



**An Internship Report on
Pursuing IELTS Journey:
A Transformative Reflection of Learning, Discipline and Resilience**

**Submitted To
Md. Delowar Jahan
Lecturer
Department of English
Daffodil International University**

**Submitted By
Taieba Islam
ID No: 221-10-1081
Batch: 55**

Date of Submission: 15th December, 2025

**This Report is Submitted for Fulfillment of the Requirements for the Degree of
B.A (Honors) in English**

**DEPARTMENT OF ENGLISH
DAFFODIL INTERNATIONAL UNIVERSITY**

Fall 2025

Pursuing IELTS Journey: A Transformative reflection of Learning, Discipline and Resilience

Declaration of the Report

I, Taieba Islam, hereby declare that the report titled “Pursuing IELTS Journey: A Transformative Reflection of Learning, Discipline, and Resilience” is an authentic and original work completed to fulfill the requirements of the Project Paper with Internship (ENG 431) course under the Bachelor of Arts (Hons) in English program at Daffodil International University during the Fall Semester 2025. This report is based solely on my personal observations, reflections and experiences throughout my preparation for the International English Language Testing System (IELTS).

The work presented here has been carried out as part of the “Project Paper” course (Course Code: ENG 431) and was prepared under the supervision and guidance of Md. Delowar Jahan, Lecturer, Department of English, Daffodil International University. I further affirm that this report has not been submitted to any other institution or authority for academic or professional purposes.



(Signature of the student)

Name: Taieba Islam

ID: 221-10-1081

Batch: 55th(22nd)

Program: B.A. (Hons) in English

Department of English

Daffodil International University

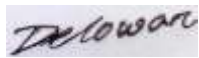
Authorization of the Supervisor

This is to certify that Taieba Islam, a student of Daffodil International University bearing the ID number 221-10-1081 has successfully completed the Project Paper titled “Pursuing IELTS Journey: A Transformative Reflection of Learning, Discipline and Resilience”. The project has been conducted as a requirement for the Internship Course (ENG 431) under my supervision.

Throughout the entire duration of the project and the associated IELTS preparation process, I have had the opportunity to supervise, guide and observe the student’s progress closely. From the initial proposal to the final submission of the report, I have provided academic support, constructive feedback and necessary direction to ensure that the work meets the standards of the B.A.(Hons) in English program.

During this period, the student has consistently demonstrated strong commitment, responsibility and enthusiasm toward the successful completion of the project. Their disciplined approach, reflective thinking and eagerness to engage with the learning process have been evident throughout the internship. I have also observed the student’s ability to apply theoretical concepts to real-life experiences, particularly in the context of IELTS preparation, showcasing both intellectual maturity and practical understanding. It is with great satisfaction that I acknowledge the student’s hard work and commendable performance. I am confident that the insights, skills and experiences gained through this endeavor will contribute positively to their future academic growth and professional development.

I extend my sincere appreciation and best wishes to Taieba Islam for the successful completion of this project and for their commitment to academic excellence.



(Supervisor’s Signature)

Name: Md. Delowar Jahan

Designation: Assistant Professor

Department of English

Daffodil International University

Acknowledgement

At the outset, I would like to express my heartfelt gratitude to the Department of English, Daffodil International University, for giving me the opportunity to prepare this internship report titled “Pursuing IELTS Journey: A Transformative Reflection of Learning, Discipline and Resilience.”

I am deeply thankful to my respected teachers for their continuous guidance, inspiration and encouragement throughout my academic journey. Their support played a vital role in motivating me to improve my language skills and pursue the IELTS examination with confidence.

I would also like to express my appreciation to my friends and peers who shared valuable study strategies, participated in speaking practices and contributed to my learning environment. Special thanks go to my speaking partner, whose cooperation helped me overcome hesitation and improve fluency.

I am additionally grateful for the resources that supported my preparation—including Cambridge IELTS books, YouTube channels, BBC News, Makkar IELTS materials and digital tools like ChatGPT—which enriched my practice and understanding of the test format.

Finally, I thank my family for their constant encouragement, emotional support and belief in my abilities, which strengthened my determination throughout this journey.

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Abstract

This internship report provides a comprehensive overview of my preparation for the International English Language Testing System (IELTS), which I completed on 15 November 2025 and registered under the British Council. The report outlines my study strategies, preparation techniques, resource selection, daily routines, challenges and achievements throughout the journey.

