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IELTS Complete Preparation Guide

Academic & General Training - strategies, samples and a 30-day plan for Pakistani and international students

Original preparation guide for Academic & General Training

8 chapters | 300 vocabulary words | 30-day study plan

Band 7-8 sample essays | Practice passage with answers

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About This Guide

This is an original LifeWithBooks preparation book for serious IELTS candidates - especially students in Pakistan and South Asia targeting Band 6.5-7.5 for study abroad, migration, or professional registration. It reflects the four-skill IELTS format (2024-2026). Use it with official Cambridge, British Council, or IDP practice materials.

How to Use This Book

Work through Chapters 1-6 in order. Complete the Reading practice in Chapter 2 under exam timing. Rewrite the Task 2 samples in your own words. Record Speaking cue cards from Chapter 5. Follow the 30-day plan in Chapter 8 if you study while working. This PDF matches the full web edition at lifewithbooks.co.

Chapter 1: Understanding IELTS

IELTS (International English Language Testing System) measures how well you can use English in study, work, and migration contexts. It is jointly managed by the British Council, IDP, and Cambridge English. For Pakistani candidates, the test is not an intelligence exam - it is a skills exam with fixed rules. Once you understand the format, you stop losing marks to surprises and start losing marks only to fixable habits: slow reading, memorised essays, or spelling under pressure.

Academic vs General Training: Academic IELTS is required for most university admissions and many professional registrations (nursing, engineering councils, etc.). General Training is used mainly for migration (e.g. some visa routes) and focuses on everyday reading and letter-writing. Listening and Speaking are the same for both versions. Reading and Writing differ: Academic Reading uses long academic passages; General Reading uses ads, notices, and workplace texts. Academic Writing Task 1 asks you to describe charts, maps, or processes; General Task 1 asks for a letter (formal, semi-formal, or informal). If your university says "IELTS Academic," do not book General - your score will not be accepted.

Exact test format and timings (2024-2026): The full test takes about 2 hours 45 minutes. Listening: 4 sections, 40 questions, approximately 30 minutes plus 10 minutes transfer time on paper (on computer, you type answers during short checks). Reading: 3 passages, 40 questions, 60 minutes - no extra transfer time. Writing: Task 1 (20 minutes recommended) + Task 2 (40 minutes), 60 minutes total. Speaking: 11-14 minutes, usually on a different day, one-to-one with an examiner. There is no break between Listening, Reading, and Writing on test day; eat and hydrate before you enter the centre.

Band scores (0-9): You receive a band for each skill and an Overall Band Score (average of the four, rounded to the nearest 0.5). Band 5 is modest user; Band 6 is competent with errors; Band 6.5 is the common university minimum; Band 7 is good user with occasional inaccuracies; Band 7.5-8 is what competitive scholarships and top programmes often want. Band 9 is expert - rare. Each band has official descriptors published by IELTS; read them on ielts.org so you know what "Task Response" and "Coherence" actually mean.

What bands mean for visas and universities: Requirements vary by country and institution. Many UK universities ask for 6.0-6.5 overall with no skill below 5.5. Australia and Canada migration points systems often reward 7.0 or 8.0 in each skill. Always check the exact rule on the university or immigration page - do not rely on WhatsApp rumours. A single skill at 5.5 when the rule is 6.0 in each band can block your CAS or visa even if your overall is 7.0.

Cost and registration in Pakistan: Fees change; check britishcouncil.pk or idp.com for current PKR rates (typically in the range of PKR 55,000-65,000 for Academic, updated periodically). Book only through official partners. You need a valid passport (or CNIC where accepted for specific arrangements - passport is standard). Choose computer-delivered (CD) or paper; CD results are often faster (around 3-5 days). Cities with test centres include Islamabad, Lahore, Karachi, Peshawar, Multan, Faisalabad, and others depending on schedule. Register early - popular dates fill.

How many times can you take it? Unlimited. There is no lifetime cap. However, paying repeatedly without fixing Writing problems is expensive. Two well-prepared attempts beat five rushed ones. Some universities accept "One Skill Retak" available - only if you took computer-delivered IELTS in an eligible centre; confirm on ielts.org.

Score validity: Usually 2 years from the test date for universities and most immigration bodies. If your visa was refused and you reapply two years later, you may need a fresh test. Keep your Test Report Form (TRF) safe; additional copies can be sent to institutions through the test centre.

