

One of many suggested study guides for improving your English for the IELTS exam

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Disclaimer: No responsibility will be taken for any problems or emergencies that may arise as a result of using this guide. You are personally and solely responsible for all of your own decisions.

If you're really, really serious about passing the IELTS exam and you have a completely free couple of weeks, you can do this plan. If you don't have the time, do what you can in the time you have. Make sure your mobile is turned completely off, not just silent. (Don't be distracted by texts!) The phone should be off the hook and all your friends and family should be aware that you cannot be disturbed during this period. (If it is an emergency they will need to knock on your door!) Don't eat/drink any dairy, pasta or wheat products (gluten) as they slow down your brain and reduce your focus. (So no milk, cream, butter, cheese, yoghurt, ice cream, bread or anything that says 'may contain dairy, gluten' etc. Check the labels and ingredients on anything you're going to eat or drink. Some chips have cream. Some juices have milk. Some soy sauce has gluten. Be aware. Search online for other food that doesn't slow your brain!) Have a healthy breakfast with a focus on fresh fruit and vegetables, rice and oily fish. Black coffee, black tea or green tea is okay but not after 3pm. Don't drink alcohol either! Go to bed by 10pm. Wake up at 6am. Take vitamin supplements, especially Vitamin C (1000mg) and Omega 3. Eating healthily will keep your energy levels high and enable you to focus on this study plan. If you eat junk food you'll give up within the first two hours as you'll be too tired! Don't forget to drink water too. Enough to not be distracted from being thirsty but not too much that your study plan is interrupted with too many toilet breaks! *This guide is rough as it doesn't include the minutes you need to change from one thing to another or take into account toilet breaks or daily house chores!*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Mock Test)
8:00am-9:00am	Read a newspaper and note new vocab	Read a newspaper and note new vocab	Read a newspaper and note new vocab	Read a newspaper and note new vocab	Read a newspaper and note new vocab	Read a newspaper and note new vocab	Write Task 1 & Task 2
9:00am-10:00am	Write Task 1 & Task 2	Write Task 1 & Task 2	Write Task 1 & Task 2	Write Task 1 & Task 2	Write Task 1 & Task 2	Write Task 1 & Task 2	Reading Test
10:00am-10:15am	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break, or not. No breaks in the real test!
10:15am-10:45am	Listen to talk-only radio. Note new vocab	Listen to talk-only radio. Note new vocab	Listen to talk-only radio. Note new vocab	Listen to talk-only radio. Note new vocab	Listen to talk-only radio. Note new vocab	Listen to talk-only radio. Note new vocab	Listening Test
10:45am-11:15am	Talk on Skype in English with s/b	Talk on your phone in English with s/b	Talk with a friend in English	Talk with a relative in English	Talk on Skype in English with s/b	Socialise and talk in English in some way	Break. Stretch, Jog. Tidy up. Non IELTS stuff.
11:15am-12:15am	Reading test	Reading test	Reading test	Reading test	Reading test	Reading test	Housework!
12:15pm-12:30pm	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Speaking Practice Test 1 (Find someone online)
12:30pm-1:15pm	Listening Test	Listening Test	Listening Test	Listening Test	Listening Test	Listening Test	Do your usual chores
1:15pm-2:15pm	Lunch break. Forget IELTS! Go outside!	Lunch break. Forget IELTS! Go outside!	Lunch break. Forget IELTS! Go outside!	Lunch break. Forget IELTS! Go outside!	Lunch break. Forget IELTS! Go outside!	Lunch break. Forget IELTS! Go outside!	Lunch
2:15pm-2:45pm	Read a <u>fiction</u> book on a subject you like	Read a <u>fiction</u> book on a subject you like	Read a <u>fiction</u> book on a subject you like	Read a <u>fiction</u> book on a subject you like	Read a <u>fiction</u> book on a subject you like	Read a <u>fiction</u> book on a subject you like	Get ready to go out!
2:45pm-3:45pm	Proofread your Task 1 & Task 2 Writing	Proofread your Task 1 & Task 2 Writing	Proofread your Task 1 & Task 2 Writing	Proofread your Task 1 & Task 2 Writing	Proofread your Task 1 & Task 2 Writing	Proofread your Task 1 & Task 2 Writing	Go out and meet a friend
3:45pm-4:00pm	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Short break. Stretch, jog on the spot.	Speaking Practice Test 2 (Meet someone)
4:15pm-4:45pm	Check Reading Test	Check Reading Test	Check Reading Test	Check Reading Test	Check Reading Test	Check Reading Test	Language Exchange Grp
4:45pm-5:15pm	Check Listening Test	Check Listening Test	Check Listening Test	Check Listening Test	Check Listening Test	Check Listening Test	Socialise
5:15pm-6:00pm	Watch ABC/BBC news	Watch ABC/BBC news	Watch ABC/BBC news	Watch ABC/BBC news	Watch ABC/BBC news	Watch ABC/BBC news	Have fun!
6:00pm-7:00pm	Dinner break. Forget IELTS! Go outside!	Dinner break. Forget IELTS! Go outside!	Dinner break. Forget IELTS! Go outside!	Dinner break. Forget IELTS! Go outside!	Dinner break. Forget IELTS! Go outside!	Dinner break. Forget IELTS! Go outside!	Dinner with English speaking friends
7:00pm-8:00pm	Study New Vocab. Write your blog.	Study New Vocab. Write your blog.	Study New Vocab. Write your blog.	Study New Vocab. Write your blog.	Study New Vocab. Write your blog.	Study New Vocab. Write your blog.	Get ready for study tomorrow!
8:00pm-9:00pm	Grammar HW	Grammar HW	Grammar HW	Grammar HW	Grammar HW	Grammar HW	Sleep early!

These study types separated and mixed up to make sure you don't wear out parts of your brain focused on one thing. By separating similar study areas it gives your brain time to store information and make connections. If this order doesn't really suit your learning style, feel free to change things around a bit. Also, change the hours to suit your own sleeping habits. Don't do any study between 2am and 4am, though. You should always be deep asleep during that period as that is your nightly regeneration and memory storage period. If you're not asleep then, you'll forget most of what you did that day! Good luck!