My preparation included using Cambridge Books 10–20, Makkar IELTS materials, YouTube tutorials, ChatGPT feedback, and consistent practice in all four modules: Listening, Reading, Writing, and Speaking. I undertook three full mock tests, received detailed feedback and strategically improved weaknesses. I also practiced speaking with a friend, followed structured study schedules, and used time management strategies.

The report concludes with reflections on exam-day experiences, including maintaining composure, bringing necessary documents and dealing with environmental conditions such as cold AC temperatures. Overall, this journey enhanced my linguistic confidence, academic discipline, and readiness for global academic and professional opportunities.

Chapter 1

Introduction

IELTS has been identified as one of the most prominent and trusted English language proficiency tests in the world. The test has been accepted for over thousand institutions by universities, professional organizations and well as immigration authorities. All these things making it a pathway for those who aspire to move to English-speaking nations for studies, work or residence.

This internship report covers my experience in how I prepared for the aforementioned IELTS test, which I took and succeeded in on 15 November 2025 from Bangaly IELTS, as I had registered with the British Council. This report discusses how important IELTS tests are and also discusses different ways that I used in preparation. Further, this report also illustrates different challenges that I faced in this long preparation, as well as how I learned different skills.

This report also shows my structured practice, constant discipline and a passion for development my English and my preparation went beyond the boundaries of an academic necessity. This journey of transformation has helped increase my confidence, resistance and skills in languages. This report looks back at this journey and discusses the strategies that helped increase my efficiency in all four modules of this course, which are Listening, Reading, Writing and Speaking.

Chapter 2

Objectives of the Internship

Following are the specific objectives of the internship report:

1. To record my entire IELTS preparatory journey by defining the methodology, techniques and strategies used.
2. The use of self-study materials is to be considered, including Cambridge books, online resources and digital platforms like You-tube, Facebook.
3. The difficulties, if any, in its preparation and the approaches made to overcome those challenges.
4. It will reflect my personal growth through discipline, resilience and building confidence during the process.
5. It will shows my assess my progress with practice exams, vocabulary building and skill-based learning.
6. I have thus gained quite a valuable amount of experience which hopefully can provide some insight and advice to future candidates of IELTS.
7. To work more efficiently, I focused on setting clear goals and organizing my tasks by priority.

Chapter 3

Methodology

The approach that has been followed for this internship report is a combination of direct participation, observation, reflective practice, and document analysis. In the process of my preparation for the IELTS examination, I have systematically collected information on progression and documented my experiences of learning.

1. Data Collection Method

I performed a few structured learning activities to prepare for IELTS efficiently practiced sessions regularly and gave 3 mock test exams. After exam I get feedback from instructors. These experiences were going to be the main basis of this report. On the other hand, throughout my preparation, I had personal notes that helped me reflect upon my strengths, weaknesses and improvement over time.

2. Participation in Mock Tests

I registered for academic IELTS. I undertook three full-length IELTS mock tests. Each test covered Listening, Reading, Writing and Speaking. After every mock test my mentor would provide me with feedback regarding my grammar, pronunciation, fluency, coherence. My overall marks showing my language skills day by day. This was incredibly essential in bringing out the exact areas that needed work and thus helped me adapt my study approach.

3. Observation and Experience on Exam Day

This report also includes first hand experience from the actual day of the IELTS exam. I documented all the processes, including the items I brought with me such as my passport, one photocopy of the passport and a jacket to put on inside the exam room as the air conditioning temperature was colder than expected. These observations helped me grasp how environmental issue can affect test performance.

4. Learning Materials and Resources

I have used various academic resources for my preparation such as IELTS practice books, internet materials, video lessons and instructor-led sessions. These resources were studied to determine the structure of the test, question patterns and grading standards. All information that was collected from these resources added to the accuracy and depth of the report.

5. Reflective Analysis

I followed a reflective approach throughout the period of internship. After each mock test, class or session of feedback, I sat to reflect on what I learned what were the areas that presented challenges and how I can do better. These reflections went a long way in underlining various pointers toward growth and shaped the content of this report.

Chapter 4

My Internship Journey

This report summarizes my internship experience in IELTS preparation, including the challenges which emerged during the preparation process. I have learned some significant lessons. The internship was an excellent chance to develop overall language skills, with specific attention being given to the four main areas that make up the IELTS exam: hearing, reading, writing, and speaking.

4.1 Introduction to the IELTS Exam and Its Significance

The International English Language Testing System (IELTS) is an English language proficiency test recognized internationally for people intending to study, work or migrate into an English-speaking country. It has taken by British Council or IDP. In the IELTS exam, four major language abilities are tested, Listening, Reading, Writing and Speaking. Each module is designed to test linguistic ability such as vocabulary control, grammatical accuracy, fluency, coherence, understanding and communication skills.

