

Connexión

TRANSCENDENCE 2026

A celebration of journeys, growth, and new beginnings.

GUEST TALK 2026

Building awareness, resilience, and balanced approaches to learning.

EXAM PREPARATION

Focused revision, mindful planning, and readiness for what lies ahead.



JGI KNOWLEDGEUM[®]
ACADEMY

IB World School

Rewinding The Journey

Towards Transcendence – A Defining Moment

Preparing for Transcendence 2026 -Third Graduation Ceremony

Transcendence 2026, the Graduation Ceremony of the IBDP Batch 2024–26 at Knowledgeum Academy, marks a significant milestone in the academic and personal journeys of the graduating cohort. Scheduled to take place on 11 April 2026 at Viveka Auditorium, the ceremony is thoughtfully designed as a moment of transition—one that honours not only the completion of the Diploma Programme but also the growth, resilience, and transformation that define the learner experience. Centred around the theme “Beginning of Becoming,” the event reflects the philosophy that graduation is not an end point, but the start of a new phase shaped by purpose, inquiry, and global responsibility.



Over the past two years, learners have engaged deeply with the academic rigour and interdisciplinary nature of the IBDP, navigating subjects, assessments, and core components such as Theory of Knowledge, the Extended Essay, and Creativity, Activity, Service (CAS). Beyond the classroom, their journey has been enriched through leadership opportunities, internships, community engagement, and collaborative learning experiences that have shaped their perspectives and strengthened their sense of identity. Transcendence 2026 seeks to bring together these diverse strands of growth into a single, meaningful celebration.

The ceremony will feature a curated sequence of moments that reflect both collective achievement and individual journeys. From the formal academic procession and diploma acknowledgements to learner reflections and leadership addresses, each segment is designed to capture the essence of the Knowledgeum experience.

A key aspect of Transcendence 2026 lies in its emphasis on community. The event brings together learners, parents, educators, and institutional leaders, creating a shared space to acknowledge the support systems that have contributed to each learner’s journey.

As the graduating cohort prepares to step into universities and diverse pathways across the globe, Transcendence 2026 stands as a moment of pause and recognition. It acknowledges the journey undertaken within the halls of Knowledgeum Academy while looking ahead to the evolving journeys that lie beyond it. In doing so, the ceremony captures the spirit of the institution—one that values inquiry, nurtures individuality, and prepares learners not just for examinations, but for life beyond the classroom.



Guest Talk on Examination Anxiety and Academic Stress 2026 at Knowledgeum Academy

The academic journey at Knowledgeum Academy extends beyond subject mastery to prioritise learner well-being and emotional resilience. As part of this commitment, a guest talk titled “Examination Anxiety and Academic Stress” was organised for Grade 11 and 12 learners on 10 March 2026. Conducted by Dr. M. Thomas Kishore, Professor, Department of Clinical Psychology at NIMHANS, the session aimed to equip learners with a deeper understanding of the psychological dimensions of academic pressure and the strategies required to manage it effectively.

The session began with an exploration of examination anxiety as a natural yet complex response to academic expectations. Dr. Kishore guided learners through the cognitive and emotional patterns associated with stress, helping them identify how anxiety manifests through thoughts, behaviours, and physical responses. By contextualising stress within the broader framework of performance and self-expectation, the session enabled learners to recognise that such experiences are both valid and manageable.

Building on this foundation, the discussion moved towards practical approaches to managing academic stress. Learners were introduced to techniques such as structured planning, realistic goal-setting, and cognitive reframing—methods that help shift perspectives from fear-based thinking to constructive problem-solving. Emphasis was also placed on the importance of maintaining balance through adequate rest, mindful breaks, and sustainable study routines, reinforcing the idea that productivity and well-being are interconnected.

A key highlight of the session was its interactive nature, where learners were encouraged to reflect on their own experiences and engage in open dialogue. Through guided discussions and relatable examples, Dr. Kishore addressed common concerns around performance pressure, fear of failure, and comparison, creating a space where learners could engage with these challenges in a supportive and informed environment.

The session further underscored the role of awareness and self-regulation in navigating academic demands. By introducing simple yet effective grounding techniques and stress-management practices, learners were empowered with tools that can be applied not only during examinations but across varied high-pressure situations. The focus remained on building long-term resilience rather than seeking short-term solutions.



Preparing for Assessments

A Learner's Checklist

For DP 1: Building Foundations for Progression

As DP 1 learners prepare for their upcoming examinations, the focus lies in strengthening conceptual clarity and establishing effective study routines that will support long-term success in the Diploma Programme.

- Revisiting key concepts across subjects to ensure strong foundational understanding
- Organising notes, summaries, and class resources for structured revision
- Practising past questions and application-based tasks to build familiarity with assessment patterns
- Seeking feedback from educators to address gaps in understanding
- Creating realistic study schedules that allow for consistency and revision cycles
- Maintaining balance through adequate rest and mindful study practices



For DP 2: Stepping into the Final IBDP Examinations

For DP 2 learners, this phase marks the culmination of their IBDP journey, as they prepare to undertake their final examinations. The emphasis here is on refinement, confidence-building, and strategic revision.

- Consolidating subject content through focused and time-bound revision plans
- Engaging with past papers under timed conditions to simulate examination environments
- Reviewing examiner expectations, mark schemes, and command terms
- Strengthening exam strategies, including time management and answer structuring
- Prioritising well-being through structured breaks, sleep, and stress-management techniques
- Approaching the examination period with confidence, clarity, and a composed mindset



As learners across both cohorts navigate this important phase, the emphasis remains on thoughtful preparation and self-awareness. Examinations, in this context, are not just a measure of performance, but a reflection of the learning journey—one that continues to shape each learner's path forward.

Exam Season Checklist

Tick off what you've already done:

- Completed at least one full past paper
- Created a revision timetable (and followed it)
- Taken a proper break without guilt
- Rewritten notes into summaries or mind maps
- Slept on time before at least one study day
- Felt more confident about a subject than before

How many can you check off?

Humour By The Hour

This edition's comic strip is **Calvin and Hobbes**, created by Bill Watterson in 1985. The series follows the imaginative adventures of Calvin and his tiger, Hobbes, blending humour with reflections on childhood and curiosity.

