

# THE BAND 9 LISTENING DIAGNOSTIC KIT

Identify Your Exact Listening Weaknesses in 30 Minutes

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**Note-** Please note that any time estimates will differ from person to person.



**by Chris Pell**

# THE TRUTH ABOUT BAND 9 LISTENING

Let me tell you something most IELTS teachers won't.

You absolutely CAN get Band 9 in Listening.

But not the way you're doing it now.

**Here's what's probably happening:**

You do practice test after practice test. You get Band 6.5 or 7. You do more tests. Same score.

So you book the real test thinking "maybe I'll get lucky this time."

You don't get lucky. You get the same score. Maybe worse because you're nervous.

Then you do it again. And again. And again.

I call this the "Hope Strategy." And hope is not a strategy.

# THE GOOD NEWS

I've helped thousands of students get Band 9 in Listening. Students who were stuck at Band 6 or 7 for months. Students who thought they'd "never be good enough."

They weren't special. They weren't geniuses.

They just learned to do three simple things that you're not doing yet.

## **Here's the truth that will set you free:**

Getting Band 9 isn't about having perfect English or magical listening abilities.

It's about identifying your specific weaknesses and fixing them systematically.

Think about it—you probably understand 80-90% of what you hear in English already. You watch movies. You listen to podcasts. You're watching this video right now and understanding me perfectly.

So why can't you get Band 9?

Because that missing 10-20% contains your specific weaknesses. And until you know exactly what they are, you can't fix them.



# WHAT BAND 9 STUDENTS DO DIFFERENTLY

- ☐ **They don't practice more. They practice smarter.**
- ☐ **They identify their exact weaknesses (usually just 2-3 specific issues).**
- ☐ **They fix them one by one.**
- ☐ **They confirm they're ready BEFORE booking the test.**

That's it. That's the whole system.

# IN THE NEXT 30 MINUTES, YOU'RE GOING TO:

- 1 Discover which of the 8 listening weaknesses are killing YOUR score**
- 2 Understand exactly why you're stuck at your current band**
- 3 Get a clear action plan to fix your specific problems**
- 4 See the exact path from where you are now to Band 9**



# A FRIENDLY WARNING

This diagnostic kit will show you some uncomfortable truths.

You might discover you've been wasting time on the wrong things.

You might realize your problem is simpler than you thought (but you've been avoiding it).

That's actually great news. Because once you know the real problem, you can fix it quickly.

# HOW TO USE THIS KIT



**Give me 30 focused minutes.**



**Do every exercise honestly (even if they seem simple).**



**Calculate your results accurately.**



**Follow the action plan I give you.**

Because here's what I know after helping thousands of students: The difference between Band 6.5 and Band 9 isn't ability—it's knowing exactly what to fix and having a system to fix it.

**Your Band 9 is waiting.**

You just need to identify what's standing in your way.

Ready to find out?

Let's begin.

# THE 8 LISTENING WEAKNESSES THAT KILL YOUR SCORE

Here's something that will probably shock you.

There are only 8 reasons why students fail to get Band 9 in Listening.

Just eight.

Not hundreds. Not "bad listening skills." Not "I need to practice more."

Eight specific, fixable problems.

And here's the best part—you probably only have 2 or 3 of them.





# WHAT MAKES BAND 9 STUDENTS DIFFERENT

When we analyzed thousands of our Band 9 students, we found they all started with the same weaknesses. The only difference? They identified them and fixed them.

The students who stayed at Band 6-7? They kept practicing without knowing what was wrong.

It's like going to the gym and doing random exercises hoping to lose weight, versus following a specific program that targets your problem areas.

Here are the 8 weaknesses. Read carefully and be honest—which ones sound familiar?

# WEAKNESS #1: QUESTION TYPE BLINDNESS

**"I always mess up Maps/Multiple Choice/Matching questions"**

**You have this if:**

- You consistently get one type of question wrong
- You panic when you see maps or diagrams
- Multiple choice questions confuse you
- You're fine with some questions but terrible with others

**What's really happening:** You don't have a strategy for specific question types. You're trying to use the same approach for everything.