Chapter 2: IELTS Reading

Reading is where many Pakistani and South Asian students have the largest gap between classroom English and exam English. School exams often reward memorised notes; IELTS rewards locating information, distinguishing opinion from fact, and managing time under pressure. Target band 7+ candidates should finish all three passages and transfer answers with two minutes to spare.

Three question types (simplified): (1) Factual/locating - answers are stated clearly in the text (True/False/Not Given, matching information, short answers). (2) Inferential - you must understand implication (Yes/No/Not Given about views, some multiple choice, inferring writer attitude). (3) Vocabulary/reference - what does "it" refer to, meaning in context, gap-fill with words from the passage. Train by labelling homework questions into these three types before answering.

Skimming - exact steps: (1) Read the title and any subheadings (30 seconds). (2) Read the first sentence of each paragraph (2-3 minutes for the whole passage). (3) Note the logical solutions, or historical! present! future. (4) Do not skim the middle sentences in the first pass - that is wasting time. Skimming tells you where to scan later.

Scanning - exact steps: (1) Read the question stem and underline keywords (names, numbers, unusual nouns). (2) Predict synonyms (expenditure = spending, detrimental = harmful). (3) Move your eyes down the passage in blocks of 3-4 lines until you find the keyword or a clear paraphrase. (4) Read that sentence plus one sentence before and after for context. (5) Write the answer in the correct word limit.

True / False / Not Given (most failed question): TRUE = the passage clearly supports the statement. FALSE = the passage clearly contradicts the statement (opposite meaning). NOT GIVEN = the passage neither confirms nor denies it - you cannot prove it from the text even if you know the fact from life. The trap: students choose FALSE when the topic is mentioned but the specific claim is not addressed (that is NOT GIVEN). Another trap: matching one word ("pollution") while the statement changes scope ("all cities" vs "some cities").

Matching headings: Do not read all headings first for five minutes. Skim paragraph opening sentences, try to summarise each paragraph in three words in your head, then match. Headings test main idea, not a detail from the last line. If two headings seem similar, find the difference (causes vs effects, advantages vs disadvantages). One heading is usually a distractor you do not use.

Time management: 60 minutes, 40 questions! about 1.5 minutes per question. Practical split: Passage 1 - 17 minutes, Passage 2 - 20 minutes, Passage 3 - 23 minutes. Passage 3 is longest and hardest - do not leave 25 minutes for only Passage 3 because you panicked on Passage 1. If

stuck for 90 seconds on one question, guess, mark the booklet, move on.

Examiner traps: Synonyms in questions not in the passage wording; NOT GIVEN disguised as almost-true statements; similar pairs; word limits ("NO MORE THAN TWO WORDS") where students add articles unnecessarily; order-breaking in Passage 3.

Why Pakistani students struggle specifically: Urdu/ regional language interference (false friends: "actual" vs "current"); reading word-by-word instead of chunking; translating in the head which doubles time; lack of exposure to academic texts (journals, longform essays); training on grammar rules but not on inference; test anxiety from family pressure. Fix: daily 20-minute timed reading of BBC, Dawn editorials, or The Economist; underline paraphrase pairs; no translation - summarise in English in one sentence.

Practice passage - Urban Heat in South Asian Cities (read 8 minutes, answer 12 minutes)

Paragraph A: Cities such as Lahore, Delhi, and Karachi are warming faster than surrounding countryside, a pattern scientists call the urban heat island effect. Dense concrete, asphalt roads, and limited tree cover absorb heat by day and release it slowly at night, so minimum temperatures stay high and air conditioners run longer.

Paragraph B: A 2022 study comparing satellite data across twelve South Asian metros found that inner districts could be 3-5°C hotter than rural reference points during heatwaves. The gap was widest where green space per resident fell below three square metres. Wealthier neighbourhoods with parks and tree-lined streets recorded smaller differences, which suggests inequality in climate exposure, not only geography.

Paragraph C: Municipal planners have trialled cool roofs - reflective coatings on buildings - and expanded bus rapid transit to cut private vehicle use. Critics argue these measures help only affluent wards unless maintenance budgets reach informal settlements, where most pedestrian trips occur on foot in sun-exposed alleys.

Paragraph D: Public health officials link sustained night-time heat to higher hospital admissions for dehydration and cardiovascular stress among elderly residents. Campaigns now promote communal cooling centres, though uptake remains low where women lack safe transport after dark, a barrier rarely mentioned in engineering-only plans.

