You may choose to use your Researcher’s Reflection Space (RRS) during these meetings with your supervisor. Following each of the three reflection sessions, you must complete the relevant section of the RPPF (under the column ‘Candidate comments’) and submit the form to your supervisor for them to date and sign the form.

**Initial reflection session**

The first reflection session should occur after your initial ideas, background reading and research plan have been considered. These can be recorded in your RRS. You should also have read the subject-specific guidance in the IB Extended Essay Guide before this meeting.

**EXPERT TIP**

It would help your supervisor if you send them an outline of your research plan and progress before the initial reflection meeting. This would give your supervisor a bit of time to examine your work and to prepare a purposeful and productive meeting with you.

Some questions that may arise in this initial conversation, usually of a descriptive nature, include:

- Why is the topic/research question appropriate and worthy of study?
- Does your research question need to be modified in light of your initial research?
- How did you undertake the necessary research?
- Were you successful in gathering the data/information/evidence that you wanted?
- Does the data you have collected so far allow you to answer your research question?
- Do you need more sources of information in order to answer your question? Where might you find the data required?
- What were the problems that you faced? How did you tackle these problems?
- Did your approach or methodology change in any way during the process so far?
- What investigations are you undertaking?
- What anticipated difficulties and challenges can you foresee in the next stage of the process? How do you intend to tackle or resolve these challenges?
- Are there any issues or questions emerging from your data collection and research that you did not anticipate?
- What have been the high and the low points of the research process?
- What kind of issues or questions are you going to highlight in your RPPF?

By the end of the initial reflection session, you should have a good idea of exactly what your research question is and how you are going to deal with the remaining challenges you are likely to face.

Remember that you can still see your supervisor for regular check-in sessions in-between the formal reflection sessions. In addition, you can have informal discussions with other people who can help with your research, especially subject specialist teachers, your