# WEAKNESS #2: INSTRUCTION REBELLION

**"I know the answer but lose marks on technicalities"**

**You have this if:**

- You write "train station" when it says ONE WORD ONLY
- You write "3" when it asks for words, not numbers
- You spell "John" when they clearly said "J-O-N"
- You think instructions are "suggestions"

**What's really happening:** You're so focused on finding answers that you ignore the rules. This is throwing away easy marks.

# WEAKNESS #3: SPELLING DISASTERS

**"I heard 'necessary' but wrote 'neccessary'"**

**You have this if:**

- You know the answer but can't spell it
- You panic about double letters (accommodation? acommodation?)
- You mix up similar-sounding words (their/there, quite/quiet)
- You've lost marks for spelling errors before

**What's really happening:** Your ears work fine. Your spelling doesn't. And IELTS has zero tolerance for spelling mistakes.

# WEAKNESS #4: FOCUS FADE-OUT

**"I zone out and miss entire sections"**

**You have this if:**

- Your mind wanders during the test
- You suddenly realize you've missed 2-3 questions
- You can focus for Part 1 but lose it by Part 3
- You catch yourself thinking about lunch during the recording

**What's really happening:** Your listening stamina is weak. Focus is like a muscle—yours needs training.

# WEAKNESS #5: VOCABULARY GAPS

**"I don't understand key academic words"**

**You have this if:**

- Part 4 (academic lecture) destroys you
- You hear words like "methodology" and panic
- You understand general conversation but not formal language
- Academic topics make you want to cry

**What's really happening:** You have holes in your academic vocabulary. Not huge holes—just enough to miss crucial information.

# WEAKNESS #6: ACCENT CONFUSION

**"British/Australian accents sound like a foreign language"**

**You have this if:**

- American English is fine but British kills you
- Australian speakers might as well be speaking Mandarin
- You learned English from American movies/TV
- Different accents throw you completely off

**What's really happening:** Your ears are trained for one accent. IELTS uses them all.

# WEAKNESS #7: CONNECTED SPEECH BLINDNESS

**"Native speakers sound like one long word"**

**You have this if:**

- "Do you want to" sounds like "D'yawanna"
- You hear "gunna" and write "gunna" (not "going to")
- Native speakers seem to speak too fast
- You understand non-natives better than natives

**What's really happening:** You learned English from textbooks where Every. Word. Is. Pronounced. Clearly. Real life doesn't work that way.



# WEAKNESS #8: SECTION 4 SYNDROME

**"I fall apart during the academic lecture"**

**You have this if:**

- Sections 1-3 are okay but Section 4 is a disaster
- Academic monologues overwhelm you
- You can't keep up with lecture-style speaking
- You miss chunks of information, not just words

**What's really happening:** Multiple weaknesses combine in Section 4—vocabulary, connected speech, and focus all hit you at once.

# THE TRUTH NOBODY TELLS YOU

Most students have 2-3 of these weaknesses but waste months trying to "improve general listening."

That's like taking antibiotics for a broken leg.

You need to identify YOUR specific weaknesses and target them directly.

# WHAT'S ABOUT TO HAPPEN

In the next section, you'll do quick diagnostic exercises to identify exactly which weaknesses you have.

This isn't guesswork. It's science.

Once you know your specific problems, you can fix them in weeks, not months.

Ready to find out what's really holding you back?

Turn the page. Your diagnosis awaits.

For specific strategies for each weakness, visit [IELTSAdvantage.com/listening](https://ieltsadvantage.com/listening)

# YOUR PERSONAL WEAKNESS DETECTOR

Stop guessing what's wrong. Let's find out for real.

Here's what my Band 9 students do that you're not doing: They use REAL Cambridge tests to diagnose their exact problems.

No made-up exercises. No tricks. Just real IELTS listening tests that show you exactly where you're failing.

Here's your diagnostic process:

# STEP 1: GET THE RIGHT MATERIALS

*(One-time investment)*

## **You need:**

- 3 Cambridge IELTS practice tests (Books 10-18 are most recent)
- Quiet space
- Timer
- Pencil and paper

**Why Cambridge?** Because I'm not affiliated with them, don't get paid by them, but they're the ONLY reliable tests. Everything else online is garbage that will give you false results.

