



An Internship Report on
From Practice to Progress: A Journey to IELTS Success, Insights
Gained, and Tactics Employed

Submitted To

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

DEPARTMENT OF ENGLISH
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Declaration of the Report

I, Md. Atik Hasan claims that the report “From Practice to Progress: A Journey to IELTS Success, Insights Gained, and Tactics Employed” is my work. I completed this paper for the completion of the course title Project Paper with Internship, and the course code of the subject is ENG 431. This work is for the Bachelor of Arts (Honours) in English at Daffodil International University for the fall semester 2025.

The report relies on my observation, my own study, and the experience that I gained through the preparation for the International English Language Testing System. This report highlights my own strategies that I applied during my practice session. I included the formula and strategies on how to overcome the challenges in the four sections of IELTS, such as reading, writing, listening, and speaking. No part of this report are directly copied or pasted from any resources; I witness that this is my own work and all sources are properly acknowledged. The project was completed under the supervision of Dr. Ehatasham Ul Hoque Eiten, Assistant Professor and Head of the Department of English. I take full responsibility for the originality and accuracy of this work.



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Authorization of the Supervisor

This is to certify that Md Atik Hasan, a student of Daffodil International University, ID No. 221-10-932, who is enrolled in the Internship course (ENG 431), submitted the Project Paper under my supervision. It was my pleasure to supervise this student through this course, especially because the course is connected to the IELTS exam that he is preparing for. The student showed a remarkable ability to learn, understand, and implement academic concepts from the classroom to concrete tasks for the IELTS exam. This shows that the candidate is capable of delivering academic concepts from the classroom to the real world, thus finding practical applications for what is learned. It is a vital skill because this candidate is able to learn, get good grades, and implement this knowledge to get good grades or achieve a high standard pass.

I am impressed by his accomplishments and the standard of work done throughout this internship. His performance shows signs of development on an academic as well as a personal front. I am positive about the fact that this experience and the confidence that he now possesses shall benefit him throughout his academic and professional lives. Lastly, I am expressing my sincerest commendations to Md. Atik Hasan for his efforts and accomplishments. I wish him well in both his academic and professional life.



Dr. Ehatasham Ul Hoque Eiten

Assistant Professor and Head

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Acknowledgement

This report is mainly dedicated to those faculty members who provide me with continuous guidance and motivation in fostering and nurturing my academic life. For their continuous suggestion on writing and training, which makes it possible to produce a successful report. Without their guidance, it would be quite impossible to write.

Firstly, I would like to share my heartfelt gratitude for the guidance of Dr. Ehasham Ul Hoque Eiten, Assistant Professor and Head of the English dept. in DIU. It is really a great fortune to work under his supervision. He helped me with his clear-cut direction and feedback on my ongoing progress several times. He also motivated me with various examples and from his real-life experiences, which ultimately helped me to motivate myself during the preparation and mock tests.

Finally, I also include all staff and faculty members in the English department for their holistic contribution and modern facilities. It is through their dedication to creating a nurturing environment for learning and providing necessary tools that a smooth process of preparation was made possible for this project.

Special mention must be made to my family and friends, who have had to be tolerant of the periods of time that I had to spend studying, and who have encouraged me to keep going through difficult periods. It is to them that this report is dedicated. Finally, I am grateful for being a part of the IELTS program. The experience added to the learning process, developed language skills, and provided valuable lessons on exam preparation. All lessons generated from this experience have been found to be of immense value for future academic or professional purposes.

This is a result of collective effort, and the writer is extremely grateful to each person who was a part of this experience.

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Abstract

This report is a brief and useful summary of the experience of carrying out an internship that centers on the preparation for and actual conduct of the International English Language Testing System, or IELTS. The key task of this report is to describe the methods of study, the logic behind these methods, and the corresponding gains that have occurred. The internship is done such that the theoretical ideas of cohesion, lexis, and task understanding, among others, can be combined effectively with actual test experience. The report starts by discussing the objectives of the internship, and then provides a short overview of the study plan, materials, and routines that have been adopted. It continues to break down the experience into three parts: pre-examination activities such as planning, practicing, and time management; examination day activities such as maintaining calm, following instructions, and test-taking techniques; and post-examination activities such as reviewing, gentle practicing, and follow-up. Special attention is given to typical areas of trouble, such as handling time pressure, making minimal inferences from what is read, structuring ideas for writing, and sustaining fluency when speaking, along with helpful techniques that worked, such as keeping error journals, reviewing each week, and basic breathing methods. In the reflection section, the important gains that have occurred include better focus, better timing, better structure of arguments, and greater confidence. Overall, the findings of this report make it clear that through persistent practice, smart planning, and honest evaluation, there is improvement as well as a decrease in stress levels. The report ends with a summary of advice for any prospective candidate, encouraging goals to be set on a weekly basis, using and linking to official IELTS materials, error evaluation, and speaking practice. Overall, this report is a learning record as well as a tool for improvement for those seeking to learn about better methods of passing IELTS.

