

IELTS 6.5 Study Schedule – 4 Months (Zero Beginner)

****Goal:**** Band 6.5 | ****Start Level:**** Zero/Beginner | ****Daily Time:**** ~2.5 hours

****All 4 skills practiced from Week 1****

📌 Daily Time Structure (Every Single Day)

| Slot | Time | Activity |

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| Morning | 30 min | Grammar study (Grammar in Use) |

| Morning | 20 min | Vocabulary – 10 new words in context |

| Afternoon | 30 min | 🎧 LISTENING – daily (non-negotiable) |

| Evening | 30 min | Reading OR Speaking practice |

| Evening | 30 min | Writing practice (sentences → paragraphs → essays) |

| Night | 10 min | Anki flashcard review |

| ****Total**** | ****~2.5 hrs**** | |

🎧 Listening Level Progression (All 4 Months)

This is your listening journey from zero to IELTS level:

| Month | Listening Level | What You Do |

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| Month 1 | Beginner | BBC 6 Minute English, slow English podcasts, simple YouTube |

| Month 2 | Pre-intermediate | IELTS Listening Sections 1 & 2, BBC News, TED-Ed |

| Month 3 | Intermediate | IELTS Sections 1–4, academic lectures, full mock listening |

| Month 4 | Exam level | Full timed mock tests, speed & accuracy drills |

📌 Resources to Get First

- 📖 ***English Grammar in Use*** – Raymond Murphy (Intermediate, Blue Cover)
- 📖 ***Cambridge IELTS 15, 16, 17*** – official practice tests
- 📱 ****Anki app**** – free vocabulary flashcards
- 📱 ****ELSA Speak app**** – pronunciation + speaking feedback
- 🌐 ****bbc.co.uk/learningenglish**** – grammar, vocabulary, listening
- 🌐 ****ieltsbuddy.com**** – sample essays and writing tips
- 🌐 ****ielts.org**** – official practice materials
- 🎧 ****Podcast: "6 Minute English" (BBC)**** – download all episodes
- 🎧 ****Podcast: "VOA Learning English"**** – slow, clear English for beginners
- 📖 Vocabulary notebook (physical or digital)

📅 MONTH 1 – Foundation + All 4 Skills Begin (Weeks 1–4)

****Focus:**** Basic grammar, vocabulary, start listening every day, simple writing, basic speaking

WEEK 1 – Tenses + Listening Habit Formation

Daily Schedule

Day	Grammar 30min	Vocab 20min	🎧 Listening 30min	Reading/Speaking 30min	Writing 30min

| ****Mon**** | Simple Present – rules + examples | 10 words: daily routine | BBC 6 Minute English Ep 1 – listen once, read transcript | Read transcript again, underline new words | Write 5 sentences about yourself |

| ****Tue**** | Simple Past – rules + examples | 10 words: family/home | BBC 6 Minute English Ep 2 – listen twice | Read 1 short BBC article | Write 5 sentences about your past |

| ****Wed**** | Simple Future (will/going to) | 10 words: jobs/work | VOA Learning English – 1 short news story (slow speed) | Read the VOA transcript | Write about your future plans (5 sentences) |

| ****Thu**** | Present Continuous (is/are+ing) | 10 words: education | BBC 6 Minute English Ep 3 – listen, note 3 new phrases | Speak aloud: describe your room for 1 minute (record) | Write 5 sentences about what you are doing now |

| ****Fri**** | Past Continuous (was/were+ing) | 10 words: food/health | VOA story – listen without transcript first, then check | Speak: describe your daily routine (1 min, recorded) | Write about what you were doing yesterday |

| ****Sat**** | Review all tenses (Grammar in Use units 1–7) | Add all words to Anki | Re-listen to your 3 favourite clips from this week | Read 1 IELTS sample essay (ieltsbuddy.com) | Rewrite your best paragraph, fix errors |

| ****Sun**** | Light review only | Anki review | BBC 6 Minute English – for enjoyment, no notes | – | – |

🎧 Week 1 Listening Focus

- ****Goal:**** Build the daily habit – listening EVERY day, no exceptions

- ****Method:**** Listen once → check transcript → listen again

- ****Key:**** Don't worry if you don't understand everything. That is normal at Week 1.

