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I enjoyed writing my extended essay, but it required a lot of time and patience. I found a general time management plan very helpful. My environmental systems essay was partially based on recent data, as I wanted to analyse a current issue. Unfortunately such data can be hard to access. It may be confidential or institutions may simply be unwilling to give it to you.

Working with data required three key steps: collection, processing and analysis. In my case, general data collection proved to be the easiest step. Data processing was time consuming but necessary for a thorough analysis.

My final advice would be do not panic, give yourself time and be prepared to modify your hypothesis and essay title multiple times as you go.