

TYPOGRAMMAR

IELTS Band 7+ Mastery Guide

A practical path to stronger scores, clearer English, and confident test



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STUDY EDITION

IELTS Band 7+ Mastery Guide

A practical, skill-by-skill study guide from TypoGrammar

This guide is designed for learners who want a clear route to Band 7 or higher. It turns the exam into a set of repeatable decisions: understand the task, choose the right strategy, control your language, and check your work.

How to use this book

Study one skill at a time, complete the short drills without looking at the model answers, then record one improvement for your next practice session. Repetition with feedback is more valuable than collecting more materials.

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Section	Focus
1. Score Strategy	What Band 7 really requires and how to measure progress
2. Listening	Prediction, signpost words, spelling, and distractors
3. Reading	Time control, question types, and evidence tracking
4. Writing Task 1	Clear overviews, comparisons, and accurate data language
5. Writing Task 2	Thesis, paragraph logic, development, and cohesion
6. Speaking	Fluency, natural range, pronunciation, and repair skills
7. Language Upgrade	Grammar, vocabulary, collocations, and self-correction
8. Study System	A 30-day plan, checklists, and a final test-day routine

1. Score Strategy

Band 7 is not perfect English. It is controlled English that communicates clearly, answers the task fully, and stays understandable even when ideas become complex.

The four scoring questions

Skill	The examiner is asking	Your practical target
Listening	Can you follow detail, changes, and speaker purpose?	Predict, listen for meaning, and check spelling.
Reading	Can you locate evidence and distinguish fact from opinion?	Scan first, read closely second, prove every answer.
Writing	Is the response relevant, organized, developed, and accurate?	Plan before writing, then edit for clarity and errors.
Speaking	Can you express ideas naturally and keep going?	Extend answers, use examples, and repair calmly.

The Band 7 habit

Do not ask, "What impressive words can I use?" Ask, "What exact meaning do I need to communicate, and what language makes that meaning easy to follow?"

Build a baseline

- Complete one timed task in each skill before you begin your study plan.
- Record your raw score, common errors, and the reason for each error.
- Repeat a similar task after seven days and compare the process, not only the score.

2. Listening: Hear the Answer Before It Arrives

High scores come from active listening. Before the recording starts, use the question paper to build a prediction. Decide what kind of answer is likely, then listen for meaning rather than waiting for an identical word.

The four-step listening loop

Step	Action	Why it helps
1. Predict	Underline keywords and predict noun, number, name, or place.	Your brain notices likely information faster.
2. Follow	Track the question order and listen for signposts.	Most answers appear in sequence.
3. Confirm	Check meaning, grammar, and spelling before moving on.	A sound can be right but the answer can still be wrong.
4. Recover	If you miss one, keep listening and return later.	One lost answer should not become five.

Common distractors

- A speaker gives one option, then changes their mind: "We could meet on Tuesday, actually Wednesday is better."
- A word is mentioned but does not answer the question. Follow the relationship between ideas.
- A number is corrected or compared. Write the final, relevant number.

Mini drill

Read this question and predict the answer type: "The new library opens at ____ on weekdays."
Likely answer: a time. During listening, be ready for a correction such as "It used to open at 8, but it now opens at 9."

3. Reading: Prove Every Answer

Reading is a time-management test as much as a language test. Your goal is not to understand every sentence equally. Your goal is to locate the relevant passage, understand the local meaning, and prove the answer with evidence.

A reliable 60-minute rhythm

Phase	Suggested time	Method
Passage 1	17 minutes	Read questions first, scan for anchors, answer, and mark uncertainty.
Passage 2	20 minutes	Expect denser vocabulary. Track paragraph purpose and contrast words.
Passage 3	23 minutes	Protect time for inference questions and a final answer check.

Question type playbook

- True, False, Not Given: True means the text agrees, False means it contradicts, Not Given means the text does not decide.
- Matching headings: read the first and last sentence, then identify the paragraph purpose, not a repeated detail.
- Multiple choice: eliminate options that are too broad, too narrow, or unsupported before choosing.
- Sentence completion: predict the grammar of the missing word and copy the answer exactly from the passage when required.

Evidence rule

If you cannot point to the sentence or idea that proves your answer, you are guessing. Mark the question, continue, and return with fresh attention.

4. Writing Task 1: Make the Main Pattern Clear

A strong Task 1 response selects and compares the most important features. It does not describe every number. Your overview should answer the reader's first question: what changed, dominated, or stayed stable?

The four-part structure

Part	Purpose	Useful language
Introduction	Paraphrase the question without changing its meaning.	The chart compares... / The diagram illustrates...
Overview	State two or three major features without detailed figures.	Overall, it is clear that... / The most noticeable feature is...
Details 1	Group related data and make direct comparisons.	whereas, compared with, respectively, approximately
Details 2	Cover the remaining important contrast or trend.	by contrast, meanwhile, rose from... to...

Trend language with control

- Up: increased, climbed, grew, rose, showed an upward trend.
- Down: decreased, fell, declined, dropped, showed a downward trend.
- Stable: remained stable, stayed almost unchanged, fluctuated slightly.
- Strength: slightly, steadily, considerably, sharply, approximately.

Editing question

Have I written an overview? Have I grouped information logically? Did I compare items, or only list them? Are my figures accurate?

