

Tab 1



**An Internship Report on
Reflecting on IELTS: From Preparation to Performance**

Submitted to

A. M.M. Hamidur Rahman
Professor
Department of English
Daffodil International University

Submitted by

Name: Afsana Khan Barsha
ID No: 213-10-813
Batch: 21st

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

**DEPARTMENT OF ENGLISH
DAFFODIL INTERNATIONAL UNIVERSITY
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Declaration of the Report

I, Afsana Khan Barsha, declare that this IELTS report titled *Reflecting on IELTS From: Preparation to Performance* is an authentic and unique piece of work completed in order to meet the requirements for the Project Paper with Internship (ENG431) course. This report forms a part of the English Bachelor program at Daffodil International University in the Summer 2025 academic year. This report primarily focuses on my personal journey and insights gained during the entire process of preparing for and undertaking the International English Language Testing System (IELTS). Under the esteemed guidance of Professor A.M.M. Hamidur Rahman, this report was meticulously prepared and finalized as a component of the "Project Paper" course (Course Code: ENG431) for the B.A. (Hons) in an English program.



Signed,

Name: Afsana Khan Barsha

ID: 213-10-813

Batch: 21st

Program: B.A (Hons) in English

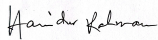
Department of English

Daffodil International University

Authorization of the Supervisor

This is to certify that Afsana Khan Barsha who is a BA.Hons in English student at Daffodil International University with ID number 213-10-813 has submitted the Project Paper that he did under my supervision in the Internship Course (ENG 431).

It has been a pleasure for me to be her guide and a mentor during the journey that Afsana undertook. Afsana displayed persistent dedication and commitment to her work throughout all parts of the internship, which started with the preliminary planning of it and concluded at the endpoint of the internship. To Afsana, the internship was not an academic obligation but was also a learning expedition since it was an opportunity to learn, develop, and acquire real-life experience. I am happy to see such dedication and effort that Afsana put into this project. Congratulations Afsana, all your effort and chasing the stars really bore fruit. Wish you still more success in future.



Signed,

Professor A. M.M. Hamidur Rahman

Professor

Daffodil International University

Department of English.

Acknowledgement

Most particularly I would like to thank the Almighty and attribute my success to Him who has provided me with the necessary strength and stamina and who has provided me with the chance of taking my IELTS venture. And this spiritual grace, we can believe, has been all along the way an unspeakable stimulus.

My parents have been showering much of their love, care and faith on me and I feel very much obliged to them. It is their loyal encouragement which has provided me with a motivation to be successful and to express my character.

My special dues of gratitude go to my course instructor and supervisor Professor A.M.M. Hamidur Rahman. Priceless guidance, credible feedback, and the recommendation that I got was also pivotal towards advancing this report.

It gives me immense pleasure to express my sincere gratitude to the university and also my gratitude to Daffodil International University as they have an academic environment that was helpful enough and they have the resources that a learner would require to a large extent during the learning process.

I would also like to appreciate the support of my other course tutors whose efforts and professionalism were instrumental in facilitating on my knowledge regarding English language and generally improvement.

Finally, I would like to list all mentors and advisors, members of staff, who have influenced my academic and personal progress by showing their kindness and assistance.

I thank Allah and all supports that have been with me throughout this process, my parents, my university and everyone. They have been supportive to the utmost and this permitted me to excel in numerous ways and that sense of gratitude can never go away.

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Chapter: One

Abstract

This report explains all the processes involved in the preparation of the IELTS examination, the preparation process applied, the marks attained and how it will benefit future studies and employment. Achieving a high score in IELTS has been seen as an important process that opens a gateway to most of the educational and employment opportunities across the globe. The preparation procedure entailed some major steps, such as the choice of study materials, careful planning, preparation through mock tests and improvement with feedback. Nonetheless, this IELTS experience was not entirely about preparing for an exam but it was an exploration in and of itself. The time of concentrated work resulted in a definite improvement in each of four language skills. It contributed to the clear distinction of the strengths and weaknesses in language and further improvement, which enhanced English ability and confidence largely. The experience thus obtained in the intense preparation cannot be undermined and it does not just involve test taking skills. The lessons and memories of such a process are set to be a good foundation to continued life experiences and academic and professional achievements, operating within the frame of mind toward continuous improvement and future success. The acquisition of this linguistic skill is essential in orienting me to the world of communication and enabling me to grasp various opportunities, and the whole process strongly reinforced the relevance of diligence and flexibility when working towards the realization of difficult objectives.

