**.

a. When is their next Open Day? .....

b. What time does the Open Day end? .....

c. In the blue/green field click on **"open dag"**. You will now see a list of courses, as you scroll down the page. Choose **"Industrial Design"**. Next to the name of the course it says **"Numerus Fixus"**. Please find out what this means? (It is okay to use a general search engine).

**Answer: Numerus Fixus means** .....

d. Also find out what the **application deadline** is if later you decide to apply for the Bsc Industrial Design? (**Hint: Most Dutch Bsc courses have either 15 January or 1 May as the deadline**)

The Deadline for Industrial Design at TU Eindhoven is: .....

**Q6:** You enjoy both the humanities and the sciences. We are now visiting the website of **UvA**, that is, the University of Amsterdam. Go to [Universiteit van Amsterdam \(uva.nl\)](http://Universiteit van Amsterdam (uva.nl)). Change the language to **En(lish)**, if the information shows up in Dutch. From the Home Page, choose **Bachelor's programmes**> next **Areas of Interest**> select **Interdisciplinary programmes**> then **Liberal Arts and Sciences**> watch the video (1.45 minutes)

a. What is it that appeals to you about studying at AUC?

.....  
.....

b. What is it you are not sure you would like?

.....  
.....

**Q7:** Let's find out about another research university in Amsterdam, the VU (=Vrije Universiteit). This university is smaller than UvA and for some students it may be the perfect fit. Let's visit:

[Vrije Universiteit Amsterdam \(vu.nl\)](https://vu.nl)

Change the language to **English**, Top Right. On the Home page find "**Bachelor's Degree Programmes**". From the bar in blue, click on **History: History and International Studies**". Answer the following questions about this Bsc course by clicking on the Study Guide.

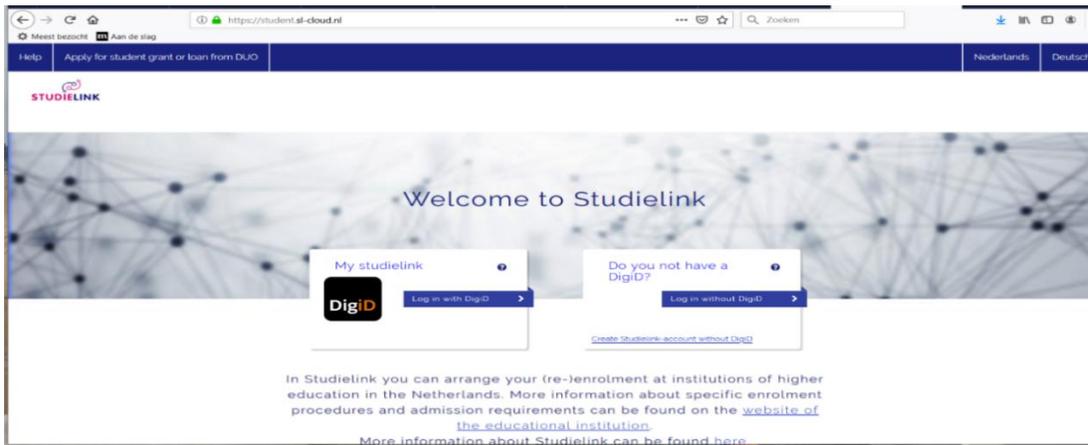
*a. In how many languages is the History course at VU offered? .....*

*b. What is the duration of the course? .....*

*c. What is the focus in the first year of the course? .....*

*d. You are interested in the History course in English and you would like to visit the Open Day. Find out (Use: studiekeuze123, VU website or any search engine) when VU Amsterdam have the next Open Day for this History course? .....*

**Q8:** Go to [www.studielink.nl](http://www.studielink.nl). Set the language to English by clicking on the British flag. German is also possible. Studielink is the central registration website for higher education in the Netherlands.



*a. How can students sign into studielink? (2 ways)*

On the Home page it says that "More information about Studielink can be found [here](#)". Click on "here". **You live in the NL, how do you log on to Studielink?**

*b. ....*

Under the heading **Numerus Fixus**, click on **General**.

*c. You have applied for medicine three times, but no success. Can you apply a 4<sup>th</sup> time? .....*



For our next research activity, we use the UCAS website for higher education in the UK. UCAS is like the Dutch studielink, but you can apply for 5 similar courses using one application.

