



An Internship Report on
A Journey to IELTS Success: Insights Gained and Tactics Employed

Submitted To

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English

DEPARTMENT OF ENGLISH

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Declaration of the Report

I, Piya Khan, hereby declare that the report entitled "Unlocking Success: A Journey through IELTS Preparation" is my own authentic and original work, prepared in partial fulfillment of the requirements for the course Project Paper with Internship (ENG 431) in the Bachelor of Arts (Hons) in English program at Daffodil International University, during the Summer Semester of 2025.

This report is based entirely on my learning, reflections, and experiences gained throughout my participation in the International English Language Testing System (IELTS) program. It has been completed as part of the Project Paper *course* (Course Code: ENG 431) under the supervision of Prof. Dr. Binoy Barman, Professor, Department of English, Daffodil International University.

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Authorization of the Supervisor

This is to certify that Piya Khan, a student of Daffodil International University bearing ID number 213-10-779, has successfully completed the Project Paper for the Internship Course (ENG 431) under my supervision.

It has been a pleasure to guide the student throughout this project, from the initial planning stages to the final submission. During the IELTS program, I have closely observed the student's consistent effort, determination, and commitment to meeting academic standards. She has shown remarkable initiative, applied critical thinking skills effectively, and demonstrated a willingness to learn and improve at every step.

I have also witnessed the student's ability to connect theoretical knowledge from coursework with real-life applications, reflecting a thorough understanding of both the subject matter and its practical implications. Her dedication, professional approach, and hard work are commendable, and I believe these qualities will serve her well in future academic and professional endeavors.

I hereby congratulate Piya Khan on the successful completion of her project and wish her continued success in all their pursuits.



Prof. Dr. Binoy Barman

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Acknowledgment

At the very beginning, all praise goes to the Almighty for giving the strength and patience to go through the journey of IELTS preparation. Without His blessings, nothing would have been possible.

Special thanks to parents whose love, encouragement, and support always gave the courage to keep moving forward. Their belief was the biggest source of motivation in this whole process.

Gratefulness also goes to respected supervisor, Prof. Dr. Binoy Barman, for his guidance, suggestions, and continuous support in preparing this report. His advice made the work easier and more meaningful.

Thanks to Daffodil International University for providing resources, facilities, and a learning environment that helped a lot in improving skills. The contribution of course teachers is also remembered with respect, as their dedication in teaching English made a big difference.

Lastly, gratitude is extended to all academic staff, mentors, and advisors whose guidance and encouragement played an important role in this preparation. To the Almighty, family, supervisor, teachers, and university sincere thanks for being part of this achievement.

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Abstract

This internship report presents my overall preparation for the International English Language Testing System (IELTS) exam. Without attending any formal coaching classes, I invent and followed a personal study plan focused on improve my skills in listening, reading, writing, and speaking. Using a range of well-known resources such as Cambridge IELTS books, online platforms, practice tests, and multimedia materials, I tried to develop both my language proficiency and exam-taking strategies. The report explains my methodology, challenges faced during the preparation, techniques used to overcome difficulties and the valuable lessons learned throughout the process. This experience not only improved my English abilities but also gained important life skills such as discipline, time management, and critical thinking. Although my internship was mainly focused on preparing for the IELTS exam, but it also helped me develop skills that will help my academic and professional life in today's global world where English is very important.

Introduction

The IELTS (International English Language Testing System) is an international exam that measures English language skills. It is especially important for those who want to study, work, or live in English-speaking countries. The test focuses on four skills Listening, Reading, Writing, and Speaking. A good score often makes it easier to get into universities, find jobs, or apply for immigration.

Preparing for IELTS turned out to be more than just chasing a score. It became an experience of self-learning and discovering personal abilities. Without the help of coaching centers, the preparation process showed how far one could go through independent study. Along the way, not only did English skills improve, but time management, patience, and study habits also developed.

This report highlights the methods used during preparation, the resources that supported the journey, the challenges faced, and the strategies taken to overcome them. It also reflects on the personal growth that came throughout the process. The purpose is not only to describe an IELTS preparation journey but also to show how self-study can build confidence, discipline, and life skills that are valuable beyond the exam itself.

Objectives of the Internship

The primary goal of my internship was to strengthen my English language skills and get myself ready for the IELTS exam in a practical and consistent way. While doing so, I set a few clear objectives for myself:

1. Work on improving my listening, reading, writing, and speaking so that I can use English more comfortably in real situations.
2. Build a regular study habit and learn to manage my time better instead of rushing at the last moment.
3. Gain more confidence in using English by practicing it as part of my daily routine.
4. Notice the areas where I struggle and take deliberate steps to overcome those weaknesses.
5. Learn and apply strategies that actually work for each part of the IELTS test.
6. Grow my vocabulary and make my grammar more accurate and natural.
7. Get prepared for academic and career opportunities in the future where a good command of English will be essential.