Chapter: Two

Introduction

The International English Language Testing System (IELTS) is a world renowned test to evaluate English language skills at academic and workplace levels. English is an important language on the global front and as such, evidencing proficiency in the language is inevitable in the event of international studies or even work. This introduction describes the relevance of the IELTS examination and the most important learning results investigated in this report.

English proficiency in the modern global environment is a basic criterion of academic and career growth. IELTS assesses all the important communication skills such as listening, reading, writing, and speaking and therefore acts as a benchmark of a person who is trying to master in a competitive English speaking environment. Being able to score well in the band opens new doors to various academic facilities and improvements in various employment markets around the world.

Preparation for the IELTS exam is essential in determining the achievement of the education and career goals of an individual because it opens doors to opportunities available across the world. The IELTS process is more than a language course; it is an excellent investment since one attains confidence and skills necessary to pass the test and achieve success in the global world.

These were the main goals of such IELTS preparation since the English language abilities had to be fully honed and English speakers had to be fully prepared for the test. This included the desire to achieve an outstanding score overall and attain high capabilities in all the areas of the tests.

After all, this long process helped me to gain necessary knowledge, efficient strategies, and increased self-confidence not only in terms of passing the test. The combination of high IELTS score and the acquired skills allows immense opportunities to grow, excel with higher education and excel professionally in a competitive global environment.

Chapter: Three

Objectives of the Internship

Main aims of this IELTS voyage are-

1. **Increase Proficiency:** To drastically raise the level of skills in the four paper-facing parts of the IELTS examination: Listening, Reading, Writing, and Speaking, in order to reach the overall command of the language.
2. **Devise Plans:** To learn and master certain tricks, time management, and critical thinking skills that would be necessary to practice in order to do their best in a standardized language assessment.
3. **Achieve Score:** To attain the score that fulfills the demands of the further academic studies or professional offers and, in this way, confirm the level of English language skills on an international level.
4. **Get Insight:** To understand directly the demands and form of the IELTS exam and develop the skills of flexibility and durability within such a high stakes testing demeanor.
5. **Promote Development:** In order to take advantage of the intensive preparation process as a self-assessment tool, determining linguistic strengths and weaknesses to serve as a source of ongoing learning and self confidence.
6. **Fulfil Requirement:** The purpose of this is to meet the practical and analytical requirements in order to pass the Project Paper with Internship (ENG431) course at Daffodil international university.

Chapter: Four

Methodology

The process undertaken in the IELTS exam preparation has been outlined in this report. The learning process started with the evaluation of the current skills of English that required the selection of the preferred study resources, such as official guides, Internet applications, self-tests, etc. It was supposed to address the four areas of examination which are listening, reading, writing, and speaking.

Then a study plan was developed individually, having daily and weekly objectives to practice regularly. This was mostly a self-help initiative, which included frequent reading, listening to English materials, writing essays and speaking.

An important section of the plan was mock tests, which would simulate the actual exam and give an opportunity to analyze progress. All modules with timed tasks allowed obtaining a clear idea of how well one performs. Notably, both self-evaluation and external feedback facilitated the identification of the areas of improvement.

The preparation plan was also open and it was possible to revise some basic concepts and concentrate on the problematic areas all the time. The plan and strategies of the research study were changed periodically depending on the response gained and reflections.

The aim was ultimately not only to pass and take the next step in my life by passing the IELTS exam but to become a more confident person in the communication of English. With the help of persistent work, control over the progress, and appropriate corrections, the skills that need to be useful not only during the test process but also in the real communication were acquired.