- ****Resource:**** Search "BBC 6 Minute English" on YouTube or Spotify – free

WEEK 2 – Articles, Prepositions + Listening for Details

Daily Schedule

| Day | Grammar 30min | Vocab 20min | 🎧 Listening 30min | Reading/Speaking 30min | Writing 30min |

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| **Mon** | Articles: a, an, the (Units 69–71) | 10 words: environment | BBC 6 Minute English – listen, write down every number/name you hear | Read 1 short article, circle all articles (a/an/the) | Write 5 sentences using a/an/the correctly |

| **Tue** | Prepositions of time: in, on, at | 10 words: technology | VOA story – listen for prepositions, write them in your notebook | Speak: describe your hometown for 1 min (record) | Write 10 sentences using time prepositions |

| **Wed** | Prepositions of place: in, on, under | 10 words: society | BBC clip – listen and fill in a self-made gap-fill (write a sentence, remove a word, fill while listening) | Read a BBC article – scan for prepositions | Describe your house/room using 10 prepositions |

| **Thu** | Adjectives and adverbs | 10 words: health | IELTS Listening Section 1 (first time) – Cambridge book, just attempt it | Speak: describe a person you know (1 min, record) | Write a description of a friend/family member |

| **Fri** | Sentence structure: Subject + Verb + Object | 10 words: hobbies | Re-do Thursday's Section 1 – check answers, note mistakes | Read IELTS sample essay – read aloud slowly | Write 10 IELTS-style basic sentences |

| **Sat** | Grammar review – articles + prepositions | Anki review | BBC 6 Minute English – write a 3-sentence summary after listening | Speak: summarise the BBC episode out loud | Rewrite your weakest sentences from this week |

| **Sun** | Rest | Anki review | Casual listening – English movie/show with English subtitles (30 min) | – | – |

🎧 Week 2 Listening Focus

- **New skill:** Listening for specific details (numbers, names, places)

- **First IELTS Section 1 attempt** – it's a conversation, the easiest section

- **Movie tip:** Watch a simple English movie (cartoon or sitcom) with English subtitles – this is passive but effective

WEEK 3 – Conjunctions + Listening for Main Ideas

Daily Schedule

| Day | Grammar 30min | Vocab 20min | 🎧 Listening 30min | Reading/Speaking 30min | Writing 30min |

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| **Mon** | Conjunctions: and, but, so, because | 10 words: environment (new set) | BBC 6 Minute English – after listening, state the main topic in 1 sentence | Read and underline all conjunctions in a BBC article | Join 10 simple sentences using conjunctions |

| **Tue** | Conjunctions: although, even though, despite | 10 words: education (new set) | IELTS Listening Section 1 – new test, check answers | Speak: talk about a problem in your city for 1 min | Write 5 sentences starting with "Although..." |

| **Wed** | Conjunctions: however, therefore, furthermore | 10 words: technology (new set) | VOA story – listen, write 3 main points as bullet notes | Read those 3 points in transcript, compare to your notes | Write a short paragraph using however/therefore |

| **Thu** | Relative clauses: who, which, that | 10 words: health (new set) | BBC clip – listen for any "who, which, that" sentences | Speak: describe your favourite place for 1.5 min (record) | Write 10 sentences using who/which/that |

| **Fri** | Combining conjunctions – complex sentence practice | 10 words: economy | IELTS Section 1 – new test timed. Score yourself | Speak: answer "What do you do?" – extend to 2 min | Write a 100-word paragraph: "Why education is important" |

| **Sat** | Review this week's grammar – fix errors in writing | Anki review | Re-listen to your 2 weakest days' clips – improve notes | Read 1 IELTS essay aloud – focus on pronunciation | Compare your paragraph to a sample essay |

| **Sun** | Rest | Anki review | English movie/show with English subtitles | – | – |

🎧 Week 3 Listening Focus

- **New skill:** Listening for main ideas, not just details
- **Technique:** After listening, close the transcript and write 3 bullet points from memory
- **Target:** IELTS Section 1 score of 5–6/10 by end of Week 3 (totally fine for beginners)