English has become today an international language of instruction, employment, communication and mobility across the world. It thus becomes imperative for students to seek admission to prestigious universities abroad. It also helps professionals to pursue career opportunities in other countries and immigrants to move to Canada, Australia, the United Kingdom, America and many countries. IELTS is indeed a ticket to academic success, career enhancement and global migration routes.

Understanding its importance, I initiated my IELTS journey with strong dedication and a commitment to systematically developing my English proficiency.

4.2 Pre-Exam Activities

The choice of Study Materials

It was necessary to use the appropriate study tools in my preparation of IELTS. I had to have different resources as I have to cover all the test elements and as well as be as a learning style.

Books: I have basic well-known IELTS preparation books that describe concepts in a straightforward and clear manner and contain exercise tasks. I evaluated the possibility of taking Cambridge IELTS, Barron IELTS and Oxford IELTS.

Online Materials: I have used such websites as the British Council and IELTS Liz to get free practice tests and professional advice. Use of internet forums made me interact with other test takers.

Practice Tests: A large number of work on practice tests aided me to learn how the test is divided and time-bound. I needed official practice exams at the British council. Listening forms

part of the test and thus I listened to CDs and audio online with various accents. To enhance my listening I also listened to podcast and English news.

Vocabulary and Grammar: Book and app mastery of the grammar unique to the IELTS as well as my expansion of vocabulary, were crucial to both the speaking and the writing.

Tips and Guides: I used the guides that provided tips on how to perform in this or that section of the test. They assisted me in organizing my time and perfecting examination techniques.

Time Management and Schedule of Study

During the IELTS preparation, I was aware that this required a good time management and clear strategy.

Here's what I did:

Figure My Time: I estimated the number of hours I had to spend on studying and I factored in other recreational pursuits.

Establish Objectives : I formulated a target score and a time to take the test and subdivided the target into smaller objectives that were related to each section such as how to listen better or learn new vocabulary.

Create a Timetable: I also made timetables of study per day and I employed a journal to make myself organized. I concentrated on the most important aspects of the test, e.g. practice tests or areas of weakness. I did not allocate excessive time to listening, reading, writing, or speaking, but gave more time on areas I needed most.

Tracking Progress:

Tracking my progress during IELTS preparation was necessary since it allowed me to know what I was doing and what I was not doing. Here are the steps I followed:

Mock Tests:

I also engaged in complete test run so as to gauge my preparedness to the actual test. I followed all four modules and took my time to work in the conditions of the real examination. Using the official or credible resources of practice assisted me in obtaining correct outcomes. I examined my score after every test and highlighted my areas of strength and weakness. The analysis enabled me to organize my next actions.

Feedback:

I requested feedback of teachers after completing each of the mock tests. I matched my answers against the correct answers in order to know my errors. There were also certain errors that were repeated and this made me realize the areas that required an additional focus. I documented my test results and my feedback to track my performance with the passage of time. This served to aid me in determining my progress in certain skills. As a result of this analysis, I lay new objectives and updated my plan to study to keep me focused and fruitful.

Identifying Weaknesses:

Based on my results of the practice test, I saw precisely what I had to work on, which might be listening comprehension, reading speed, writing accuracy or speaking fluency. To achieve these targets, I designed practice regimen that focused on these aspects and this assisted me to attain consistent and concentrated progress.

Continuous Improvement:

I had prepared that continuously. I continued to do mock tests, review and improve on my weaknesses. I would go back to the challenging areas frequently to make sure that I am on track and I would update my methods of studying when it was needed. This never-ending loop contributed to my development and made me better and ready to take a real test.

4.3 My Exam Day Experience

To make sure that exam day runs as smoothly as possible,

On the day of the exam, I had a healthy breakfast of eggs, milk and nuts so that I could keep myself focused and energized throughout the test. I brought along a bottle of water into the exam room and my passport, essential documents and a jacket as it was an air-conditioned room.

After entering the test center, I went through the standard security checks. No pen, extra paper or even tissue was allowed inside the room. The exam environment was calm yet slightly tense, as is expected for a high-stakes test. The examiners were supportive and helped me understand the procedures clearly.

During the Speaking test, I came to the venue one hour in advance in order to get myself ready mentally. In the Listening module, while the audio was playing, I tried to keep calm and listen carefully; then I could mark the right answer without being stressed out.