# STEP 2: DO THREE REAL TESTS

*(3 hours total over 3 days)*

## **The rules:**

- Full exam conditions (no pausing, no replaying)
- 30 minutes exactly
- Transfer your answers properly
- NO CHEATING (the goal isn't to get Band 9 right now)

**Important:** Your goal is to fail naturally. You want to see your real weaknesses, not your best possible performance.

# STEP 3: ANALYZE YOUR PATTERNS

*(30 minutes after each test)*

After each test, grab the answer key and circle every wrong answer.

Now ask yourself:

## **Where are your mistakes clustered?**

- ☐ Mostly in Section 1 (social conversations)
- ☐ Mostly in Section 2 (monologue about general topic)
- ☐ Mostly in Section 3 (academic discussion)
- ☐ Mostly in Section 4 (academic lecture)
- ☐ Scattered everywhere randomly

# QUESTION TYPE ANALYSIS

**Are specific question types killing you?** Look at your wrong answers. Are they mostly:

- ☐ Multiple choice questions
- ☐ Map/diagram questions
- ☐ Matching questions
- ☐ Fill in the blank questions
- ☐ No pattern - random mistakes

**Write down your observations:**

Test 1 pattern: \_\_\_\_\_

Test 2 pattern: \_\_\_\_\_

Test 3 pattern: \_\_\_\_\_



# STEP 4: THE TRANSCRIPT INVESTIGATION

*(20 minutes)*

This is where you become a detective.

Take 5 questions you got wrong from Section 4 (the hardest part).

Look at the transcript for those questions.

**For each wrong answer, identify:**

## **A) Vocabulary Check**

- Are there words you simply don't know?
- Write them here: \_\_\_\_\_
- If yes → You have Weakness #5 (Vocabulary Gaps)

# TRANSCRIPT INVESTIGATION CONTINUED

## **B) Connected Speech Check**

- When you read the transcript, does it look different from what you heard?
- Did "going to" sound like "gonna"?
- Did whole phrases blend together?
- If yes → You have Weakness #7 (Connected Speech Blindness)

## **C) Lost Chunks Check**

- Did you miss entire sentences, not just words?
- Were you still thinking about question 31 when they answered question 32?
- If yes → You have Weakness #4 (Focus Fade-Out) or #7 (Connected Speech)

# STEP 5: THE REALITY CHECK

*(10 minutes)*

Now look at your analysis. Be honest.

## **Your Primary Weakness is probably:**

If most mistakes are in Sections 3-4 → Vocabulary and/or Connected Speech

If you miss specific question types → You lack strategies

If you miss instructions → You're not reading carefully

If mistakes are everywhere → Focus issues or general comprehension

## **The students in my video discovered:**

- Priyanka: Connected speech + Multiple choice questions
- Isha: Vocabulary gaps + Maps questions

They fixed these specific issues and got Band 9.



# YOUR PERSONAL DIAGNOSIS

Based on your three tests, write your diagnosis:

**My #1 Weakness:** \_\_\_\_\_ (This costs me the most marks)

**My #2 Weakness:** \_\_\_\_\_ (This is my secondary problem)

**My #3 Weakness:** \_\_\_\_\_ (This occasionally trips me up)

Specific evidence from my tests:

# WHAT THIS MEANS

You've just done what 90% of IELTS students never do—identified your actual problems using real tests.

No guessing. No hoping. Just data.

The next section will show you exactly how to fix each weakness you've identified.

But first, let me be clear: If you scored Band 4 or below on these practice tests, you need general English improvement first. This diagnostic is for students getting Band 5.5-7 who want Band 8-9.

Ready to see your personalized action plan?

Watch my free video lessons for each weakness: [YouTube.com/IELTSAvantage](https://www.youtube.com/IELTSAvantage)



# YOUR WEAKNESS PROFILE

Now let's turn your test results into a clear action plan.

Most students look at their wrong answers and think "I need to practice more."

Wrong.

You need to understand exactly WHY you got those specific questions wrong.