5. Writing Task 2: Build an Argument the Reader Can Follow

Band 7 essays are clear before they are sophisticated. A reader should know your position, understand why each point matters, and see how your examples support the argument.

The PEEL paragraph

Move	Question to answer	Example prompt
Point	What is the paragraph's main claim?	Public transport should be made more affordable.
Explain	Why is this claim true or important?	Lower prices can persuade commuters to leave cars at home.
Example	What realistic situation demonstrates it?	For example, discounted monthly passes can reduce daily travel costs.
Link	How does this return to the question?	This makes affordability a practical environmental policy.

Thesis templates

- Direct position: Although X has some advantages, I believe Y is more beneficial because A and B.
- Balanced position: This issue has valid arguments on both sides; however, the stronger view is Y because A.
- Problem and solution: The main cause of X is A, and the most effective response is B.

Band 7 warning

Memorized essays often fail because they answer a different question. Memorize structures and useful language, but generate the ideas for the exact prompt in front of you.

6. Speaking: Sound Natural, Not Perfect

The speaking test rewards communication. A pause, correction, or simpler word is acceptable when you keep the conversation moving and your meaning stays clear.

Extend every answer

Move	What to do	Starter
Answer	Give a direct response first.	Yes, definitely. / Not usually.
Reason	Explain why.	The main reason is that...
Example	Add a real or realistic detail.	For instance, when I was...
Contrast	Show nuance when useful.	That said, I can also see why...

Repair phrases

- Let me put that another way.
- What I mean is...
- I have not thought about that before, but I would say...
- The word I am looking for is...

Pronunciation focus

Prioritize word stress, sentence stress, and clear endings. Record a one-minute answer, listen once for meaning, then listen again for one pronunciation feature. Fix one feature at a time.

7. Language Upgrade: Accuracy That Supports Meaning

Vocabulary range is useful only when the word fits the meaning and the grammar around it is accurate. Build language in chunks, then use those chunks in your own sentences.

High-value grammar checks

- Subject and verb agreement: "The number of students is increasing," not "are increasing."
- Articles: use a, an, and the consistently when a noun needs them.
- Countability: "many factors" but "much information."
- Complex sentences: connect one clear main idea with a logical dependent clause.
- Reference: make it clear what this, they, and such changes refer to.

Collocation bank

Topic	Useful chunks
Education	academic performance, equal access to education, practical skills, lifelong learning
Environment	reduce carbon emissions, protect natural habitats, renewable energy sources
Technology	digital literacy, rapid technological change, privacy concerns, online platforms
Society	a growing proportion of, social responsibility, public awareness, quality of life

Upgrade routine
Take one old answer. Underline repeated words, replace only two with precise alternatives, and correct three grammar errors. Then read the answer aloud. Small, targeted upgrades create reliable improvement.

8. The 30-Day Study System

Use a repeating cycle: learn one strategy, practise it under light pressure, complete a timed task, review your errors, and repeat the same task type after a short delay.

Days	Main focus	Daily output
1-5	Baseline and strategy setup	One short task per skill, error log, target scores.
6-12	Listening and reading control	Three timed sections, review every wrong answer.
13-19	Task 1 and Task 2 writing	Two plans, two introductions, one full essay, one report.
20-25	Speaking fluency and language	Five recorded answers, pronunciation notes, collocation practice.
26-29	Full practice and repair	Two half tests, targeted corrections, one final essay.
30	Simulation and calm review	Full test conditions, light review, test-day checklist.

Your error log

For every mistake, write: task type, your answer, correct answer, reason for the error, and one action for next time. Classify errors as knowledge, attention, timing, or strategy. This tells you what to practise next.

Final Checklists

Writing checklist

- ☐ I answered every part of the question.
- ☐ My position is clear in the introduction and conclusion.
- ☐ Each paragraph has one main idea and a supporting explanation.
- ☐ I used a range of structures without losing accuracy.
- ☐ I checked articles, verb forms, plurals, spelling, and punctuation.

Speaking checklist

- ☐ I answer directly, then extend with a reason or example.
- ☐ I keep going after a small mistake.
- ☐ I use linking phrases naturally, not in every sentence.
- ☐ My key words are stressed and my word endings are clear.

Test-day routine

- Sleep enough, eat familiar food, and arrive early.
- Bring the required identification and follow the centre instructions.
- During the test, protect your attention. Do not replay a missed answer in your head.
- Use the final minutes to check answers, not to rewrite everything.

A final reminder from TypoGrammar

Band 7 is built through clear decisions repeated many times. Measure your process, review your errors, and make the next practice task slightly better than the last one.

TypoGrammar Practice Prompts

Use these prompts to turn the guide into active practice.

Writing Task 2

Some people believe that schools should teach practical skills such as managing money and cooking. Others believe that traditional academic subjects are more important. Discuss both views and give your own opinion.

Writing Task 1

The table below shows the percentage of adults in four age groups who used public transport at least once a week in 2000 and 2020. Summarise the information by selecting and reporting the main features, and make comparisons where relevant.

Speaking Part 2

Describe a skill you would like to learn. You should say what it is, why you want to learn it, how you would learn it, and explain how this skill could be useful.

Self-review questions

- What is the clearest sentence in my answer?
- Where did I lose precision or repeat an idea?
- Which one change would most improve my next attempt?

For more English learning resources, visit typogrammar.com

This guide is an educational resource. Always check the latest official IELTS materials and test requirements for your location before booking an exam.