4.4 Facing the examination

Listening Section

I analyzed the questions, underlined keywords that came up and also took short notes while listening. Even if I missed something, I remained calm and focused on the next questions. Later, I had 10 minutes to transfer my answer to the main answer sheet and I used my time properly.

Reading Section

I skimmed and scanned this passage to understand it as fast as I could. When unsure, I made educated guesses instead of leaving answers blank. I also concerned about the time.

Writing Section

I want to give thanks to my morning writing practice. I made sure that my responses were clearly structured with proper linking words and grammar checked where possible. I planned out what I wanted to write before beginning while making sure I followed all of the instructions. I also followed some templates for improve my writing skills.

Speaking Section

I had put in more speaking practice and I was quite confident. The speaking practice with my friend and preparation of Makkar IELTS book's questions helped me to answer fluently and naturally. I had answered clearly and arranged my ideas before responding.

4.5 Post Exam Activities: Result Collection

I got my score on 28th November, 2025 after writing the IELTS test. Most tests provide the scores in various forms and this may be determined by the kind of test. In the case of a paper-based test, the candidate may pick his TRF at the exam center or it can be sent to him or her. In case of computer-delivered tests, it is 2-3 days. The outcome would be put online and the candidates will be informed through email. Nevertheless analysis of the score is a significant aspect of post exam process. To grade all four parts, there is a band scale of 0 to 9 with 9 being the master of the English language and 0 being the lack of any ability in English. The mean result of the four modules, which entailed listening, reading, writing and speaking, gave me my total score.

Besides the overall score, I also obtained individual scores on a section to know my performance in different areas. The scores are to be rounded to half or whole band e.g. 6.25 would be rounded to 6.5 and 6.75 would be rounded to 7. I scored 6 in overall band score, 6.5 in listening and 6 in reading, writing and speaking respectively. The scoring involves accuracy, patterns of ideas and language proficiency per each ability and the TRF or online score report also has personal data, exam date, mp passport size photo and validity of the scores which is normally two years old, an element that would enable me to imprint my future learning and preparation methods.

Chapter 5

Outcome of the Internship

This internship was a great experience that enhanced my academic and personal development. It plays a significant role in enhancing all four language skills and deepening my understanding of the format of the IELTS exam. It helps through disciplined study, consistent practice and use of diverse resources. The experience improved my time management skills, self assessment abilities and confidence in handling exam tasks.

My daily routine of vocabulary building, mock tests and speaking with peers helped me be consistent and focused. It helps me to overcome by anxiety and nervousness. Moreover, communicating with online platforms and authentic materials gave me more learning strategies. It helps to achieved an excellent results, during the IELTS a total band score of 6.

In consequence, the period of the internship was not only a time for exam preparation but an integral process of learning itself. It taught me the value of planning, persistence, reflective practice and self-care. The lessons learned during this journey will keep guiding my language development and academic pursuits throughout my life and thereby make this internship enriching and formative.

5.1 Important Lessons Learnt from IELTS Journey

My IELTS preparation journey taught me a number of important lessons that go beyond the area of language learning. One of the most important lessons was in time management. Firstly a balanced schedule of daily practice, mock tests, learning vocabulary and revision helped me to understand how to organize my study schedule effectively. This skill helped me in improving not only exam preparation but overall academic discipline.

In addition I have also learned the virtue of patience and constancy. Improvement in language does not occur at once and progress often happens gradually. I practiced a lot. I was trying to read articles, listen to BBC news or doing Cambridge books. It taught me how to stay patient and hold confidence in the process. This patience allowed me to reduce my stress level and permitted me to approach challenges with a clear and composed mind.

Furthermore, the other major lesson was the improvement in basic language skills. By listening, I could become more capable of understanding even different accents, catching main information. Reading allowed improving both comprehension and speed. Writing tasks strengthened my capability to organize ideas clearly, while speaking practice boosted my fluency and confidence.

Apart from academic skills, I learned the importance of self-discipline, motivation and independent learning. I realized how meaningful it is to employ a variety of resources in support of learning, from videos and books to mock tests and online platforms. This experience showed me how to take responsibility for my progress.

Overall, the preparation journey for IELTS taught me life skills like focus, resilience, effective planning and continuous learning. These lessons will be valuable throughout my academic and professional life, far beyond the exam itself.