WEEK 4 – Passive Voice + Listening Section 2 Introduction

Daily Schedule

| Day | Grammar 30min | Vocab 20min | 🎧 Listening 30min | Reading/Speaking 30min | Writing 30min |

|----|-----|-----|-----|-----|-----|

| **Mon** | Passive voice: is/are + past participle | 10 words: crime/law | BBC 6 Minute English – note 3 passive sentences heard | Read the transcript – circle all passive sentences | Rewrite 10 active sentences as passive |

| **Tue** | Passive: was/were + past participle | 10 words: environment | IELTS Section 2 (first attempt) – monologue, harder than Section 1 | Speak: talk about a place you visited (1.5 min, record) | Write 5 passive sentences about inventions |

| **Wed** | Comparatives: bigger, more important | 10 words: travel/culture | Re-do Section 2 – check answers, study why wrong | Read IELTS sample essay – underline comparison language | Write 10 comparison sentences |

| **Thu** | Superlatives: the biggest, the most | 10 words: cities/urban | BBC clip – listen + note 3 comparison phrases | Speak: compare your city to another city (1.5 min) | Write a paragraph comparing city life vs village life |

| **Fri** | Question forms: what/where/why/how | 10 words: free choice | IELTS Section 1 – timed, aim for 7–8/10 | Speak: answer 5 IELTS Part 1 questions (record) | 150-word paragraph – use all grammar from Month 1 |

| **Sat** | **Month 1 Grammar Review** – all topics | Full Anki deck review | Listen back to ALL your speaking recordings from Month 1 | Identify your 3 biggest speaking weaknesses | Rewrite your best

paragraph with improvements |

| **Sun** | Rest | Anki review | English movie/show (comfort viewing – not study) | – | – |

🎧 Month 1 Listening Progress Check

- Sections 1 target score: **6–7/10** ✓

- Section 2 target score: **4–5/10** (just exposure, no pressure)

- Habit: **Listened every single day for 28 days** ✓

Month 1 Full Milestone Check ✓

- Know all basic tenses confidently

- Use articles (a/an/the) with awareness

- Write complex sentences with conjunctions

- 200+ words in Anki vocabulary deck

- Attempted IELTS Listening Sections 1 and 2

- Recorded yourself speaking at least 10 times

- Read at least 8 IELTS sample essays or BBC articles

📅 MONTH 2 – Skills Development + Listening Sections 1–3 (Weeks 5–8)

Focus: Intermediate grammar, IELTS reading and writing introduced, listening Sections 1–3

WEEK 5 – Perfect Tenses + Listening Section 2 Mastery

Daily Schedule

| Day | Grammar 30min | Vocab 20min | 🎧 Listening 30min | Reading/Speaking 30min | Writing 30min |

|----|-----|-----|-----|-----|-----|

| **Mon** | Present Perfect: have/has + pp | 10 words: science | IELTS Section 2 – new test, read questions before audio | IELTS Reading: True/False/Not Given practice | Write 5 sentences with present perfect |

| **Tue** | Present Perfect vs Past Simple | 10 words: environment | Section 2 – re-check answers. Study where you went wrong | Speak: talk about something you have done recently (2 min) | Write paragraph mixing present perfect + past simple |

| **Wed** | Past Perfect: had + pp | 10 words: health | BBC documentary clip (YouTube) – 5 min, note main points | IELTS Reading: Matching Headings practice | Write 5 past perfect sentences |

| **Thu** | Listening strategy: READ questions before audio | 10 words: work/career | IELTS Section 2 – new test, apply question-reading strategy | Speak: describe a memorable event (2 min, record) | Short paragraph on a topic of your choice |

| **Fri** | Listening strategy: underlining keywords | 10 words: technology | Section 1 + Section 2 back to back – score both | IELTS Reading: multiple choice practice | Write a short IELTS Task 2 introduction paragraph |

| **Sat** | Grammar review | Anki review | Re-listen to your hardest Section 2 – note where you lost marks | Read 1 full IELTS Reading passage (no timer yet) | Rewrite your Task 2 introduction 3 times |

| **Sun** | Rest | Anki review | English movie/podcast (relaxed listening) | – | – |

🎧 Week 5 Listening Strategy (Critical)

- **Before audio starts:** Read ALL questions, underline keywords
- **During audio:** Follow the order – answers come in sequence
- **After audio:** Check spelling – "recieve" = wrong answer even if correct word
- Section 2 target this week: **5–6/10**