Introduction

The International English Language Testing System, or IELTS, is a widely recognized test of English competency for the purpose of studying, working, or immigrating. The test scores can be almost universally accepted by institutions of higher learning, human resource managers, or even gatekeepers of institutions for immigration because this test shows that a person is capable of understanding and using the English language effectively. Getting a strong result from this test can provide vital opportunities for a student who wants to study internationally or even undertake a career worldwide. IELTS test preparation is much wider than just preparing a list of grammar rules or vocabulary; there is a need for considerable development of skills, and these skills include skills of a different kind, such as listening, reading, writing, and speaking.

The goal of this internship is to improve overall English proficiency through practice and well-preparation. The student who desires to get a handsome bandscore, he must cover the four different parts of the IELTS wisely. Not only help to get a good score, but it also introduces several key essential skills which are proven to be very beneficial both academically and professionally, for instance, setting new targets every day, working on a set time, and also reviewing and getting feedback where is errors. It's a practical approach in measuring language capabilities that ultimately recognizes the ability to understand of English language, as it is welcomed for higher study and success in corporate settings. Speaking on various random topics boosts cognitive thinking and instant brainstorming, and excellent writing skills are good for composing an email for various academic and professional purposes.

In the twenty-first century, IELTS might seem to be a good investment for the future because English is an international language and more than 1.5 billion people communicate in English. So, it is not only language the core element for maintaining international relationships and fostering trade and commerce. This report paper will be beneficial for future candidates who intend to sit for the IELTS examination by observing the factual assertions of the process in sequence.

Internship Objectives

This report has six main goals:

1. During the internship, I prepared for the examination and suggested why I chose it and what the reasons were behind this.
2. Explaining the effective study process and materials I used to improve listening, reading, writing, and speaking, and how effective they were.
3. Describe how I overcome test anxiety and manage to work under time pressure.
4. Illustrating the classroom lessons to create a bridge with the IELTS syllabus, like paragraph structure and vocabulary, which are applied in the real test context.
5. Highlighting the key assessments of my study habits, time management, confidence building and test strategy.
6. Giving easy and helpful suggestions for future candidates and sharing how to stay motivated by completing weekly goals, error tracking, and timed practice.

Methodology

To prepare this report, a real-life experience is required to incorporate with the internship course, English 431. For this reason, information was taken from more reliable sources, for instance, using the Cambridge official websites to collect demo question patterns and basic information. I also allocate a set of books which contains the real formats of the exam papers, which help me to solve those questions and tells me what my possible score would be. These materials were divided into four categories, and each suggests unique skills to perform well. I planned a week-based schedule, for example, I practised first week reading and listening, and the second week for speaking and writing. And continued till the main exam of the IELTS. In the writing task, I faced trouble generating ideas for an essay. For this, I get help from Makkar with writing task 2, which is very beneficial for me to improve my writing and initial brainstorming to write well-organised ideas. And I practice my speaking more often in an online platform named Jump Pinto, which helps me to find out my errors in grammar and proper intonation.

Mock test exams were a key aspect of the strategy. Full-length practice exams for progress evaluation took place under timed conditions every two weeks. Evaluations after each mock test exam included a thorough review of mistakes made, with the aid of an error log maintained to note the type of questions or grammar points that need improvement. This made it possible a focus attention on these areas. Reflection and feedback contributed a lot to lessons learned. After each study and test attempt, a set of short notes was made to summarise best practices in the areas of my difficulty and modification attempts. Frequent meetings with the supervisor, Dr. Ehatasham Ul Hoque Eiten, provided beneficial feedback and suggestions, which proved really helpful. Practice meetings among peers allowed for immediate feedback on speaking skills. Speaking along with comparisons for strategy choice.

The activities of practising through structuring, mock testing, review, journaling, and supervisory feedback made up a continuous process of improvement. This was beneficial because progress, motivation, and improvement of studying methods enabled monitoring and attainment of a level of preparedness for the exam.

My IELTS Internship Experience

This internship is about a specific training for preparing for the IELTS test, and the difficulties experienced, what was learned, and progress made. The main aim was to improve skills for listening, reading, writing, and speaking to prepare for the test. The test is recognized worldwide for evaluation by universities, employers, and immigration officers. Every component of the test requires a different set of skills to be measured. These include skills for listening, which test their ability to understand English communication; for reading, where skills for evaluating and speed of evaluation are measured; for writing, where skills for expression and structuring of ideas are tested; and finally, for speaking, where skills for fluent expression and communication abilities are evaluated.