5.2 Recommendations for Future Learners

I would thereby recommend future candidates with the following strategies based on my experience in IELTS exam preparation. To begin with, one needs to establish a consistent study routine. This will help one to build up solid foundational skills over time through day-to-day practice in all four modules. In addition, reliable resources like Cambridge IELTS books, online videos and mock tests may bring familiarity to the candidate with the realistic format of the exam.

Future learners should then focus on vocabulary building in a gradual way. Instead of trying to memorize scores of them, it is easier to learn a few new words every day. Adding idioms, collocations and everyday expressions will lead a learner to speak and write much better.

It is also very important to take mock tests under conditions of timing. This way, students develop their speed, accuracy and confidence. It is also very useful to record speaking practice or to practice with a partner.

Finally, mental and physical health should be of great concern to any future candidate. Proper sleep, healthy nutrition and a clear head on the day of the exam provide significant improvement. Thus, discipline, patience and self-confidence hold the key to success.

5.3 Shortcomings of the Internship

Although my internship period turned out to be highly productive, it still had some constraints. One of the biggest challenges I have witnessed personally and had to tackle during my internship period is staying patient, especially in instances where I could have benefited from expert knowledge and coaching.

Time and resource were some challenges I faced. It was not easy finding enough hours to practice and undertake my duties at the same time. It also took quite a bit of discipline to practice on my own. It was not easy staying motivated and committed to my practice. The cost associated with IELTS preparations was also very high, requiring almost 30,000 Taka.

Despite these limitations, I would say that my internship experience overall has been extremely valuable. It has taught me perseverance, drive, and the importance of having structure and organization in my studying. My experiences have made learning more meaningful and will serve me well down the road.

5.4 Future Plan

In the future, my goal is to pursue my higher education abroad and explore new diverse learning methods. The preparation journey for IELTS has strengthened my language proficiency and boosted my confidence level. It makes me better prepared for international study opportunities. I will apply to renowned universities which offer courses suited to my interest and goals.

Also, I am committed to sharing knowledge and experience with other people. I will guide the future IELTS learner by offering practical advice in a study strategy and motivational support. Moreover I will share what I have learned during this internship and I will help others to overcome their challenges and make their academic dreams come true.

Chapter 6

Conclusion

My IELTS internship has really enriched and enlightened me for both academic and personal growth. I learned the importance of structured learning, discipline and effective study habits during this period. I further improved my language skills by practicing each module on a regular basis and learned to overcome any problem with patience and motivating myself towards my goal.

This experience also taught me the significance of the exploration of various learning material as well as the frequency with which I have to consider my progress. All activities in the daily vocabulary practices and even the complete length mock tests were a direct reflection on the creation of my confidence and readiness to take the exam. In addition to this, it was my last score which not only showed that I was proficient in English, but also an indicator of how I worked, was patient and tactical in the whole process.

Overall, this internship was more than just a course requirement. It turned out to be a valuable learning process where I learned some very important life skills such as managing my time, being resilient and cultivating independent study habits. These skills have already supported my academic growth and will continue guiding me in my future studies and personal development long after the IELTS exam.

Appendix 1

Plagiarism Report:

221-10-1081

ORIGINALITY REPORT

6%

SIMILARITY INDEX

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INTERNET SOURCES

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5%

STUDENT PAPERS

PRIMARY SOURCES

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4%

2

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2%

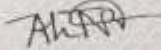
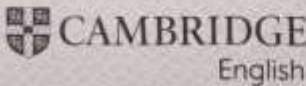
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Appendix 2

IELTS Certificate

IELTS™		Test Report Form		ACADEMIC	
NOTE Admission to undergraduate and post graduate courses should be based on the ACADEMIC Reading and Writing Modules. GENERAL TRAINING Reading and Writing Modules are not designed to test the full range of language skills required for academic purposes. It is recommended that the candidate's language ability as indicated in this Test Report Form be re-assessed after two years from the date of the test.					
Centre Number	BD001	Date	15/NOV/2025	Candidate Number	034624
Candidate Details					
Family Name	ISLAM				
First Name	TAIEBA				
Candidate ID	A19771798				
Date of Birth	07/01/2002	Sex (M/F)	F	Scheme Code	Private Candidate
Country or Region of Origin					
Country of Nationality	BANGLADESH				
First Language	BENGALI				
Test Results					
Listening	6.5	Reading	6.0	Writing	6.0
Speaking	6.0	Overall Band Score	6.0	CEFR Level	B2
Administrator Comments			Centre stamp		
					
			Validation stamp		
					
Administrator's Signature					
Date	26/11/2025		Test Report Form Number	25BD034624ISLT001A	
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