Methodology

When I started preparing for the IELTS, I decided to do it entirely on my own. That meant I had to plan things carefully and stick to a routine, even on the days when I didn't feel like studying. The first thing I did was to sit down and figure out where I stood in each module reading, listening, writing, and speaking. I quickly realized that reading and listening were my stronger sides, so I didn't want to lose that edge. Writing and speaking, on the other hand, definitely needed more attention.

For study materials, I picked things from different sources rather than relying on just one. The Cambridge IELTS books were my main go-to for practice tests, and Makkar's books really helped with writing and speaking ideas. I also used websites like the British Council and IELTS Liz they had free exercises, sample answers, and videos that made certain things much clearer.

I kept taking full-length practice tests under timed conditions, almost like the real exam. At first, I'd get exhausted halfway through, but over time, my speed and focus improved. For listening practice, I made it a habit to tune into English news channels, podcasts, and even YouTube lectures. That way, I got used to different accents without feeling like I was "studying" all the time.

I also worked on vocabulary and grammar regularly. Sometimes it was through apps, sometimes just from keeping a small notebook where I wrote down new words and tried to use them in my writing. I set up a study schedule that gave more hours to my weaker areas, and I followed the Pomodoro method 25 minutes of work, 5 minutes of rest which kept me from burning out.

One thing that really helped was keeping track of my progress. I'd note down my mock test scores, the mistakes I made, and how I could fix them next time. Feedback from online forums and study groups also pointed me toward areas I hadn't thought about.

Self-studying for IELTS wasn't easy. There were days I felt stuck or unsure if I was improving. But looking back, it taught me more than just exam skills it made me more disciplined, aware of my own learning style, and confident about pushing through challenges.

My Internship Journey

This report is a reflection of my own journey in preparing for the IELTS exam. It wasn't an easy path there were days when I felt stuck and frustrated but looking back, it was worth it. I got to see my English improve step by step, and I learned how much I could achieve through self-discipline and patience.

Getting to Know the IELTS Exam

Before diving into practice, I spent some time understanding how the IELTS works and why it's so important. The test looks at four skills: listening, reading, writing, and speaking. Each section challenges you in a different way, and together they paint a full picture of your language ability. Knowing that a good score could open doors to study or work abroad gave me a strong reason to give equal attention to all four parts.

Choosing the Self-Study Route

I didn't sign up for coaching classes. Instead, I decided to be my own teacher. I collected a mix of materials trusted IELTS books, online practice tests, and free resources from official websites. At home, I set up a small corner for study, away from distractions, and followed a routine that fitted into my daily life.

Learning Through Practice

I kept my practice varied. Some days I would read English articles or listen to podcasts from different countries, just to get used to different accents. On others, I wrote essays, timed myself, and even read them aloud to hear how they sounded. Joining online study groups also helped it made me feel less alone in the process, and I picked up useful tips from other candidates.

Facing and Overcoming Challenges

Of course, there were challenges. I sometimes struggled to manage my time in reading and writing, and I often felt nervous speaking on my own. To tackle this, I gave myself timed mock tests and recorded my speaking practice so I could listen back and improve. Over time, I kept adjusting my methods, keeping what worked and dropping what didn't.

Looking Back and Moving Forward

In the end, this wasn't just about the IELTS. It taught me to be consistent, to adapt, and to keep going even when things felt tough. My English skills improved, but so did my confidence in using the language. This journey made me realize that learning is not a one-time event it's something you carry on with you, long after the test is over.

Pre-Exam Activities

Before the exam, I knew that my preparation materials would make a big difference. Since I was studying alone, I needed resources I could fully trust and understand.

Selecting the Right Materials

I started with the Cambridge IELTS series these practice tests felt almost like the real thing. I also used Barron's and Oxford IELTS books for grammar and topic-specific vocabulary. Online, the British Council and IELTS Liz became my go-to sources for free practice tests, video lessons, and updated tips. For listening, I switched between British, Australian, and American accents sometimes through podcasts, other times through news channels or TED Talks. To strengthen my vocabulary, I writing down new words and revisiting them often.