WEEK 6 – Conditionals + Listening Section 3 Introduction

Daily Schedule

Day	Grammar 30min	Vocab 20min	🎧 Listening 30min	Reading/Speaking 30min	Writing 30min

| **Mon** | Conditional 1: If + present, will | 10 words: environment (collocations) | IELTS Section 3 (first attempt) – discussion between 2–3 people | Reading: skim 1 passage, write 2-sentence summary | Write 3 conditional sentences about IELTS topics |

| **Tue** | Conditional 2: If + past, would | 10 words: education (collocations) | Section 3 – re-check, study every wrong answer carefully | Speak: "If you could change one thing about education, what would it be?" (2 min) | Write a Task 2 body paragraph |

| **Wed** | Reported speech: He said that... | 10 words: health (collocations) | BBC radio discussion (2 people talking) – note each speaker's opinion | Reading: scan for specific information practice | Summarise a BBC article in your own words |

| **Thu** | Sections 1–3 combined strategy | 10 words: technology (collocations) | Sections 1 + 2 + 3 in sequence – 30 min of listening back to back | Speak: "What are the advantages of technology?" (2 min, record) | Write a Task 2 introduction + body paragraph 1 |

| **Fri** | Reading strategy: skimming for main ideas | 10 words: society (collocations) | Full Section 3 – new test, timed | IELTS Reading passage – timed 20 minutes | Write Task 2 body paragraph 2 + conclusion |

| **Sat** | Review grammar errors this week | Anki review | Listen to weakest section from this week again | Assemble full Task 2 essay from this week's paragraphs | Proofread your full essay – fix grammar errors |

| **Sun** | Rest | Anki review | Relaxed listening – podcast/show in English | – | – |

🎧 Week 6 Listening Focus – Section 3

- Section 3 = **2 or 3 speakers discussing an academic topic** (hardest conversational section)
- Speakers may **agree, disagree, or change opinions** – you must track who says what
- Tip: Label speakers in your notes as "S1" and "S2" as you listen

- Section 3 target this week: ****4-5/10**** (exposure only – don't be discouraged)

WEEK 7 – Writing Task 1 + Listening Section 4 Introduction

Daily Schedule

Day	Grammar 30min	Vocab 20min	🎧 Listening 30min	Reading/Speaking 30min	Writing 30min

| ****Mon**** | Trend language: rose, fell, peaked, fluctuated | 10 trend words | IELTS Section 4 (first attempt) – academic monologue/lecture | Study Task 1 structure: Introduction + Overview + Details | Write a Task 1 introduction for a line graph |

| ****Tue**** | Comparison: while, whereas, compared to | 10 comparison phrases | Section 4 – re-check answers. Note topic/vocabulary difficulty | Speak: describe a graph verbally (say the numbers/trends aloud) | Write a Task 1 overview paragraph |

| ****Wed**** | Approximation: approximately, roughly, around | 10 process/chart words | Listen to a short TED-Ed video (5–8 min) – note 5 key points | Reading: True/False/NG timed practice | Write Task 1 detail paragraphs for bar chart |

| ****Thu**** | Passive for processes: is produced, is connected | 10 words: science/process | Sections 3 + 4 back to back – note your performance gap | Speak: describe a pie chart for 2 minutes (record) | Write a full Task 1 (150+ words) – line graph |

| ****Fri**** | All Task 1 grammar combined | 10 words: environment/data | Full Sections 1–4 – all in sequence (35 min total listening) | Reading: Matching Headings practice | Write a full Task 1 – bar chart – timed 20 min |

| ****Sat**** | Review Task 1 grammar errors | Anki review | Analyse your Section 4 mistakes – look up topic vocabulary | Compare your Task 1 to a band 6.5 sample | Rewrite Task 1 with improvements |

| ****Sun**** | Rest | Anki review | English movie with English subtitles | – | – |

🎧 Week 7 Listening Focus – Section 4

- Section 4 = ****one person giving an academic lecture**** – no conversation
- It is the ****hardest section**** – vocabulary is academic and specialized
- Strategy: Focus on the ****overall topic + main points****, not every single word
- Section 4 target this week: ****3-4/10**** – this is normal, don't worry
- This week you listened to ****all 4 sections for the first time**** – huge milestone 🎯