Chapter: Five

My IELTS Expedition

Let us go through my experience of preparing for the IELTS in this report. You will read about the challenges I had to overcome and the key principles I have been able to retain as well as the gradual progression that I made by conquering the four major fields: listening, reading, writing, and speaking.

An Analytical View of the IELTS Exam and its Global Value

IELTS exam is an assessment of English Proficiency that is globally accepted by universities and colleges where immigrants seek to work, and several opportunities to work abroad. Analytically, it examines Listening, Reading, Writing, and Speaking abilities in a fairly stringent manner following a structured procedure, providing both Academic and General Training modules to the needs of the candidates. The proficiency is measured very accurately by the scoring system which is a 9-band scale.

The IELTS exam is designed along a communicative model of languages testing and it is intended to mimic speaking as it occurs in the real world. This can be observed by the variety of accents in the Listening part, the natural texts in the Reading part and the interactive and unscripted way the Speaking test is conducted. Writing tasks, especially the academic ones, involve candidates processing information and arguments in a manner that resembles the university-level work. The flexibility and contextualized nature of the design means that the test will act as a valid indicator of the candidate capability of using the English language effectively in variable circumstances whether in academic, career or when living every day in an English-speaking society. This level of practical skills in language, as opposed to rote learning, makes it very credible and acceptable around the world.

It has a universal value because it is accepted by thousands of institutions. It is essential for admission to universities, academic preparedness of students and in most cases a requirement to immigrate to English speaking nations, contributing to easy assimilation.

Also, a large number of professional institutions and employers all over the world use IELTS scores in most cases as a basis of professional registration and employment, increasing job opportunities. The standardized and reliable marking of the exam all over the world means that it is consistent and fair with no exception to standards, and hence a credible measure of English language proficiency.

The Contribution of IELTS to Global Academic and Career Mobility

In addition, many professional institutions and employers worldwide, in most instances, use IELTS scores as a foundation of professional registration and employment which enhance employment. The fact that such exams have standardized marking that is reliable world wide, thanks to the availability of the exam anywhere at any given time, renders consistency and fairness since there is no exception to the standards and therefore a reliable indicator of English language proficiency.

Specifically, the title suggests that the report is going to explore the impact that the ability to be accepted and trusted as reliability of the IELTS and the immediate role academic mobility plays in the World. It proposes that it is simply a detailed explanation of how IELTS qualifies in the language aspect of English, hence meeting the requirements to get into a university, and indeed fitting well within the English speaking academic institution in the world. This includes ensuring that the learning institutions are assured of the ability of a student to adequately attend their lectures, discussion and course work therefore easing the procedure involving the international student international enrolment and success.

Besides, the title shows that this report will discuss how IELTS promotes professional mobility in the world. This would involve an assessment of how a certified IELTS performance would serve to assure the international employers, licensure providers and immigration agencies that an individual possesses good command of communication skills which is the most important in ensuring that a person becomes fit in the different arenas in professional life. It also brought out the roles of IELTS in enhancing confidence as well as providing competitive edge in the global labor market and finally empowers the users to meet their own linguistic problems so as to use their career objectives in the international platform.

Chapter: Six

Pre-Examination Preparation

Resource Acquisition

A major factor in my IELTS journey was finding the perfect study resources. I sought out materials that resonated with my learning style and provided comprehensive coverage of the entire exam. My strategy for selection was as follows:

