When I was first told about having to do a 4,000 word essay, I found the sheer enormity of the task overwhelming. However, once I had decided on the subject matter for my essay and had figured out the general area and question I would research, everything became a lot more manageable. I quickly became immersed in the research and analysis, and having done this successfully and thoroughly, I wanted to make sure that the essay itself reflected all my hard work. It is key to do an essay about a topic you really feel passionate about, to have a good and honest relationship with your supervisor and to break up your work into segments, thus making the mammoth that is "the extended essay" a lot more manageable and approachable and a valuable learning process.