WEEK 8 – Writing Task 2 + Full Listening Sections 1–4

Daily Schedule

Day	Grammar 30min	Vocab 20min	🎧 Listening 30min	Reading/Speaking 30min	Writing 30min

| **Mon** | Essay language: In my opinion, It is argued that | 10 opinion words | Full IELTS Listening – all 4 sections – timed 30 min | Study Task 2 structure carefully | Write a Task 2 introduction (3 versions) |

| **Tue** | Cause/effect: leads to, results in, causes | 10 cause-effect words | Section 4 re-do – new test | Speak: give your opinion on an IELTS topic (2 min, record) | Write Task 2 body paragraph 1 – education topic |

| **Wed** | Generalisations: many, most, in general | 10 generalisation words | BBC documentary clip – 8 min, note argument/main points | Reading: 1 full passage timed 20 min | Write Task 2 body paragraph 2 |

| **Thu** | Concession: admittedly, it is true that | 10 academic words (AWL) | Section 3 – new test, score yourself | Speak: Part 2 cue card practice – "Describe a person you admire" | Write Task 2 conclusion + full essay assembly |

| **Fri** | Full essay grammar combined | 10 academic words (AWL) | Full 4 sections in sequence – aim for consistent scores | Reading: True/False/NG + Matching Headings same passage | Full Task 2 essay – timed 40 min – 250+ words |

| **Sat** | Review all writing grammar errors | Anki review | Review all 4 sections – compare scores to Week 5 | Post Task 2 essay to r/IELTS for feedback | Rewrite weakest paragraph of your essay |

| **Sun** | Rest | Anki review | Relaxed listening – podcast/show | – | – |

🎧 Month 2 Listening Progress Check

| Section | Month 1 Score | Month 2 Target |

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| Section 1 | 6–7/10 | 8–9/10 |

| Section 2 | 4–5/10 | 6–7/10 |

| Section 3 | First exposure | 5–6/10 |

| Section 4 | First exposure | 4–5/10 |

📅 MONTH 3 – IELTS Deep Practice (Weeks 9–12)

Focus: Speaking development, writing accuracy, first full mock test, all 4 sections every week

WEEK 9 – Speaking Development + Listening Accuracy

Daily Schedule

| Day | Grammar 30min | Vocab 20min | 🎧 Listening 30min | Reading/Speaking 30min | Writing 30min |

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| **Mon** | Spoken grammar: hedging (I think, probably) | 10 speaking phrase chunks | Full 4 sections – focus on spelling of answers | Study Speaking Part 1 format | Answer 10 Speaking Part 1 questions (record) |

| ****Tue**** | Extending answers: "the reason for this is..." | 10 extending phrases | Section 4 – academic topic – look up 5 unknown words after | Speak: extend each Part 1 answer to 3+ sentences | Write answers you struggled with in speaking |

| ****Wed**** | Discourse markers: firstly, on the other hand | 10 discourse markers | Section 3 – track each speaker's opinion separately | Study Speaking Part 2 (cue card) structure | Practice 1 cue card – 2 min exactly (timer on) |

| ****Thu**** | Cue card structure: 3 points + examples | 10 words: childhood/memories | Sections 1 + 2 back to back – aim for full marks on Section 1 | Speak: 2 cue cards back to back (record both) | Write out your cue card answer as a paragraph |

| ****Fri**** | Speaking Part 3 – abstract question grammar | 10 words: society/government | Full 4 sections timed – score each section | Speaking Part 3: answer 5 abstract questions (record) | Task 2 essay – "Discuss both views" type |

| ****Sat**** | Review speaking grammar errors | Anki review | Listen back to your recordings – note grammar errors you hear | Compare your speaking to band 6.5 sample answers online | Rewrite your weakest Task 2 paragraph |

| ****Sun**** | Rest | Anki review | English movie – listen actively, note 5 new expressions | – | – |