Paragraph E: Some policymakers favour large-scale air conditioning subsidies; researchers counter that cheap electricity from coal-heavy grids would raise national emissions and worsen long-term heating. They recommend combining shading, vegetation, and building codes with targeted welfare for the poorest households.

Questions 1-10 (write TRUE, FALSE, or NOT GIVEN):

1. The urban heat island effect means cities cool down faster at night than rural areas.
2. Inner-city areas in the study could be up to five degrees warmer than rural areas during heatwaves.
3. All South Asian cities in the study had less than three square metres of green space per person.
4. Cool roof programmes have already eliminated heat inequality between rich and poor districts.
5. Elderly people are among those more likely to need hospital care during prolonged hot nights.
6. Cooling centres are always well attended across all neighbourhoods.
7. Researchers believe subsidised air conditioning alone could increase emissions.
8. The passage states that Lahore is the hottest city in South Asia.
9. Informal settlements are mentioned as places where foot travel is common.
10. Vegetation and building codes are presented as part of a combined policy approach.

Answers: 1 FALSE (night temperatures stay high); 2 TRUE; 3 FALSE (gap widest where green space fell below three - not all cities); 4 FALSE (critics say measures help affluent wards unless budgets reach settlements); 5 TRUE; 6 FALSE (uptake remains low); 7 TRUE; 8 NOT GIVEN (Lahore is named but not ranked hottest); 9 TRUE; 10 TRUE.

Chapter 3: IELTS Writing Task 1 Academic

Task 1 is 33% of your Writing score but many candidates spend 25 minutes here and rush Task 2 - a serious mistake. Task 2 carries twice the weight. Aim for 160-190 words in 18-20 minutes for Task 1.

Five common visual types: (1) Line graph - change over time; highlight trends, peaks, crossovers. (2) Bar chart - compare categories; note highest/lowest, gaps. (3) Pie chart - proportions at one time; do not describe every slice if there are more than six - group small ones. (4) Table - precise numbers; select biggest contrasts, do not list every cell. (5) Process or map - stages or spatial changes; use passive voice and sequencing (first, subsequently, finally).

Introduction - three formulas: (A) "The [chart type] compares/shows/illustrates X in [place] between [years]." (B) "The diagram presents data on [topic] over a [time period]." (C) "The map/process depicts how [subject] is transformed from [A] to [B]." Paraphrase the task prompt - never copy more than a short phrase.

Overview (most important paragraph): Write 2-3 big patterns without numbers, or with only very general figures. Examiners penalise missing overview heavily. Ask: What increased overall? What fell? What was highest throughout? For two charts, compare the main relationship between them. Put overview after the introduction or as the last paragraph - both are accepted; after introduction is clearer for you.

Body paragraphs: Group data logically (by time period, by category, or by comparison). Two body paragraphs are enough. Include specific figures with comparatives (rose from 20% to 35%, was twice as high as). Do not give your opinion. Do not explain why trends happened unless the task asks.

Language for trends: increased, rose, grew, climbed, surged / fell, declined, dropped, plummeted / remained stable, plateaued, fluctuated / peaked at, hit a low of, stood at, accounted for, was followed by.

Chart-type vocabulary: Line - upward/downward trend, sharp rise, gradual decline. Bar - the leading category, lagged behind, outnumbered. Pie - constituted the largest share, a negligible proportion. Table - ranked first, the disparity between. Process - is fed into, is converted to, the final stage.

Band 6 sample (line graph - electricity sources): "The line graph gives information about electricity generated from coal, gas, and renewables in a European country from 1990 to 2020. Overall, coal fell steadily while renewables rose, and gas was relatively stable after 2005. Coal started at around 60% and declined to about 25% by 2020. Gas was near 25% in 1990, increased to 35% in 2005, then stayed around 30%. Renewables were only 5% in 1990 but climbed to 40% in 2020, becoming the largest source at the end. In 2010 coal was still higher than renewables."

Examiner comments (Band 6): Covers the data with some grouping; overview is present but could be sharper ("became the largest source" should appear in overview, not only the end). Vocabulary is adequate but repetitive (rose/climbed). Grammar is mostly accurate. To reach 7: stronger overview in one sentence, more varied data language, fewer repeated "was."

