



GUIDE TO INTERNATIONAL CURRICULA

Aspects	Cambridge (CAIE)	Edexcel (Pearson Edexcel)	International Baccalaureate (IB)
Origin & Organization	Part of Cambridge University Press & Assessment, UK	Owned by Pearson plc, UK's largest education company	Non-profit foundation headquartered in Geneva, Switzerland
Levels	5–19 years: Primary → Lower Secondary → IGCSE → AS & A Level	3–19 years: iPrimary → iLower Secondary → International GCSE → International A Level	3–19 years: PYP → MYP → DP → CP
Core Focus	Academic depth, analytical thinking, and exam excellence	Balanced approach to theory and application with international flexibility	Holistic, inquiry-based, and learner-centered education
Curriculum	British-based, subject-specific structure	British-based with modular or linear options	Global curriculum emphasizing transdisciplinary learning
Assessment	Mostly exam-based, some coursework and practicals	Predominantly exam-based, includes modular and linear options	Mix of external exams and internal assessments
Grading System	IGCSE: A*–G; A Level: A*–E	International GCSE: 9–1; A Level: A*–E	1–7 per subject; total 45 points in DP
Subject Flexibility	Students select subjects independently; 70+ IGCSE, 50+ A Level options	37+ subjects in IGCSE; flexible modular assessment	6 subject groups + core (TOK, EE, CAS) required in DP
Teaching Approach	Conceptual and exam-oriented	Skill-based with strong teacher resources	Inquiry-based, reflective, and globally contextual
Recognition	Widely accepted by universities in UK, Commonwealth, and globally	Recognized across UK and international universities	Accepted by 150+ countries and top universities worldwide
Strengths	Strong academic rigor, flexible subject choices, deep knowledge	Modular exams, rich resources, smooth progression (3–19)	Holistic development, international mindset, focus on creativity & service
Ideal For	Students aiming for UK/ Commonwealth universities or academic careers	Students seeking academic and vocational balance	Students seeking a global, interdisciplinary education

SOURCES

cambridgeinternational.org

qualifications.pearson.com

ibo.org

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THE SILENT STRENGTH

Nurturing Mental Well-being

The past few years have changed what it means to grow up and to teach. Between fast-paced academics, technology, and social expectations, today's students navigate a far more complex emotional landscape than ever before. English-medium schools in Bangladesh are recognizing this shift and taking steps to ensure mental well-being becomes a central part of modern education.

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A CHANGING CLASSROOM REALITY

English-medium students are often seen as confident, articulate, and digitally savvy but that confidence also needs emotional grounding. Long study hours, social media exposure, and global competitiveness can sometimes heighten stress levels, especially in adolescence. The challenge for schools now is not only to maintain academic excellence, but to balance it with emotional resilience and healthy self-esteem.

Across Dhaka and Chittagong, many schools have started to adopt

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a more holistic approach. Regular counselling sessions, "circle time" discussions, and mindfulness activities are helping students open up and manage stress in constructive ways. One teacher shares how her students now begin the week with five minutes of guided reflection: "It's amazing how such a small ritual helps them focus and feel calmer."

GUIDING THROUGH DIGITAL LIFE
Social media and technology play a major role in young people's lives today, often shaping how they see themselves and others. English-medium schools are turning this into a teachable opportunity. Workshops on digital citizenship, online safety, and balanced tech habits are now common in leading institutions.

Parents, too, are part of this journey. Many schools are holding joint parent-student sessions on screen-time management, empathy, and mental health awareness, bridging the generation gap in understanding digital pressures.

FROM AWARENESS TO ACTION
What's encouraging is how openly schools are addressing emotional health today. Once considered a private matter, student well-being is now part of school culture. Some schools employ professional counsellors; others collaborate with mental health organizations to train teachers in identifying early signs of distress.

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THE WAY FORWARD
The conversation around student well-being is no longer a taboo. It is an evolution of education itself. The best schools now see success not just in grades, but in growth: confident, compassionate young people who can handle life's pressures with perspective and positivity.

Mental health is not a sign of weakness; it's part of strength. By nurturing emotional intelligence alongside academic achievement, English-medium schools in Bangladesh are ensuring their students aren't just ready for exams, they're ready for life.