WEEK 10 – Writing Accuracy + Academic Word List

Daily Schedule

Day	Grammar 30min	Vocab 20min	🎧 Listening 30min	Reading/Speaking 30min	Writing 30min

| ****Mon**** | Subject-verb agreement errors | 10 AWL words | Section 4 – academic lecture, new topic | Reading: Matching Headings + True/False combined | Task 2 – "Advantages & Disadvantages" essay |

| ****Tue**** | Tense consistency in essays | 10 AWL words | TED Talk (10 min) – write 5 key arguments heard | Speak: "What are the advantages of technology?" (2.5 min) | Edit yesterday's essay – fix all tense inconsistencies |

| ****Wed**** | Article errors in essays | 10 words: government/policy | Full 4 sections – check every wrong answer | Reading: 1 full passage timed 20 min | Task 1 – process diagram type |

| ****Thu**** | Preposition errors in essays | 10 words: economy | Section 3 – new test, score + analysis | Speak: Part 2 cue card – "Describe a technology you use" | Task 2 – "Opinion" essay (Agree/Disagree type) |

| ****Fri**** | Proofreading practice – spot errors | 10 words: crime/justice | Sections 2 + 4 back to back | Reading: Multiple choice practice | Proofread and improve one old essay |

| ****Sat**** | Review – most common errors you make | Anki review | Full 4 sections – timed correctly | Compare 2 of your essays to band 6.5 samples | Fix your weakest essay using sample essay techniques |

| ****Sun**** | Rest | Anki review | Podcast/show – relaxed | – | – |

WEEK 11 – First Full Mock Test

Daily Schedule

| Day | Activity |

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| **Mon** | Grammar review – your 3 weakest topics from Months 1–2 |

| **Tue** | Vocabulary review – go through your Anki deck fully |

| **Wed** | IELTS Listening – full 4 sections timed (Cambridge 15) |

| **Thu** | IELTS Reading – full 60 min timed (Cambridge 15) |

| **Fri** | IELTS Writing – Task 1 + Task 2 full timed (Cambridge 15) |

| **Sat** | IELTS Speaking – full mock Parts 1, 2, 3 – record yourself |

| **Sun** | **Score everything. Analyse every single mistake. Plan Week 12.** |

After Mock Test – Score Your Sections

| Section | Answers Correct | Estimated Band |

|-----|-----|-----|

| Listening (40 questions) | 23–26 correct | Band 6.0 |

| Listening | 27–29 correct | Band 6.5 |

| Reading (40 questions) | 23–26 correct | Band 6.0 |

| Reading | 27–29 correct | Band 6.5 |

WEEK 12 – Fix Weak Areas from Mock Test

Customise your week based on mock results:

| If Weak In | Daily Focus (45–60 min extra) |

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| Listening Sections 3–4 | Do Section 3 + 4 every single day this week |

| Listening accuracy (spelling) | Redo old tests – focus only on spelling |

| Reading (not finishing in time) | Practice with 18-minute timer per passage |

| Writing Task 1 | Write 1 Task 1 every day, compare to sample |

| Writing Task 2 | Write 1 essay every 2 days, post to r/IELTS |

| Speaking fluency | Record yourself daily, use ELSA Speak |

| Grammar | Redo weakest Grammar in Use units |

| Vocabulary | Add 15 words/day instead of 10 |

📅 MONTH 4 – Exam Simulation & Final Polishing (Weeks 13–16)

Focus: Speed, accuracy, confidence, exam conditions every week

WEEK 13 – Speed Training

Day	Grammar 30min	Vocab 20min	🎧 Listening 30min	Reading/Speaking 30min	Writing 30min
Mon	Review weakest grammar	10 new words	Full 4 sections – aim for accuracy over speed		
Reading passage – 18 min timer (faster than exam pace)	Task 2 in 35 min (5 min faster than real exam)				
Tue	Article + preposition errors	10 new words	Section 4 – new academic topic	Speak: 2 cue	
cards with only 30 sec preparation	Task 1 in 17 min (3 min faster than real)				
Wed	Conjunction variety	10 new words	All 4 sections – score yourself	Reading – 2 passages in	
40 min	Task 2 – "Problem/Solution" type – 35 min				
Thu	Complex sentence practice	10 new words	Section 3 – focus on speaker tracking	Speaking	
– full Parts 1, 2, 3 mock – 15 min	Proofread 2 old essays in 10 min each				
Fri	Vocabulary range in writing	10 new words	Full 4 sections – new Cambridge test	Reading –	
full 60 min timed	Full writing – Task 1 + Task 2 – 60 min total				
Sat	**Second full mock test** (Cambridge 16)	No new words	Part of mock	Part of mock	Part of
mock					
Sun	Analyse mock – compare to Week 11 scores	Anki review	–	–	–