When writing about this internship experience, I applied a well-organized procedure in sequence. I try to solve real test materials, set an hour timer to solve writing, reading questions to ensure the tests are under timed conditions. In the reading part, I found my errors and located the passage again where I did not get the answer and marked them for my better understanding. In the listening test, I felt challenges to recognise the plurals 's' and sometimes spelling to erosion from the problem I regularly listen to podcasts in various accents, including those are Australians, Canadians, and the British are common. For my speaking, I record my voice on recoding and I play to avoid mispronouncing words and avoid mistakes regarding vocal.

Overall, the internship experience was much more exciting and important than preparing for the IELTS exams. It encouraged my soft skills and motivated me to study harder to gain helpful knowledge which could be applied to my further studies. It also helps me to confidently express myself through writing a new piece from my own perspective. I think it will be bear opportunity both in my IELTS exam and my further academic studies as well as achieve my professional goal in future.

Before Exam Activities

The choice of study Materials

Selecting proper materials for the IELTS exam was a good starting point for my initial journey. I utilized a combination of books, websites, and practice papers to adequately address all areas, as well as catering to my personal learning type.

- Books: I used credible books such as the Cambridge IELTS collection for actual exams, a mentor's book for Writing Tasks 1 and 2, and speaking materials from a book called Makkar.
- Websites: I referred to good websites such as the British Council, IELTS Liz, and IELTS Advantage. Other local websites, Banglay IELTS and IELTS Course by Munzereen Shahid, allowed me to understand what mistakes and techniques previous test-takers made.
- Practice Tests: I practiced complete practice tests to become acclimated to the test experience. Taking regular practice tests enabled me to gauge my timing.
- Listening Practice. I practiced my ability to listen to different accents and speeds by tuning to podcasts, news, or IELTS listening practice tracks.
- Vocabulary & Grammar: I practiced my vocabulary & grammar using topic-specific books for IELTS, as well as apps such as 'Duolingo' & 'EnglishScore' for correcting errors in grammar that can impact scores for writing & speaking.
- Tips and Guides: I read short tips about time management, questioning strategies, and exam day procedures. These tips assisted me to get rid of careless errors and make the most of my time during the exam.

By incorporating these materials, I get to practice in a variety of ways. I swapped the materials when something was not working and kept the ones that provided good, measurable results. Variety helped me make steady progress on each of the skills of listening, reading, writing, and speaking

Study plan & Time Management

The importance of good time management was the foundation to my IELTS study. I began to look at my week, trying to pinpoint available slots of time between my classes, tasks, and other commitments. By this, I was able to structure a workable plan that I could realistically abide by. Then, since my target was IELTS, I had to break this larger goal of mine into even smaller targets that I can quantify on a weekly basis. I scheduled myself using a planner, setting up dedicated study time each day, typically 60 to 90 minutes, with concentrated 25-minute bursts of study punctuated by brief breaks, a system of study known as the Pomodoro Technique.

This helps me to freshen my mind and allows me for active study. I avoid multitasking and fixed my schedule for different skills. I divided each day into two parts, for instance, one half I use for audio practice and on the other half for reading. On the other hand, next week I will do the same with writing and speaking, which will allow me to stay focused on my studies. But, it is not fixed at all. Beyond this, I also listen to podcasts and watch educational videos on YouTube. Which avoids me from feeling frustrated.

Engaging in Various Study Methods

In the pursuit of discovering the most suitable method, I had tested different techniques. During my studies, I chose to study in the early morning to ensure a quiet environment and be free from all kinds of distractions. I also allocated all the necessary materials, which are core for my studies, and access to the laptop and internet connectivity for searching word meanings and definitions. I had to make use of a combination of different materials, such as Cambridge IELTS books, the websites 'IELTS Liz' and 'British Council,' and mobile apps for vocabulary and grammar.

Group study encourages my learning a lot and gives me a new experience. In every session, we shared some vocabulary and collocation words with their definition and similar words, which helps us to remember the words. While speaking, we catch one another's mistakes by saying you should say this instead of saying that, which allows our learning in an free conditions. We check our writing and discuss how to avoid mistakes and improve writing by providing valuable feedback to each other. Shared knowledge and suggestions increased our dedication to perform well and earn a good score in the IELTS examination.

