Free IELTS Band Score Checklist

Find out where you stand before you take the IELTS exam. Tick ✔ the statements that apply to you.

🎧 IELTS Listening
- ☐ I can understand different English accents (British, American, Australian, Canadian, etc.)
- ☐ I catch keywords even when spoken quickly.
- ☐ I can follow long conversations and lectures without losing track.
- ☐ I regularly practice with mock audio tests under timed conditions.

📖 IELTS Reading
- ☐ I skim and scan passages quickly to find answers.
- ☐ I know how to handle tricky question types like True/False/Not Given.
- ☐ I can finish a 40-question practice test within 60 minutes.
- ☐ I understand both academic and general training passages easily.

✍️ IELTS Writing
- ☐ I know the difference between Task 1 (report/letter) and Task 2 (essay).
- ☐ I can write at least 250 words in 40 minutes without running out of time.
- ☐ I use linking words (however, moreover, on the other hand) naturally.
- ☐ I have received feedback on my grammar and sentence variety.

✍️ IELTS Speaking
- ☐ I feel confident speaking for 2 minutes on a random topic.
- ☐ I use a range of vocabulary and grammar while speaking.
- ☐ My pronunciation is clear and easy to understand.
- ☐ I can answer Part 1, Part 2, and Part 3 style questions without hesitation.

How to Use this Checklist

- If you scored ✔ on most statements → You're IELTS-ready, keep practicing mock tests.
- If you scored ✔ on 2 or fewer per section → You need guided coaching to hit your target band.

✉ Need help with your IELTS prep? Write to us anytime at *hello@altruistlanguagehub.com* and our trainers will guide you.