WEEK 14 – All 5 Essay Types + Listening Sections 3–4 Mastery

Day	Listening Focus	Writing Focus
Mon	Section 3 – speaker tracking	Opinion essay (Agree/Disagree)
Tue	Section 4 – academic vocabulary	Discussion essay (Both Views)
Wed	Full 4 sections	Problem/Solution essay
Thu	Section 4 – new topic	Advantages/Disadvantages essay
Fri	Full 4 sections	Two-part question essay
Sat	Review all 5 essays against band 6.5 samples	Section 4 re-listen
Sun	Rest	Anki review

WEEK 15 – Speaking Confidence + Full Vocabulary Review

Day	Activity
Mon	Listening: Full 4 sections + Speaking: 20 Part 1 questions (2 min each)
Tue	Listening: Section 3+4 focus + Speaking: 5 cue cards (2 min each)

****Wed****	Listening: Full 4 sections + Speaking: 10 Part 3 abstract questions
****Thu****	Full speaking mock – all 3 parts recorded + analyse recording
****Fri****	Full vocabulary review – entire Anki deck
****Sat****	Writing: Task 1 + Task 2 under exam conditions (60 min)
****Sun****	Light rest – Anki only

WEEK 16 – Final Week Before Exam

| Day | Activity |

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****Mon****	Third full mock test (Cambridge 17)
****Tue****	Analyse mock – do NOT start new topics. Fix grammar only
****Wed****	Light writing – 1 Task 2 only, comfortable pace
****Thu****	Light speaking – 3 cue cards, relaxed
****Fri****	****REST DAY**** – light Anki only
****Sat****	****EXAM DAY**** 🎯 – sleep well, eat well, arrive 30 min early

📊 Monthly Listening Score Targets

| Section | Month 1 | Month 2 | Month 3 | Month 4 |

|-----|-----|-----|-----|-----|

Section 1 (conversation)	6–7/10	8–9/10	9–10/10	10/10
Section 2 (monologue)	4–5/10	6–7/10	7–8/10	8–9/10
Section 3 (discussion)	First try	5–6/10	6–7/10	7–8/10
Section 4 (lecture)	First try	4–5/10	5–6/10	6–7/10
****Total /40****	~16–18	~23–25	~27–29	****29–32****

****29–32 correct = Band 6.5–7.0 in Listening**** ✅

📊 Vocabulary Targets by Month

| Month | New Words | Topics |

|-----|-----|-----|

| Month 1 | 200 | Daily life, family, education, health, jobs |
| Month 2 | 200 | Environment, technology, society, economy, crime |

| Month 3 | 150 | Academic Word List, IELTS collocations, formal phrases |

| Month 4 | 100 | Essay language, speaking phrases, review |

| ****Total**** | ****650+**** | All IELTS topics covered |

🎧 Top Listening Resources (All Free)

| Resource | Level | What It Trains |

|-----|-----|-----|

| BBC 6 Minute English | Beginner → Intermediate | General English, vocabulary in context |

| VOA Learning English | Beginner | Slow, clear speech – perfect for Month 1 |

| TED-Ed (YouTube) | Intermediate | Academic vocabulary, Section 4 preparation |

| IELTS Cambridge books 15–17 | All levels | Real IELTS exam listening |

| BBC Radio 4 In Our Time | Advanced | Complex academic discussions (Month 3–4) |

| English movie with EN subtitles | All levels | Natural speed, real expressions |

✅ Final Band 6.5 Checklist (Exam Week)

Listening ✅

- Reading ALL questions before audio starts
- Spelling checked on all written answers
- Sections 1–2 score: 8–9/10 consistently
- Section 4 score: 6–7/10 consistently

Writing ✅

- Task 2: 260–280 words with clear structure
- Task 1: 160–180 words with overview paragraph
- Using at least 3–4 different conjunctions per essay
- Using synonyms – not repeating same words

Speaking ✅

- Part 1 answers are 3+ sentences, not 1
- Part 2 cue card fills full 2 minutes
- Using discourse markers naturally
- Part 3 answers show reasoning, not just yes/no

Reading ✅

- Finishing all 40 questions in 60 minutes
- Skimming passages before answering
- Not overthinking True/False/Not Given

You have 4 months. 2.5 hours every day. That is 300 hours of focused preparation.

*300 hours of the right practice WILL get you to Band 6.5. Start today. 💪 *