In a speaking practice session, I recorded myself while speaking to erases my wrong word choice and pronunciation errors. I listen to it further to check fluency and accurate intonation of words, phrases and sentences. I often use AI to assist me and help me find my errors and possible corrections I need to make. Truly, the preparation was so fun, I enjoyed listening practice and reading practice, especially academic topics, because they used varied information which I can relate to news or journals.

Tracking Progress

Self-evaluation is essential to be aware of own progress, so I can try to finish the whole test within a week. I reviewed my answers very carefully and focused on my mistakes, and tried to locate the answer that I had failed to locate. This strategy is so helpful for me, and I find my own progress over time. I always try to apply all the tricks and tactics that I learnt from guidebooks. This led me to locate the possible answer more precisely and within a very short period in the reading section. After the full test, I recorded my score and wrote it down in my notebook to discover my current level and overall score for each band. In addition, I seek help from my supervisor and peers who have taken IELTS as their internship. In reading, I struggle most, so I spent more time improving my reading. In writing, I memorise a lot of linking words which help me to earn a good score. To measure more precisely, I booked twenty mock tests at an IELTS coaching center to get authentic feedback with suggestions. I believed that this could help me to strengthen my foundation for the IELTS examination and help me improve my ability to measure the true score that I get. Demo mocks and self-measurement help me to track my current position and evoke a sense of relief that I will do better in the IELTS examination and get good marks on the IELTS examination.

Activities During the Exam

Finally, the day of my IELTS exam arrived, and I felt both excitement and nervousness. There is no simple trick to read out after the night of examination and do better, so I stayed calm and slept early and night. I woke up early morning and started my study as I did every day. After leaving for the exam hall, I ensured my passport, admit card, and all the necessary documents were in the bag. The exam hall is about two and a half kilometres away, so I don't have the fear of being late. So, I left home for the exam hall 2 hours earlier and reached there 1 hour earlier to get familiar with the surroundings and environment. It helped me to be mentally stable and prepared for the main exam. I took a deep breath and was confident enough to sit for the test.

During the exam time, my first intention was to remain calm and reduce all the anxiety. In reading and writing, I used my time more wisely. In the reading section, I decided to expend one minute per question, and if unable to find an answer, then skip and later once again find the possible answer. In the writing test, I used a quarter to solve task 1, and in the remaining three quarters, I spent on task 2. I divided those forty-five minutes into three parts, in which one quarter I used to prepare and generate my key ideas on the given topic, and another thirty minutes I spent on smooth writing with those specific keywords and ideas that I had already brainstormed.

The speaking test was held the next day after my listening, reading, and writing parts. This was the main challenge for me because I am a very shy person. Though with sufficient practice and courage, I am able to speak deliberately with the test taker. And I enjoyed the questionnaire because those questions are familiar to me, and it quite relatable with the Kiron Makkar Speaking practice notebook.

Instead sucked, I finally cope with all the difficulties of those four parts of IELTS. I do not work hard; rather, I try to work smart and wisely. In the queue card session, I developed an answer which I successfully finished on time, and the instructor reported that it was one and fifty seconds. Finally, I realized that I successfully completed the task with easygoing conversations. My persistence, patience and my true potential are finally on trial. Whether or not I am able to get my desired band score, those skills I developed through practice will be proven beneficial, and I am a witness to my growth and my first-hand experience.

Activities After the Exam

After completing the IELTS exam, I had a waiting phase for my result, for which I am expecting to get the result on the 20th of December, 2025. After giving my exam, I was full of hopes and anxieties, but I controlled myself. Instead of being anxious about my result, I analyzed my experience of giving the exam. I thought about those areas of my exam where I performed confidently and some areas where I found them a bit tough, but I avoided giving much importance to these. Also, to keep myself positive, I reflected on my effort that I had devoted to this exam. I controlled my ability to get anxious about the result by keeping myself occupied through some basic activities of practicing the English language.

Alongside this, I also made some plans for my future. If my score was what I was targeting, then I could proceed with my academic or professional goals, such as applications to universities or seeking career opportunities overseas. If, however, my score was lower than what I was targeting, then either I could give the test another try or work on areas where my skills require improvement. This is the stage where balance is required. It is a stage where one must have their feet on the ground, keeping in mind what is actually possible, and, at the same time, keep one's hopes alive.

Internship Results and Outcomes

Solving questions within a set time made me develop the proper usage of time wisely. Reviewing and analyzing mistakes from solving questions gives me an advantage to fix the problems with new strategies, which boosts my confidence. I used to apply where skimming and scanning were needed, which helped me a lot to develop my reading skills. I found keywords in the listening practice and guessed the possible answer by reading the question paper quickly. My speaking skills are more developed by reducing silly mistakes in grammar and mispronunciation of words, which is considered a strength as it better my intonation and pronunciation as well. On the IELTS exam day, I felt a little nervous, but with consistency, I managed to stay cool and calm.