Band 8 sample (same task): "The line graph illustrates the proportion of electricity produced from coal, natural gas, and renewable sources in an unspecified European country over a thirty-year period from 1990 to 2020. Overall, generation from coal underwent a sustained decline, whereas renewables expanded dramatically and replaced coal as the dominant source by the end of the period, while gas remained a secondary contributor with only modest fluctuation after 2005. Coal accounted for roughly three-fifths of output in 1990 but contracted to approximately one quarter by 2020. Natural gas supplied about a quarter of electricity throughout the 1990s, peaked at around 35% in 2005, and subsequently stabilised near the 30% mark. By contrast, renewables constituted a negligible share in 1990, at merely 5%, yet they surged to 40% by 2020, overtaking both fossil fuels individually."

Examiner comments (Band 8): Clear overview with main trends and comparison; well-organised bodies;

wide vocabulary (underwent, contracted, stabilised, overtaking); precise linking (by contrast, yet). No opinion. Minor improvement for 8.5: exact year-by-year detail only where it supports a trend, not every point.

Chapter 4: IELTS Writing Task 2

Task 2 requires at least 250 words (aim 260-280). You have 40 minutes: 5 plan, 30 write, 5 check. Four essay types: (1) Opinion (Agree/Disagree) - clear position throughout. (2) Discussion (Discuss both views + opinion). (3) Problem/Solution - causes/problems in body 1, solutions in body 2. (4) Advantages/Disadvantages - balance or pick a side if asked "do advantages outweigh disadvantages?"

Introduction templates: (A) "Some argue that [X]. While [counter], I believe [your thesis] because [reason 1] and [reason 2]." (B) "In many countries, [topic] has become controversial. This essay will discuss [view A] and [view B] before arguing that [opinion]." (C) "Rising [problem] affects millions. This essay outlines key causes and proposes practical measures."

PEEL body paragraph: Point (topic sentence) - Explanation (why true) - Example (specific: country, study, realistic case) - Link (back to question). One idea per paragraph. Two body paragraphs minimum; three is ideal for band 7+.

Conclusion templates: "In conclusion, although [concession], [restate thesis] because [summary]. Governments/individuals should [action]." Never introduce new ideas. Never copy introduction sentences word-for-word.

Band 7+ vocabulary in context: Use topic words precisely (mitigate climate change, not "solve pollution completely"). Collocations: pose a threat, address inequality, implement policy, play a pivotal role. Avoid informal chat (kids, stuff, a lot of) and empty intensifiers (very very important).

Grammar mistakes Pakistani students must fix: Article errors (the research shows / research shows - learn patterns); subject-verb agreement with long subjects; comma splices (use full stop or semicolon); overuse of "there is/there are" openings; wrong prepositions (discuss not discuss about); memorised idioms used incorrectly ("apple of discord" in wrong context). Prefer clear short sentences over risky complex ones.

Below are five model essays (approx. 260 words, Band 7-8). Study structure, not memorisation.

Sample Essay: Environment

Many governments argue that economic growth must take priority over environmental protection. I disagree with this view because long-term prosperity depends on stable ecosystems, and green investment already creates employment.

Firstly, environmental damage imposes hidden costs on health and infrastructure. Air pollution in large conurbations raises hospital spending and reduces worker productivity, which offsets short-term industrial profits. When aquifers are depleted or farmland degrades, food prices rise and rural livelihoods collapse. These economic losses are documented in World Bank analyses of South Asia, where crop yields are sensitive to irregular monsoon patterns linked to climate change.

Secondly, renewable energy and efficient public transport generate skilled jobs. Solar installation, grid modernisation, and bus rapid transit require engineers and technicians - roles that cannot be outsourced easily. Countries that delay decarbonisation may face carbon border taxes on exports, harming textile and manufacturing sectors that Pakistan and Bangladesh rely on.

Admittedly, strict regulations can increase costs for small firms in the short term. However, phased subsidies and technical assistance help businesses adapt without mass layoffs. Wealthier nations should also finance climate adaptation in developing states, since historical emissions were uneven.

In conclusion, protecting the environment is not a luxury that competes with growth; it is a condition for durable development. Policymakers should integrate emissions targets with industrial policy rather than treating ecology as an optional extra.

Examiner note: Clear position, PEEL paragraphs, specific regional reference, concession paragraph, strong conclusion.

Sample Essay: Technology

The rise of artificial intelligence in education divides opinion. While some fear that students will stop thinking independently, I believe AI can personalise learning if institutions regulate its use.

Critics claim that chatbots encourage plagiarism and shallow answers. In Pakistan, where rote learning already dominates many matric and intermediate classrooms, unchecked AI could reduce effort further. Teachers may struggle to detect copied coursework, and disadvantaged students without reliable internet could fall behind peers who pay for premium tools.

