



An Internship Report on Striving for IELTS Proficiency: Processes, Progress and Outcomes.

Submitted To

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DEPARTMENT OF ENGLISH
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Declaration of the Report

I, Nayeemur Rahman, declare that the report titled “Striving for IELTS Proficiency: Processes, Progress, and Outcomes” is my original work, completed in fulfillment of the requirements for the Project Paper with Internship (ENG 431) course of the B.A. (Hons) in English program at Daffodil International University during the Fall semester of 2025. This report presents my personal observations and experiences from participating in the IELTS program and was prepared under the guidance of Mahinur Akther, Lecturer, Department of English, Daffodil International University.

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Authorization of the Supervisor

This is to formally certify that Nayeemur Rahman, a student of Daffodil International University, bearing ID number 222-10-1182 has successfully completed the Project Paper as part of the Internship Course (ENG 431) under my supervision.

I have had the privilege of closely supervising the student throughout the IELTS program, from the initial stages of planning the project to the successful completion of the internship. During this period, I provided guidance, mentorship, and constructive feedback to ensure that the student adhered to the academic standards and requirements of the B.A. (Hons) in English program.

Further, the student demonstrated excellent organizational and time management skills, ensuring that all aspects of the project were completed systematically and within the stipulated timeframe. He effectively balanced multiple tasks, showing resilience and adaptability in overcoming challenges that arose during the internship.

I am confident that the insights, skills, and experiences gained during this internship will serve as a solid foundation for his future academic and professional pursuits. It is with great satisfaction and pride that I acknowledge the student's exemplary performance, and I extend my heartfelt congratulations and best wishes to Nayeemur Rahman for his outstanding dedication, hard work, and academic excellence.



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Mahinur Akhter

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Acknowledgement

I am deeply grateful to the Almighty for granting me the strength, perseverance, and opportunity to prepare for the IELTS exam, and to my parents for their unwavering support, love, and belief in my abilities. I sincerely appreciate my respected supervisor, Mahinur Akther, Lecturer, Department of English at Daffodil International University, whose guidance, assistance, and constructive feedback have shaped my understanding and approach throughout this journey. My heartfelt thanks go to the University for providing the necessary resources, facilities, and a supportive academic environment, as well as to my course teachers for their dedication and expertise in enhancing my English proficiency. I am also thankful to all academic personnel, including mentors, advisors, and faculty members, for their continuous encouragement and valuable guidance. Their collective support has been instrumental in my progress, and I remain deeply appreciative of their efforts, prayers, and inspiration in helping me work toward success in the IELTS examination.

Abstract

This internship report presents the overall process of preparing for the International English Language Testing System (IELTS), highlighting the knowledge gained, strategies followed, results achieved, and future implications. The primary aim of the internship was to enhance student's English language proficiency and prepare them for both academic and professional environments where strong communication skills are essential. The most valuable aspect of this internship lies in its ability to create opportunities for higher education and career development through achieving an excellent IELTS band score. As English serves as the dominant global language, mastery of it is crucial for effective communication, academic success, and professional growth. The preparation journey required careful planning, including initial groundwork, selecting study resources, creating a study routine, taking practice tests, and analyzing feedback. Students strengthened their skills through self-study, attending preparation classes, and receiving guidance from mentors and peers. The internship ultimately led to a high IELTS band score, proving the success of the adopted methods and the dedication invested in the process. It also offered meaningful insights into the student's strengths and areas needing improvement in English proficiency. Beyond exam preparation, the internship improved communication skills, boosted confidence in using English, and deepened the understanding of lifelong learning and personal development. Moving forward, the knowledge and skills gained will be beneficial for academic goals, career opportunities, and overall growth. The IELTS preparation journey thus establishes a strong foundation that supports continuous language improvement and success in future endeavors.

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Chapter One

Introduction

The International English Language Testing System (IELTS) examines a person's competence level in English in his daily life. As English is the International language, it helps someone to admit in a reputed foreign university or join in a multinational company. It also useful to get faster visa approval for going abroad. By passing the test a student can take his first step to set a stable educational or professional aim. It makes the student qualified enough to connect with the modern world as English language matters in every sector.