1. **Internet-based Materials:** Websites like IELTS Liz and the British Council were my primary resources for free practice tests, useful tips and strategies. By joining online communities and forums , I was able to interact with others preparing for the exam, exchanging motivation and ideas.
2. **Systematic Practice Assessments:** Practice testing was invaluable as I needed to get accustomed to the exact format of the examination as well as becoming aware of the time limits that the examination embraced.
3. **Academic Textbooks:** I referred to well-rounded books of IELTS preparation such as Cambridge IELTS, Oxford IELTS and Mentor IELTS, which provided me with utter explanations and a broad range of practice assignments to support my learning.
4. **Vocabulary and Grammar Booster:** I spent targeted time to enlarge my vocabulary and improve my grammatical soundness as these capabilities were supposed to enhance my score on the writing and speaking skills. To do so, I applied to special preparation programs, study guidebooks and certain techniques such as Time Intro, Compare the Past with the Present, Talk About a new Experience, etc.
5. **Various listening materials:** As listening materials, I used different types of audio materials which include online recordings, podcasts, English movies and English news broadcasts. Such exposure assisted me to gain acquaintance with different accents and speech patterns.
6. **Strategic Advice:** I also used such sources which give definite references on time management and individual strategies of each section of an exam. The materials played an important role in helping me create a well structured and confident plan on how I am going to take the test.

Time Optimization for Study

Remaining focused in case of IELTS preparation depended on designing a proper study program and being able to manage my time wisely. That is the way I set about it:

1. **Time assessment:** I began by properly taking into consideration the amount of time within which I would realistically complete my study time daily giving consideration of my other obligations i.e. work, school, other obligations.
2. **Target Setting:** At this point I decided that I wanted to achieve a particular score and I worked out in small manageable steps that I would aim to achieve in each section of the test. As an example, I could spend one week on intense practice of listening, the next week on expanding my vocabulary.
3. **Strategic Focus Areas:** I ensured that I concentrate on the areas that I knew that I needed the most work and still kept a balanced approach to studying all the areas of the exam.
4. **Forming a Routine:** I came up with a study plan that was elaborated containing specific daily tasks of what I would study and how long. The use of a planner was perfect in ensuring I was organized and accountable.
5. **Time management:** I have purposely allocated my time to all the test areas so that there is no direction or area that is left unattended.
6. **Strategic Downtime:** I realized that taking small breaks in my work and engaging in a bit of movement was instrumental in ensuring that my mind will not get tired and stay active.
7. **Adaptive Planning:** The last thing that I did as a continuous process was to review my schedule to see where I was and make changes where I was required. Being adaptable with regards to my conduct actually assisted me keep focused and helpful.

Chapter: Seven

Executing the Examination

The IELTS Assessment Day

It took me weeks to have all the preparations readied and the climax of it all, it was the act of administering the exam.

As I entered the test center, another difference hit me hard, that an air of silent concentration could be felt, unlike the competitive studying conditions that I was used to. The finger-printing and then picture-checks during a check-in procedure added the formality and major importance to the event.

With the pre exam nervous fever, I sat at my desk and sure typical focused determination came about as the first part started.

Undergoing The Assessment

Preparing to take the IELTS exam made me act differently according to the challenges that the particular modules posed. This is how I coped:

1. **Listening Module:** The practice that I had done also prepared me on how to utilise the short pauses as I would look to the next questions in order to know what I had to memorise. The point of focus here was to last a constant 30 minutes of various accents, different speech patterns was a direct attribute to the daily practice.
2. **Reading Module:** Right after the reading module came another challenge: it was associated with coping with a vast written word under the rigor of time constraint. In this case, I did not give much importance to intensive reading, as I focused on the skimming and scanning methods that I had already perfected, which helped me to fulfill the task and locate the most important information, as well as answer questions successfully.

3. **Writing module:** The writing module was most probably the most challenging one wherein it is necessary to combine critical thinking and coherent writing. Task 1, the report on visual data, demanded a rapid but orderly evaluation, whereas Task 2, the essay, asked me to come up with a quick and coherent argument with justified data. Writing an outline and draft within a time restriction was also very helpful, as it avoided the possibility of being fixated on one idea, and also resulted in a thorough and organized answer.
4. **Speaking module:** Next to last was the speaking module, which was quite often done separately and consisted of a one on one interaction with an examiner. This is where I really put my highlights on fluency and coherence to test. The conversational and informal aspect of the test was somehow reassuring as I was able to prove that I was not only covering my vocabulary and grammar, but also the capability to explain my ideas effectively and with confidence. This performance in the examination scenario was thus not a desperate hurry but a calm process involving systematic deployment of all the skills and strategies that I had gone to great length to develop through the process of preparation.