Nevertheless, adaptive software can identify gaps in numeracy or grammar and assign targeted practice, something a single teacher cannot do for forty pupils. AI-powered translation and captioning also support students from regional-language backgrounds entering English-medium universities. The key is policy: exams should combine supervised components with open-book projects that reward analysis, not recall.

Schools must train staff to design AI-aware assignments and teach digital ethics. Governments should fund broadband in rural areas so access is equitable. Universities ought to update honour codes with clear penalties for misrepresentation.

In conclusion, AI is a tool whose outcomes depend on governance. Banning it outright is unrealistic; embedding it within ethical frameworks will serve students better than pretending it does not exist.

Examiner note: Balanced discussion + opinion; Pakistan-specific classroom reference; solutions in final body.

Sample Essay: Education

Some people believe university education should be free for all who are accepted. I support this principle for merit-based admission, though funding must be sustainable through taxation and efficiency reforms.

Free tuition removes financial barriers for talented students from modest households. In South Asia, many families sell assets or take informal loans to fund degrees; fear of debt pushes girls and rural students away from higher education. When public universities charge high fees without quality improvements, inequality reproduces itself - only elites gain networks that lead to jobs.

Opponents argue that free systems strain budgets and overcrowd campuses. That risk is real if admission standards collapse. Therefore, free education should pair with competitive entry, needs-based stipends for living costs, and vocational pathways so not every pupil is pushed into academic tracks unsuited to their skills.

International experience shows mixed models: Nordic countries fund universities through tax but expect completion rates; some nations charge low fees with income-contingent loans. Pakistan could expand existing public university places, audit spending, and redirect subsidies from elite private perks to laboratories and libraries.

In conclusion, education is a public good that strengthens democracy and innovation. Making university free at point of use, while maintaining academic standards, is an achievable goal if corruption and waste are controlled.

Examiner note: Thesis with qualification; regional example; counterargument addressed; policy comparison.

Sample Essay: Society

Living in a foreign country can cause severe homesickness. Although this feeling is painful, it also encourages personal growth and cross-cultural understanding when managed with support.

Migrants often miss family events, food, and linguistic ease. Pakistani students in the UK or Gulf may face Ramadan alone or struggle with casual social norms in shared housing. Chronic loneliness can trigger anxiety and hurt academic performance if counselling is stigmatised.

However, navigating a new society builds resilience and empathy. Students learn to advocate for themselves at banks, clinics, and immigration offices - skills employers value. Exposure to diverse classmates challenges stereotypes on both sides and can improve diplomatic literacy in an interconnected world.

Host institutions should offer mentoring, religious accommodation, and mental-health services advertised in multiple languages. Students, in turn, should maintain regular contact with home while building local networks through clubs and volunteering, rather than isolating in diaspora-only chat groups.

In conclusion, homesickness is a reasonable response to displacement, not a character flaw. With practical support, the experience of living abroad can strengthen rather than diminish a person's sense of identity.

Examiner note: Discussion-style with clear view; cultural specifics; balanced solutions.

Sample Essay: Health

Governments should invest more in preventive healthcare than in treating illness after it occurs. I strongly agree because prevention reduces suffering and long-term public spending.

Hospital-centred systems react when diseases are advanced, which is expensive. Treating complications of diabetes or heart disease consumes budgets that could have funded screening, tobacco control, and clean water. In low-income districts of Karachi and rural Punjab, delayed diagnosis turns manageable infections into crises.

Preventive programmes - vaccination, maternal check-ups, nutrition education, and mental-health awareness in schools - yield high returns. They also address non-communicable diseases linked to sedentary urban lifestyles and sugary drinks marketed to children. Regulating harmful products is not "nanny state" policy; it mirrors seat-belt laws that society now accepts.

Critics say prevention is hard to measure politically because benefits appear years later. Elected officials may prefer opening visible hospitals. Transparent health data and independent audits can counter short-termism, as can partnerships with NGOs already trusted in communities.

In conclusion, a healthier population requires shifting resources upstream. States that prioritise prevention will spend less on emergency care and produce a more productive workforce.

Examiner note: Opinion essay with local health context; rebuttal paragraph; strong policy vocabulary.

Chapter 5: IELTS Speaking

Speaking tests fluency, coherence, lexical resource, grammar, and

pronunciation - not your opinion's brilliance. Examiners follow a script; Part 1 is warm-up, Part 2 is the long turn, Part 3 is abstract discussion.