# SCORING YOUR DIAGNOSTIC

First, let's see where you actually stand:

## **Your Practice Test Scores:**

- Test 1: \_\_\_\_/40 (Band \_\_\_\_)
- Test 2: \_\_\_\_/40 (Band \_\_\_\_)
- Test 3: \_\_\_\_/40 (Band \_\_\_\_)

## **Band Score Conversion:**

- 39-40 correct = Band 9
- 37-38 correct = Band 8.5
- 35-36 correct = Band 8
- 32-34 correct = Band 7.5
- 30-31 correct = Band 7
- 26-29 correct = Band 6.5
- 23-25 correct = Band 6

**Your current realistic band:** \_\_\_\_ (average of 3 tests)

# THE WEAKNESS CALCULATOR

Look at your analysis from Section 3. Let's quantify your problems:

**Section Distribution Analysis:** How many mistakes in each section across all 3 tests?

Sections 1-2 (Social): \_\_\_\_/30 mistakes

Sections 3-4 (Academic): \_\_\_\_/30 mistakes

**If 70%+ of mistakes are in Sections 3-4:** Your primary issue is academic listening (vocabulary + connected speech)

**Question Type Analysis:** Count mistakes by question type across all 3 tests:

- Multiple Choice: \_\_\_\_/ total MCQs
- Maps/Diagrams: \_\_\_\_/ total map questions
- Matching: \_\_\_\_/ total matching
- Fill in the blank: \_\_\_\_/ total blanks

**If any question type has 50%+ error rate:** You need specific strategies for that type



# THE TRUTH MATRIX

*Your Personalized Weakness Profile*

Based on your analysis, rank your weaknesses:

**PRIMARY WEAKNESS (Costs you 4-6 marks per test)**

**What it is:** \_\_\_\_\_

**Why it's killing your score:**

- You're losing \_\_\_\_\_ marks per test on this
- It affects questions # \_\_\_\_\_ to \_\_\_\_\_
- It's worst in Section \_\_\_\_\_

**Band score impact:** This alone is keeping you \_\_\_\_\_ bands below your potential

# SECONDARY AND TERTIARY WEAKNESSES

## SECONDARY WEAKNESS (Costs you 2-3 marks per test)

**What it is:** \_\_\_\_\_

**Why it matters:**

- You're losing \_\_\_\_\_ marks per test on this
- It mainly affects \_\_\_\_\_ type questions
- Combined with your primary weakness, it's devastating

**Band score impact:** This is another \_\_\_\_\_ band levels

## TERTIARY WEAKNESS (Costs you 1-2 marks per test)

**What it is:** \_\_\_\_\_

**Why you can't ignore it:**

- These are "easy" marks you're throwing away
- It's probably the easiest to fix
- At Band 8+, every mark counts

**Band score impact:** The difference between Band 8 and Band 9

# YOUR PERSONAL WEAKNESS DECODER

Let me translate what your weaknesses actually mean:

## **If your main weakness is CONNECTED SPEECH:**

- You learned English from books/classrooms
- You understand "teaching English" but not "real English"
- Native speakers sound like they're speaking underwater

## **If your main weakness is VOCABULARY (Academic):**

- You understand daily English but not university English
- Words like "methodology" and "correlation" are mysteries
- Section 4 feels like a foreign language

# MORE WEAKNESS DECODING

**If your main weakness is SPECIFIC QUESTION TYPES:**

- You don't have strategies, just hope
- You panic when you see maps or multiple choice
- You're probably overthinking these questions

**If your main weakness is FOCUS:**

- Your brain checks out after 10 minutes
- You're still thinking about question 25 during question 30
- You catch yourself daydreaming during the test

# THE BRUTAL REALITY CHECK

Here's what your profile tells me:

## **If you have 1-2 clear weaknesses:**

- ✓ You're closer to Band 9 than you think
- ✓ Follow the targeted plan in the next section

## **If you have 3+ major weaknesses:**

- ⚠ You're trying to run before you can walk
- ⚠ You need months of systematic work
- ⚠ Consider general English improvement first

## **If your scores are wildly inconsistent:**

- ⚠ You don't have a knowledge problem
- ⚠ You have a strategy/focus problem
- ⚠ This is actually easier to fix

# YOUR COMMITMENT CHECKPOINT

Before you turn the page, answer honestly:

## **Are you willing to spend:**

- 30-45 minutes daily on targeted practice?
- 4-8 weeks fixing these specific problems?
- Money on proper materials (not random internet tests)?

