



IB Learner Profile in Digital Learning



Principled

1

Principled

- Have I checked in with all my teachers and subjects?
- Have I established a routine to complete or start school work?
- When working, have I switched off all distractions?



Thinker

2

Thinker

- Have I carefully completed the tasks set by my teachers?
- Have I thought of questions to ask my teachers and/or school support staff?



Balanced

3

Balanced

- Have I completed some physical activity today?
- Have I participated in the challenges set by MPHS physical education teachers?
- Have I taken breaks? Moved regularly? Ate healthily?



Knowledgeable

4

Knowledgeable

- Have I read today?
- Have I learned about something new today?



Inquirer

5

Inquirer

- Have I found a link to my current units of study?

(Maybe you've watched a movie, a podcast, a documentary etc. that has you think about ideas in a different way?)



Risk-taker

6

Risk-taker

- Where are areas I could take a risk and grow?
- Have I tried at least one thing new today?

(Foods, experiences, music, ideas, physical activity etc.)



Caring

7

Caring

- Have I checked in with others (family, friends, yourself) to see how they are doing?
- Have I sent an encouraging note to someone?
- Have I responded to needs in ways that I can?



Communicator

8

Communicator

- Have I shared what I have learned with someone?
- Discussed it with my family/guardians?
- Shared with my teachers?



Open-minded

9

Open-minded

- Have I challenged myself to something new?
- Have I asked questions?
- Have I sought out a variety of perspectives?



Reflective

10

Reflective

- Have I checked in with my emotional state?
- What changes should I make for tomorrow?
- Have I reached out for help if I'm feeling lost, lonely, helpless or anxious?