Those habits and skills will be helpful for my further studies and work. It is linked with my classroom learning and creates a bridge with my preparation for examinations. Moreover, I gradually developed my soft skills such as time management, accountability and self-discipline, which will definitely be beneficial in my future studies and at my workplace.

The internship is not just a language learning experience, rather it built perseverance and discipline in my life. I learnt through student-centric learning step by step with clear plans and goals. I measured my English level and improved over time. These set plans and goals will help me in both my personal and professional lives.

Key Lessons from the IELTS Preparation

My own observation suggests that preparing for IELTS provides me with a wide range of reading and practice materials which extend far beyond English proficiency and effective communication. The most difficult aspect of this subject was, of course, the challenge of working under test conditions. Even if a person is adequately prepared, the actual test experience can be intimidating, and therefore, staying cool, calm, and collected is absolutely necessary. The importance of sound breathing techniques, positive mental talk, and even such mundane activities as carefully reading instructions, prioritizing one's time effectively, was a lesson that helped me significantly. Perseverance was another lesson that helped me pass through this ordeal. It is important to remember that improvement was, of course, a gradual process, and regular practice of listening, reading, writing, and speaking was quite helpful. It is a fact that improvement is made through making tiny gains each day, such as outlining essays, quick skimming of a passage to get a clue about the answer, picking up key words, and structuring my speech.

I realized the value of straightforward methods to be applied on the day of the exam. Answering questions in a prepared manner, guessing when encountering unread questions, and maintaining constant speeds when speaking allowed me to be composed. The efficient allocation of short, focused periods and short breaks when studying allowed me to remain energised. By reviewing my activities after practices and simulated exams, I was able to detect errors, correct them from the outset.

In conclusion, the most important takeaways for me from this experience of preparing for IELTS have been learning to cope under pressure, practising regularly, being tolerant of my progress, and remaining composed under pressure. These same skills can easily be applied to my future academic, professional, or any high-pressure situation. Doing IELTS prep was about much more than just acing the test.

Future Plan

Now, my future goals depend on my results for the IELTS exam. If I get my desired band score, that is a positive development. I am keen to get admission to a good foreign university, for which fluent English knowledge and a high IELTS score are necessary. Pursuing foreign education will increase my knowledge, and learning foreign courses and obtaining experience from a foreign country can increase my value for my future workforce. Not only this, but a good IELTS score can improve my professional reputation. I am eager to get a good job at a foreign company, where efficient English communication is necessary. This experience is vital for me because, through this, I can gain experience from foreign nationals, feel confident internationally, and grow faster to achieve my goals. In addition, if I am able to get the chance to migrate to an English-speaking country, my good band score will obviously give me an advantage over others. Now, my aim is to learn from different foreign cultures, making a flexible foreign career for myself. My goal to achieve my desired band score is to be a starting point for making a successful academic and professional step.

Since my own result might be lower than what is anticipated, I shall react to this situation calmly and rationally. I shall formulate a plan to improve my areas of deficiency. Additionally, since your situation regards being satisfied that your test result is accurate, you shall take appropriate steps to address this matter. Even if my test result is lower, I shall continue to improve my English capabilities through regular reading and listening to English content, writing my own reflection pieces, engaging in conversations with other individuals, and utilizing my skills within a professional setting. Furthermore, you shall become active within worldwide communities to constantly learn from them.

Conclusion

This internship report covers my experience of preparing for the IELTS exam. After preparing for the exam, I was able to learn about the structure of the exam, its importance, and its significance. By making proper use of books, test papers, websites, and speaking lessons, I was able to develop my skills to a considerable level. Even though I was feeling quite nervous, my habits, my patience, and my persistence all counted for a long time.

Another crucial part of this experience is the cycle of practice, evaluation, and feedback. This is because this experience enabled me to make connections between different concepts that I had learned which enhanced my skills and enabled me to work on my shortcomings. Also, this experience enabled me to improve my personal attributes such as discipline, determination, and accountability. Presently, as I wait for my test results, to be honest, I am quite hopeful because of the strong foundation that this experience provided to me.

In the future, I plan to take a course of study from the University of Canberra on TESOL to learn more about this area. My goal is to be a teacher who can help my students effectively using methods, materials, and techniques that can increase my own confidence, as well as that of my learners. These skills that I have acquired for this internship, such as lesson planning, error correction, time management, and staying composed under pressure, can be applied to my profession of a teacher. Whether my IELTS result is on target or requires improvement, I shall continue to learn and prosper.

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