**Yes?** Turn the page for your personalized action plan.

**No?** Keep doing what you're doing and keep getting Band 6.5.

The choice is yours.

But remember what I told the students in the video: Don't book your test until you're consistently getting your target score in practice.

That's not being negative. That's being smart.

Ready to see exactly how to fix your weaknesses?

Get detailed video strategies for your specific weaknesses at [IELTSAdvantage.com/listening](https://IELTSAdvantage.com/listening)

# YOUR BAND 9 ACTION PLAN

Stop practicing randomly. Start fixing systematically.

Here's exactly what my Band 9 students did to fix their weaknesses. Not theory. Not hope. Proven fixes that work.

# THE WEAKNESS-TO-STRENGTH ROADMAP

## WEAKNESS #1: CONNECTED SPEECH BLINDNESS

*"Native speakers sound like one long word"*

**Why this happens:** You learned English from textbooks where people speak. Like. This. Very. Clearly. Real English sounds like: "Whaddyawannado?" (What do you want to do?)

### The Band 9 Fix: Micro-Listening

**Step 1:** Find content you enjoy

- Self-help audiobooks
- Movies with subtitles
- Podcasts about your interests
- NOT: Boring IELTS materials



# FIXING CONNECTED SPEECH BLINDNESS

**Step 2:** When you hear unclear speech, STOP

- Note the timestamp
- Listen to that sentence 5-10 times
- Try to separate each word
- "Wannago" → "Wanna go" → "Want to go"

**Step 3:** Check subtitles/transcript AFTER trying

- Were you right?
- What patterns do you notice?

**Daily commitment:** 30 minutes

**Time to improvement:** 4-6 weeks

**You'll know it's working when:** Native speakers stop sounding drunk

# WEAKNESS #2: VOCABULARY GAPS (ACADEMIC)

*"I don't understand Section 4 words"*

**Why this happens:** Nobody uses words like "methodology" at Starbucks. Your daily English is fine. Your academic English has holes.

## **The Band 9 Fix: Context Building**

**Step 1:** Use the same micro-listening technique BUT... When you hear an unknown word:

- DON'T immediately check dictionary
- Listen to the full sentence/paragraph
- Guess the meaning from context
- THEN check if you were right

# FIXING VOCABULARY GAPS

## **Step 2:** The Notebook System

- Physical notebook (not digital)
- New word + meaning + pronunciation
- Example sentence FROM WHAT YOU HEARD
- Related words (methodology → method, methodical)

## **Step 3:** Weekly Review

- Every Friday, review all words
- Use each in a sentence
- Connect to IELTS topics

**Daily commitment:** 20-30 minutes

**Time to improvement:** 6-8 weeks

**You'll know it's working when:** Section 4 stops feeling like advanced physics

# WEAKNESS #3: QUESTION TYPE CONFUSION

*"I always fail at Maps/Multiple Choice"*

**Why this happens:** You don't have strategies. You're just hoping the answer will jump out at you.

## **The Band 9 Fix: Strategic Practice**

I can't give you all my strategies here (they're in my course), but here's the key principle:

### **Different questions test different skills:**

- Maps = spatial visualization
- MCQ = vocabulary distinctions
- Matching = scanning ability

# FIXING QUESTION TYPE CONFUSION

## **What to do:**

1. Practice ONLY your weak question type for one week
2. Use the slow practice principle (take as long as you need)
3. Analyze why each answer is right/wrong
4. Speed up only when accuracy is 90%+

**Daily commitment:** 15-20 minutes on that specific type

**Time to improvement:** 1-2 weeks per question type

**You'll know it's working when:** You stop panicking at certain questions

Watch my free strategies for each question type: [YouTube.com/IELTSAdvantage](https://www.youtube.com/IELTSAdvantage)

# WEAKNESS #4: FOCUS FADE-OUT

*"I zone out and miss chunks"*

**Why this happens:** Your listening stamina is weak. Like running, you can't go from couch to marathon.

## **The Band 9 Fix: Progressive Endurance**

**Week 1-2:** 10-minute focused sessions

- Listen to one section at a time
- Full concentration
- Break between sections

**Week 3-4:** 20-minute sessions

- Two sections back-to-back
- No breaks
- Note when focus drops

# FIXING FOCUS FADE-OUT

**Week 5-6:** Full 30-minute tests

- Complete test conditions
- Track where you lose focus
- Push through the discomfort