Chapter: Eight

Post-Test Reflection

Awaiting My IELTS Results

I took the test as an academic module. The time after the IELTS test was crucial to my personal state of mind: the state of intense concentration during the studying period changed to an expectant mood until the results were announced. The wait was a definite and concrete experience as I knew I had completed the paper based test so the results were waiting. I was free to collect my Test Report Form (TRF) personally or request it by postal mail after a given time, which left the impression as formal and definitive. It was during this waiting period that I felt it was a good time to take a look at my work on each of the modules that I had been enrolled in and look at my performance and results without the pressure of an impending score coming up. I thought about places in which my preconceived plans had most worked well, and places in which I would have found different ways to do them even better, to get ready to take the official commentary which must come upon me. My final band score was 6 out of 9.

Analyzing My IELTS Performance

The initial point of analysis experienced after obtaining the results was the overall band score since this gave a comprehensive analysis of my proficiency in English based on the 0-9 scale. This one figure is one lay summation of the whole experience but there is real value in analyzing every section score. The Listening, Reading, Writing, and Speaking breakdown provided more details about my performance. In particular, I obtained a band score of 6.5 out of 9 in the Listening and Writing modules, and a band score of 5.5 on the Reading and Speaking modules. The extensive feedback enabled me to realize what specifically are my strengths and where I might still have a chance to gain in. To give an example, a better mark in Listening and Writing components confirmed my active work with different kinds of audio materials and my well-developed methods of structuring arguments, whereas the marks in Reading and Speaking, by example, showed that I still needed to improve my abilities in the sphere of quick perception and unpremeditated speech instances. This is how I came to view my score as an analysis instead of the usual pass/fail approach of exams by turning it into an opportunity and a form of feedback that I could use not only to conclude the preparation process but also as a guide in any further attempts to improve my language skills.

Chapter: Nine

Key Learnings from the Internship

This required a strict discipline in terms of time scheduling skills that enabled me to manage time well and be able to make a commitment to any time scheduled program, as is the case with any work or career endeavor.

I also had to be a bit more specific on solving the specific sections of exams, coming up with strategies to solve it accordingly like skimming when I have to read and outlining when I have to write.

There were many challenges such as hard practice tests, as well as, self-doubt. This experience has taught me to keep battling obstacles and change the study plan in case the initial strategies stop providing the results wanted.

With the help of the techniques of regularly assessing my performance in mock tests and reinforcing my pre-established expectations against my final scores, I mastered a critical skill of objective evaluation of my own work and potential areas of improvement.

In addition to the test itself, being made to pay more attention to clarity, coherence, and accuracy allowed me to master better communication skills in most contexts, which is highly appreciated in the working environment everywhere.

Chapter: Ten

Insights Gained During IELTS Study

This experience highlighted the fact that consistency and persistence, despite great challenges or plateaus on the way, are core elements of a meaningful progress. It showed me that constantly following a plan and not simply doing random spurts as it is usually expected is the real placebo to see positive changes in long-term objectives. This tenet is applicable in other walks of life more than in academics where this commitment and perseverance may be more important than talent alone.

One of the main lessons was also the need to be flexible in planning. I also discovered that being open to change and adjusting strategies based on their critical evaluation is greater than following a strategy initially devised because of its rigidity. True effectiveness is seeing beyond the narrow scope of following through something one has initially envisioned, and being able to adapt to the changing circumstances like assessing a methodology and seeming weaknesses and making the changes necessary accordingly. Sustaining a positive attitude and having realistic, yet challenging, goals are very important psychologically. The intense requirements of preparing to take the IELTS was bound to instil superior critical thinking, analytical skills, and high-level communication skills.

What it did beyond any doubt was drive home the realization that real mastery and especially in such a dynamic area such as language acquisition learning is not so much a one-time thing as it is something that is recursive. It made the point that formative evaluation points are just markers, not the final product. This gave me the sense of a personal duty to grow and therefore, an internal drive to learn new material, refine the ability I have in the current situation, and ensure that I am agile to changing requirements in my academic and professional experiences.