The main target of the internship is to increase a student's skill for English along with preparing him for facing the exam. There are structured classes, impactful exercises, several methods which help the student for strong performance in all sections (Listening, Speaking, Reading, Writing). Preparation for the exam boosts the learner's confidence to adapt with real world's challenges consistently. By getting a good band score opens many doors for the student in global stage.

Chapter Two

Internship Objectives

1. To cover all the steps while getting ready for IELTS test throughout the internship period.
2. To describe how the skills grow through practice and observation.
3. To find out the challenges of the test and overcome the obstacles.
4. To utilise the outcome of the journey by being competent in English.
5. To use the skills in real life and being more patient, hardworking and consistent.

Chapter Three

Methodology

IELTS shows my current level, strong points and weak points to find out where to improve. After catching my ability to use the language I start taking help from online sources and practice materials. Then came a custom timetable, listing everyday plus weekly aims, mixing self-study tasks along with regular checkings. The routine included studying articles, using audio clips, drafting model answers, doing spoken activities. All refined through live sessions run by qualified teachers. Regular practice tests followed real exam settings; feedback from teachers, classmates, or guides pointed out weak spots. Because of that, these gaps were worked on using targeted exercises grammar, word knowledge, or test methods took priority when needed. Progress comes through a steady process by reviewing results. Examining the result solves the challenges over time and makes more skillful.

Chapter Four

4.1 My Internship Pathway

This report covers my IELTS journey by showing the difficulties I faced, lessons I learned and also the result I got. It improves 4 skills of a language (Listening, Speaking, Reading, Writing) in a gradual process.

4.2 Introduction to the IELTS Exam and Its Importance

IELTS checks the ability of a English language user when he/she wants to study, work or live in a English speaking country. It focuses on the real life communication as well as the grammar rules. Further, a student can arrange the words properly, express his ideas clearly, understand underlying meaning, stay logical while communicating after passing the test.

4.3 Understanding IELTS in Relation to Academic and Professional Goals

Student need to know the outcome of the test while getting ready. Then, selecting preferable universities and their requirements. Medicine, Banking and Tech related job sectors need high quality speaking skill. In much the same way, people applying for long-term stay in places like Canada, Australia, the UK, or New Zealand have to submit scores because rules require it. So grasping its purpose becomes key for anyone planning international education, job shifts or moving abroad.

Chapter Five

Taking Preparation for The Exam

Picking the right study materials helped me prepare for the IELTS, covering each part properly while fitting my learning style. Rather than relying on a single resource, I used different ones: popular guides such as Cambridge IELTS books, Rachel Mitchell's handbook for Writing Tasks 1 and 2, together with Makkar's speaking notes - all giving straightforward explanations and enough practice. For digital support, sites such as British Council, Banglay IELTS, and IELTS Mahir gave sample exams, useful hints, and practical strategies. Meanwhile, discussion boards let me exchange ideas with others preparing too. Taking mock tests often especially those from British Council, helped adjust to the structure and time limits of the real exam. To sharpen listening abilities when facing different native speaker accents, I turned to audio sources like podcasts, international news clips, and focused IELTS listening content on YouTube.

Good planning helped me manage IELTS preparation alongside regular tasks. Instead fixed blocks, I checked how much time I could use each day. Rather than strict hours, a loose timetable worked better. Tough skills got more focus at first, yet all four parts stayed included every week. Taking pauses kept energy up, while small changes to the routine kept things realistic.

I tried different ways of studying to see which was most effective. On my own, I set up a calm space, used several materials, while checking improvement through mock tests to spot weak areas. Studying with others boosted me, enabled exchanging tools and work on speaking together.

Making sure things were moving forward kept me focused. Since I practiced often with timed trial exams, I could see where I stood; this way, checking each result became easier. While some input came from teachers, peer comments also played a role. As test rounds continued, insights led to small changes, which slowly built stronger abilities. Over time, that process made facing the IELTS feel more natural.