**Bonus tip:** Meditate 10 minutes daily. Seriously. Focus is a muscle.

**Daily commitment:** Progressive (10→20→30 minutes)

**Time to improvement:** 3-4 weeks

**You'll know it's working when:** Section 4 doesn't feel like torture

# YOUR 30-DAY TRANSFORMATION TIMELINE

Here's exactly what to do based on your profile:

## **If you have 1 main weakness:**

- Week 1-4: Focus 100% on that weakness
- Daily commitment: 45 minutes
- Weekly progress test
- Move to next weakness only when fixed

## **If you have 2-3 weaknesses:**

- Week 1-2: Primary weakness (60% time)
- Week 2-3: Add secondary weakness (30% time)
- Week 3-4: Add tertiary weakness (10% time)
- Daily commitment: 60 minutes total



# THE TESTING SCHEDULE

## **The Testing Schedule:**

- End of Week 1: Diagnostic test (same weakness?)
- End of Week 2: Progress test (improving?)
- End of Week 3: Full test (integrated improvement?)
- End of Week 4: Confirmation test (ready?)

## **THE SLOW/FAST PRACTICE PRINCIPLE**

Remember from the video: You don't learn to drive at 100km/hour.

## **SLOW PRACTICE (Weeks 1-3):**

- Pause recordings to think
- Replay sections multiple times
- Take as long as you need
- Focus on understanding, not speed
- Goal: Accuracy, not test completion

# FAST PRACTICE AND RED FLAGS






## **FAST PRACTICE (Week 4+):**

- Full test conditions
- No pausing or replaying
- Strict 30-minute limit
- Goal: Consistent band score

**The Rule:** Don't go fast until slow is perfect.

## **RED FLAGS YOU'RE NOT IMPROVING**

If after 2 weeks you see no progress:

-  You're not doing daily practice
-  You're practicing everything, not your specific weakness
-  You're going too fast too soon
-  You're using unreliable materials
-  You need general English improvement first

**The uncomfortable truth:** If you can't commit 30-45 minutes daily, you won't get Band 9. There's no magic shortcut.

# THE "AM I READY?" TEST

Before booking your test, you must:

- ✓ Complete 3 Cambridge tests in one week
- ✓ Score your target band or higher in ALL 3
- ✓ Have no more than 1-2 mistakes per test
- ✓ Feel zero panic during the test

**Not there yet?** Keep working. The test will still be there next month.

**Consistently hitting your target?** Book it. You're ready.

Remember what I told Priyanka and Isha: Don't book the test until you KNOW you'll pass. Hope is not a strategy.

Get complete strategies and practice materials in our VIP Course: [IELTSAdvantage.com/vip](https://IELTSAdvantage.com/vip)

# THE PRACTICE TEST MAXIMIZER

Most students burn through Cambridge books like they're trying to set a speed record.

Test. Check answers. Feel bad. Next test. Check answers. Feel worse.

That's not practice. That's expensive self-torture.

Here's how Band 9 students use the exact same books to guarantee success.

# HOW TO USE CAMBRIDGE BOOKS LIKE A BAND 9 STUDENT

You know those students who do 50 practice tests and still get Band 6.5?

And those who do 10 tests and get Band 9?

The difference isn't the number of tests. It's HOW they use them.

## THE THREE-PHASE SYSTEM

### PHASE 1: DIAGNOSTIC TESTS (Tests 1-3)

*Purpose: Find your weaknesses*

#### **What to do:**

- Full exam conditions
- No pausing, no cheating
- Circle wrong answers
- Analyze patterns (like we did in Section 3)
- DON'T waste these on "practice"

# WHAT NOT TO DO WITH DIAGNOSTIC TESTS

## What NOT to do:

- Don't check answers during the test
- Don't replay sections
- Don't get upset about low scores
- Don't move on without analysis

## PHASE 2: TARGETED PRACTICE (Tests 4-9)

*Purpose: Fix specific weaknesses*

### The Section Surgery Method:

Instead of doing full tests, cut them up:

**Monday:** Only Section 4 from Test 4 (vocabulary focus)

**Tuesday:** Only MCQs from Tests 4-5 (question strategy)

**Wednesday:** Only Section 3 from Test 5 (connected speech)

**Thursday:** Maps questions from Tests 4-6 (spatial practice)

**Friday:** Full test to integrate improvements

# WHY TARGETED PRACTICE WORKS

## Why this works:

- You're not wasting easy sections you already ace
- Concentrated practice on weak areas
- More efficient use of limited materials

## PHASE 3: CONFIRMATION TESTS (Tests 10-12)

*Purpose: Confirm you're ready*

### The Three-Test Rule:

Final week before booking:

- Test 10: Monday (Must get target score)
- Test 11: Wednesday (Must get target score)
- Test 12: Friday (Must get target score)

**All three at target score?** Book your test.

**Even one below target?** Two more weeks of Phase 2.

# THE MISTAKE ANALYSIS TEMPLATE

Stop just checking answers. Start understanding patterns.

After each test, fill this out:

**Test #**\_\_\_ **Date:**\_\_\_\_ **Score:**\_\_\_\_/40

## **Section Analysis:**

- Section 1: \_\_\_/10 (Types of mistakes: \_\_\_\_\_)
- Section 2: \_\_\_/10 (Types of mistakes: \_\_\_\_\_)
- Section 3: \_\_\_/10 (Types of mistakes: \_\_\_\_\_)
- Section 4: \_\_\_/10 (Types of mistakes: \_\_\_\_\_)

## **Error Categories:**

- ☐ Didn't hear the answer at all
- ☐ Heard it but misunderstood
- ☐ Understood but spelled wrong
- ☐ Wrote too many/few words
- ☐ Right idea, wrong answer format
- ☐ Zoned out and missed it

## **Specific Patterns:**

Action for next practice:



# THE SLOW/FAST PRACTICE SCHEDULE

Here's exactly how to use your practice materials:

## WEEK 1-2: SLOW PRACTICE

- Use Tests 4-6
- Section by section
- Pause after each question if needed
- Check transcript for missed answers
- Take 45-60 minutes per test if necessary
- **Goal:** Understanding, not speed

## WEEK 3: INTEGRATION

- Use Tests 7-9
- Full tests but with extra time (40 minutes)
- No pausing during sections
- Review transcripts after
- **Goal:** Applying strategies consistently

# WEEK 4 AND YOUR PRACTICE LOG

## WEEK 4: TEST SPEED

- Use Tests 10-12
- Exactly 30 minutes
- Full exam conditions
- No excuses, no cheating
- **Goal:** Target band score 3 times

## YOUR PRACTICE LOG

Track everything. What gets measured gets improved.

### Weekly Practice Tracker:

#### Week 1:

- Days practiced: \_\_\_\_/7
- Slow practice sessions: \_\_\_\_
- Weakness focus: \_\_\_\_\_
- Improvement noticed: \_\_\_\_\_

# TRACKING YOUR PROGRESS

## Week 2:

- Days practiced: \_\_\_\_/7
- Sections completed: \_\_\_\_
- Main struggles: \_\_\_\_\_
- Breakthrough moments: \_\_\_\_\_

## Week 3:

- Days practiced: \_\_\_\_/7
- Full tests completed: \_\_\_\_
- Average score: \_\_\_\_/40
- Consistent mistakes: \_\_\_\_\_

## Week 4:

- Confirmation test 1: \_\_\_\_/40
- Confirmation test 2: \_\_\_\_/40
- Confirmation test 3: \_\_\_\_/40
- Ready to book? YES / NO

# CAMBRIDGE BOOK SHOPPING LIST

**Minimum needed:** 3 books (12 tests total)

- Books 15-18 are most recent
- Older books (10-14) are fine but slightly easier
- Books before 10 have different formats

**Where to get them:**

- Official bookstores (most expensive)
- Amazon (medium price)
- Second-hand (cheapest - who cares if someone wrote in them?)

**Digital vs. Physical:**

- Physical: Better for test day practice
- Digital: Fine for slow practice

**Budget option:** Share with study partners, but do different tests on different days.