Making a Study Plan

I didn't just study whenever I felt like it, I planned my days. First, I looked at my daily routine and found time slots when I could focus without interruptions. I set small, realistic goals for each skill, focusing first on writing Task 2 and speaking fluency, since those were my weaker areas. I balanced my study sessions so I wouldn't burn out, took short breaks for a quick walk or stretching, and reviewed my progress every week. I kept my schedule flexible, knowing that life doesn't always go according to plan.

Activities During Exam

Exam day was a mix of nerves and excitement. I reminded myself that all the hours of preparation had brought me here, and now it was just time to show what I knew.

I started the morning with a proper breakfast and double-checked my essentials ID, admission slip, pens so there was no last-minute panic. I arrived early at the test center, which gave me time to settle down and breathe.

During the test, I read instructions carefully and kept an eye on the clock. In listening, I made quick notes to catch important points. For reading, I skimmed the passages first and then focused on the details. In writing, I always planned before I started, leaving a few minutes at the end to check my work. Speaking was the most nerve-racking, but I made an effort to speak clearly and with confidence, even if I had to pause to think.

When it was all over, I took a deep breath. I didn't obsess over what I might have done wrong at that point, I'd already done my best.

Post Exam Activities

After finishing my IELTS exam, I entered the waiting period for the results, which is a very crucial stage of the whole process. Since I took the paper-based version of the test, I know that my Test Report Form (TRF) will be available after about 13 days, either by collecting it directly from the test center or receiving it through the mail. While waiting, I have been learning more about how the IELTS band scoring system works. Each of the four skills listening, reading, writing, and speaking receives an individual band score, and the overall result is the average of these, rounded to the nearest half or whole band. Understanding this system is important for me, as it allows me to set realistic expectations and prepare for the next steps.

Even though my results are not yet published, I am already planning how to approach them once I receive them. I intend to carefully go through each section's score to identify which areas I performed well in and where I need to put in more effort. This reflection will guide me in continuing my language development beyond the exam itself, regardless of my final band score. I also reminded myself that IELTS results are valid for two years, so this timeline will influence when I must apply to universities or job opportunities abroad. While waiting can feel stressful at times, I am trying to stay positive and see this period as part of the overall learning journey. I believe that whatever the outcome, the preparation and experience of sitting for the exam have already strengthened my confidence and skills for the future.

The Outcome of the Internship

Reflecting on the experience, I can say my self-study plan turned out to be quite effective. My listening and reading skills improved noticeably, and I became more comfortable understanding a variety of accents. Writing under time pressure still felt demanding, and speaking smoothly without long pauses required effort but I now had a clear idea of what areas needed more practice.

Working independently taught me how to set realistic goals, monitor my own progress, and stay motivated without external pressure. Beyond English skills, this journey helped me develop valuable habits better time management, problem solving, and the confidence to learn on my own. Which will benefit me in both academic and professional settings.

Valuable Lessons Learned from the IELTS Preparation Journey

One of the most important things I discovered was that consistent, steady progress is far more effective than short bursts of intense study. Even on the days when I didn't feel motivated, putting in a small effort still added up over time and made a noticeable difference.

I also came to understand the value of giving equal attention to all four skills. It's easy to spend more time on the sections you enjoy, but that can leave serious gaps in your overall preparation. Regular mock tests and honest self-checks made those gaps impossible to ignore.

Perhaps the most meaningful lesson was learning to trust myself. Real confidence doesn't just come from knowing English it grows from knowing that you've put in the hard work and earned it.

Future Plan

With my IELTS preparation behind me, my next step is to apply to universities abroad where strong English skills are a requirement. I believe that studying in an English-speaking country will not only deepen my academic knowledge but also immerse me in a new culture, which is equally valuable.

I'm also looking forward to exploring internships and job opportunities in English speaking environments. Being able to use my language skills in real-life situations will not only sharpen them but also help me build a network that spans across borders.

Meanwhile, I plan to keep improving my English by reading, watching, and speaking it every single day. After all, language learning is a lifelong journey, and I want to keep progressing one step at a time.

Conclusion

Preparing for the IELTS exam was more than just learning English it became a journey that shaped study habits and way of thinking. From getting familiar with the test format to practicing regularly, every step added something new and helped in personal growth. It showed that real success comes from patience, consistency, and keeping a positive mindset.

Family support and encouragement from close ones played a big role whenever things felt difficult. Progress never happens alone, and this journey proved that clearly. Another lesson was that learning does not stop after the exam. It's a process that continues throughout life.

The skills and confidence gained during this time will be useful in future studies and professional life. With better preparation and a stronger mindset, it feels possible to take on new challenges and make the best use of English in different situations.

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