Chapter: Eleven

Path Forward

I have been successful in obtaining my desired overall band score in the IELTS examination, which is a critical move towards my next goal which is to undertake a Masters in Science in Business Analytics at a UK university. My discipline and strategic planning skills that I acquired in the course of my preparation undertaken to meet the IELTS requirements are not mere admission requirements, but are also an inarguable range of skills that I will use in meeting the stringent requirements of a postgraduate program. The experience has taught me the self-confidence and resilience that I needed to deal with challenging academic tasks including both thorough research work and the execution of a complex statistical analysis. I will continue developing on this, and I will convert this preparedness into an effective admission and performance in my program of preference.

Chapter: Twelve

Conclusion

The process of becoming a successful test-taker was both interesting and enlightening. This was more than just a mere academic exercise; it was a total package on how to manage oneself, strategize and develop oneself. The painstakingly careful approach taken to selecting the right learning material, framework and punctuating studying course, as well as trying different learning styles finally resulted in a performance that was a direct result of commitment and hard work. The final results, as the scores indicate, will not only be grades but a direct result of my increased English skills and strategic skills that are learned.

I think this whole process has been a very effective teaching point of how connected preparation and performance are. It has emphasized resilience, flexibility and analytical goal-setting. The experience that I was able to experience as a result of this journey will inevitably impact my future as a student and as a professional. The IELTS test is thus not a finish line but a major milestone that has made me confident and provided me with a tested methodology of achieving big things. After all, the report will prove a testimony to the thoughts that with a directed effort and strategic outlook, any major challenge can be overcome and become the discovery of a more comprehensive personal and professional growth.

Chapter: Thirteen

References

based on the things in my writings on IELTS preparation and personal development, here are a few references you might find valuable:

1. British Council IELTS Preparation Resources:
 - The British Council offers practice materials, sample paper and tips for each section of the IELTS exam.
 - Website: <https://takeielts.britishcouncil.org/take-ielts/prepare>
2. IELTS Official Website:
 - Provides comprehensive information about the test format, band scores and preparation resources.
 - Website: <http://www.ielts.org>
3. IELTS Official Website:
 - Provides comprehensive information about the test format, band scores and preparation resources.
 - Website: <http://ielts.org>
4. Ten Minute School Online Class Video Link:
 - Provides Complete guidelines about the procedures, tips and tricks for taking IELTS exams.
 - Website: <https://drive.google.com/drive/folders/1IVDFxEUktEO01J0eLO9vhBwBncx1dfwN>
5. Speaking practise from Youtube page Advance IELTS:
 - Provides Complete guidelines about the speaking module.
 - Website: <https://youtube.com/@ieltsadvantage?si=dEJ6n9FcDeBD1RHP>

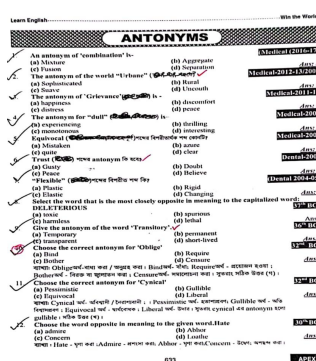
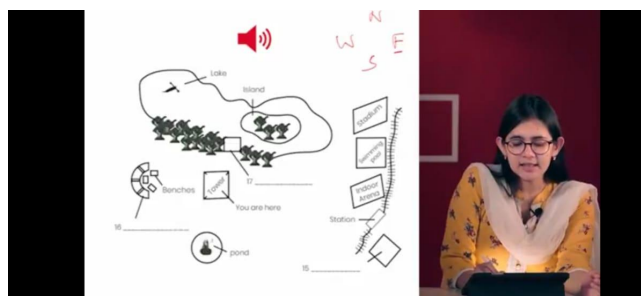
These resources can serve as a strong point for your IELTS preparation and overall personal development journey.

Chapter: Fourteen

Appendix

Appendix 1.

Some moments captured while preparing for IELTS:



Appendix 2.