Go to [www.ucas.com](http://www.ucas.com) and from the top choose Undergraduate (=Bsc)

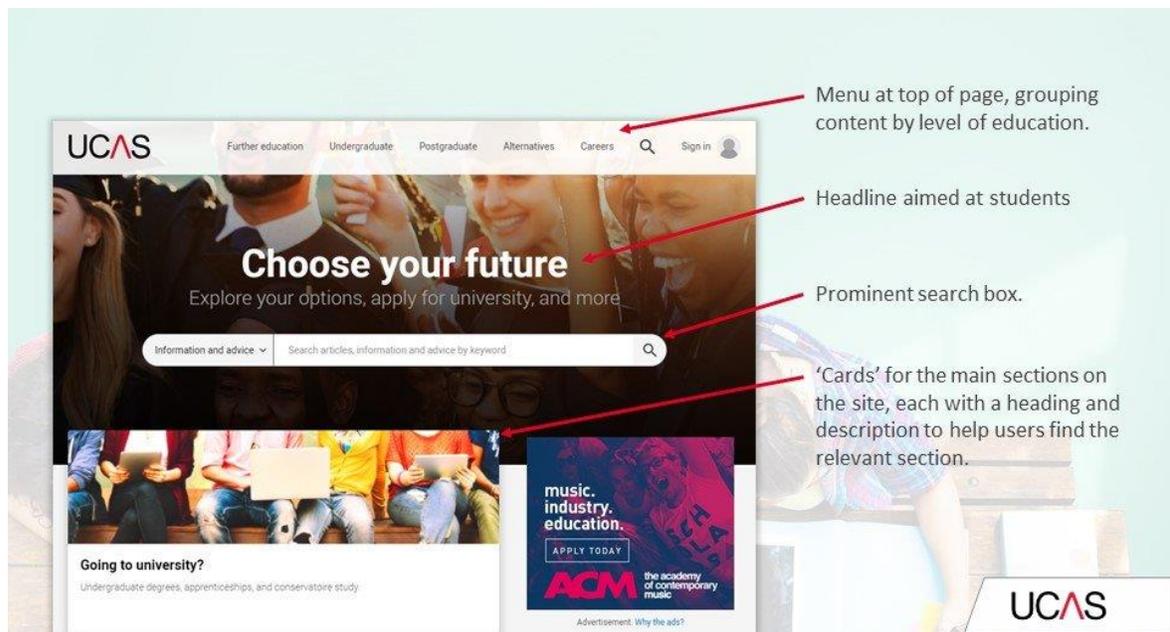
Click on “**Applying to University**”, next “**When to apply**”.

**Q9:** UCAS has two application deadlines.

*a. What are the two application deadlines? .....*

*b. When do you apply using the early deadline? .....*

*c. You want to apply for vet medicine. Which deadline should you use? .....*



## Research courses in The Netherlands Worksheet 3

**Choose one course in the Netherlands you would like to know more about. This can be:**

- **An MBO course** – For example: software developer (BOL, Level 4 course) or Engineering Elektrotechniek (Bol, Level 4 course). In MBO BOL Level 4 is the highest level and your MBO Diploma gives access to HBO course. Most of the MBO courses are taught in Dutch, but the Hospitality Business course is available in English.

- **IB CP at the ISH/ or at the British School.** With the IB CP Diploma you have access to HBO courses.

- **or a higher education course you may be interested in.** For example, if you wish to study English Language and Literature, this can be done in the UK and at Leiden University or RU Groningen Business and Economics courses can be done at an HBO or a WO or at a university in the UK or ...

**Now do a bit of research into the course – MBO course, IB CP, a course in Higher Education (HBO or WO) - you are interested in and write your answers in the spaces below**

<i>What is the name of the course you have researched?</i>	
<i>What type of course is it? MBO, CP, HBO or WO?</i>	
<i>Where can you study the course?</i>  • Name Institute(s)	
<i>What do you need to be able to study the course? These are called the “entry requirements” (Subjects, education, grades etc.)</i>	
<i>When is the next Open Day for the course?</i>	
<i>What do you like about the course?</i>	
<i>What are the questions you still have about the course?</i>	

**Remember, the aim of this activity is to make you aware of the huge range of courses that you can choose from and to show you that there are entry requirements regarding subjects and grades.**

You have now visited different websites offering different types of education for after MYP and after DP/CP/MBO.

## Section 7 - What is next?



[www.womensweb.in](http://www.womensweb.in)

**In MP4: In term 4 you must register your MP5 subject choices on Zermelo!**

You will get instructions how to register your choices. The deadline for submitting your subject package is **Wednesday 10<sup>th</sup> May 2023**. By then you will know a lot more about yourself, what you like, what you don't like and how hard you are prepared to work to get where you want to go

If you want to talk about your options, make an appointment with me. My office is room **N101**. If you have a quick question, you don't need to make an appointment. **Just show up in one of the two breaks announced at N101. Currently the walk-in breaks are Wednesday 2nd break and Friday 1<sup>st</sup> break, but they may change, depending on my schedule.**

If you need more time than a couple of minutes in the walk-in breaks, or if your parents/guardians want to come along, please send me an e-mail and

- Say what it is you want to discuss and if your parent(s) would like to be present
- Also, add a screen print of your schedule to the e-mail so I know when you are available. I will then send you a message with a proposal for a meeting.

***I wish you a very successful year in MP4..***

Ms A. Lamers– ISRLO Careers Counsellor  
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