Chapter Six

Facing The Exam

That morning, I was excited but nervous about the test. Instead of having a heavy breakfast, I went with something simple to stay alert. My bag held just what I needed pencils along with ID, all set the evening prior. To avoid any chance of arriving late, I headed out sooner than normal. As I stepped inside, I stopped a moment, taking slow breaths to focus.

During the exam, I stayed composed by tackling each piece one at a time going over sections carefully. After finishing, I took a short break to mark what seemed easy or hard; rather than dwell, I redirected focus to ease pressure. This approach helped me remain balanced all day, fairly confident but relaxed.

While getting ready, I looked at every part closely. In the listening part I need to concentrate properly. During reading, I use the tricks of scanning and skimming. In writing, I think about the topic first then organise it in essay form. For speaking, I just want to be fluent and clear rather than strictly following grammar rules.

Although I was ready, pressure made the exam seem harder I momentarily drifted off track. As doubts appeared regarding reaching my goal mark, steady practice helped me stay composed at the crucial moment.

Chapter Seven

Post Exam Activities

Once I finished the IELTS test, I began expecting the scores set to arrive on September 26, 2025. As time passed, I took moments to think. However, I kept using English every day. Instead of stressing, I looked back at how I did: recognizing what worked, seeing where it was tough, but not jumping to conclusions. For balance, I picked low-pressure activities - skimming news titles quickly, hearing short audio clips now and then, or practicing phrases gently - just enough to stay in touch.

While waiting, I mapped out what to do next based on the result. In case I hit my target score, I would move forward with education and job plans. Otherwise, I would work on weak spots or sit for the test again. After the exam came a phase of mixing expectation with practicality keeping spirits up while steadily building English ability before scores were released.

Chapter Eight

The Outcome of the Internship

When I look back on my IELTS preparation, I see my struggling phase to improve some specific segments. Listening and Writing were my strong zones but I faced challenges in Reading and Speaking skill. I was in trouble to deal with different accents in speaking and maintaining time in the reading part. As I caught my gaps, so I started working hard on it.

Reviewing my own scripts honestly inspired me to be more consistent. IELTS preparation not only improves my English skill but also built self-belief, focus and dedication to ongoing growth.

Chapter Nine

Key Insights Gained from The IELTS preparation

Focusing on the test helped me to learn more than just getting a good score. I used to follow my routine for the test, even in my tough times. I improved myself gradually. Good organization mattered, so did adjusting when needed, finding what methods fit me, or reaching out for help now and then. Progress came from building abilities step by step while staying motivated, aiming clearly, yet being open to constant improvement. In fact, these takeaways went further than test training; they built habits useful in everyday learning and self-development.

Getting ready for the IELTS really improved how well I listen, speak, read, or write in English skills needed not just for tests, yet also for school and work. Being good at English can lead to studying abroad where people use it every day, helps find better jobs, while giving a boost when aiming higher in careers, particularly within worldwide groups. Knowing English fairly well makes it easier to understand others from different cultures. Besides helping teamwork across borders. Since picking up a language takes time plus effort, I aim to keep growing by learning more along with using movies, news, or books in English.

Chapter Ten

Future Plan

After getting my desired score I will apply to my dream universities as they need proof of English ability for higher education. Within this period, I will find out some jobs where fluent English matters most. Again, I will continuously practicing the language and develop my level of competence. Moreover, I will try engage myself in English debate competitions for my growth.

Chapter Eleven

Conclusion

Preparing for IELTS opens my eyes to understand the language in depth. I am grateful to my parents, mentors, friends who support me throughout the preparation. They give me tips and encourage me every day. The learning process of the test improves my analytical ability and changes me. I focus on my goals while facing the challenges and create a never giving up mentality. I am ending this part feeling confident and ready, excited for what is next, knowing the growth and lessons from IELTS preparation still shape me where I am headed.

Chapter Twelve

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Chapter Thirteen

Plagiarism Report

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