Part 1 - expand short answers: Use the ARE method - Answer (direct) + Reason (because) + Example (for instance) - overall...). If asked "Do you like reading?" do not say "Yes." Say: "Yes, mostly non-fiction. I read about history because of my preparation. For example, last week I finished a book on the Mughal era. So reading is part of my daily routine." Two to three sentences; do not lecture.

Part 2 - cue card strategy: You receive topic, points, and one minute to prepare. Write four keywords only, not sentences. Speak two minutes: introduction (what/who/when), detail on each bullet, feeling or opinion, brief ending. If you stop early, you lose fluency marks. Practice with a phone timer weekly.

Sample cue card topics (practice 2 minutes each): (1) Describe a teacher who influenced you - who, subject, method, why memorable. (2) Describe a place in your city you visit often - location, appearance, activities, feelings. (3) Describe a time you helped someone - context, what you did, result. (4) Describe a piece of technology you use daily - what, how, benefits, annoyances. (5) Describe a goal you want to achieve in the next two years - goal, steps, obstacles, motivation.

Part 3 - discussion strategy: Answers are longer and more analytical. Use framing: "I think there are two sides..." / "It depends on age and income..." / "In Pakistan specifically..." Support with general examples, not invented statistics. It is fine to say "I am not sure, but I would assume..." - better than silence.

Pronunciation for Pakistani speakers: Watch consonant clarity at word ends (walked not walk); v/w distinction (vine vs wine practice); stress in multi-syllable words (PHOtograph vs phoTOgraphy); avoid rushing - clarity beats fake accent. Record yourself reading BBC 6-minute English transcripts.

Fluency vs accuracy: Band 6 often has frequent self-correction; Band 7+ has fewer breaks but some errors are acceptable. Do not restart every sentence. If you make a mistake, reformulate once and continue.

Common topics 2024-2026: Work/study, hometown, accommodation, transport, food, hobbies, technology, environment, education, health, media, shopping, festivals, family, future plans, AI, urban life, travel, sports.

Vocabulary bands: Band 6 uses common words with some less common attempts; Band 7 uses less common items with awareness of style (collocations); Band 8 uses precise, natural phrasing with flexibility. Do not force rare words ("plethora" in every answer).

Chapter 6: IELTS Listening

Listening is the first test skill - your energy is fresh, but nerves are high. All candidates hear the same recording once (except practice). Accents include British, Australian, North American, and sometimes other varieties.

Section 1: Social conversation (booking, registration). Read questions first; answers are usually one or two words. Watch for name spelling, phone numbers, dates. **Section 2:** Monologue in everyday context (tour, facility). Maps and diagrams - follow direction words (north, opposite, behind). **Section 3:** Academic discussion among students/tutor. Multiple speakers - underline who agrees. **Section 4:** Academic lecture - hardest vocabulary, no break in the audio on paper test; stay focused.

Spelling traps: British spelling often used (centre, programme, colour). Double letters (accommodation, beginning). Names like Jon vs John. Numbers: fifteen vs fifty - listen to stress. Write capitals for proper nouns if unsure.

Plural/singular traps: The recording may say "two certificates" but students write certificate. Listen for articles (a, the) and quantifiers. If the word limit is "NO MORE THAN TWO WORDS," adjectives count.

Before audio: Read all questions in the section during instruction time; underline keywords; predict answer

type (number, noun, adjective). During audio: write on the question paper, do not stare at blank questions

ahead - you will miss the current answer. After section: check grammar fits the sentence (singular noun).

Pakistani mistakes: Confusing l/r in fast speech; missing endings because Urdu drops final consonants in casual speech; don't understand every word instead of targeting answers; leaving Section 4 blank because Section 3 was exhausting. Train with IELTS audio at 1.0x, then 1.1x speed occasionally.

Transfer time (paper): Ten minutes to copy - still check spelling. Computer test: no long transfer; practise typing quickly.

Chapter 7: 300 IELTS Vocabulary Words

Memorising lists without context fails in IELTS. Learn each word with its collocation, then use it once in a spoken answer and once in a written sentence the same week. Below are 300 high-utility topic words (50 per theme) used regularly in Reading passages and Writing/Speaking prompts.

Environment (50 words)

biodiversity (n.) - the variety of plant and animal life in a habitat Example: Protected areas help preserve biodiversity threatened by urban expansion. Collocation: loss of biodiversity.

carbon footprint (n.) - the total greenhouse gases produced by an activity or person Example: Many consumers now track their carbon footprint before choosing transport. Collocation: reduce one's carbon footprint.

deforestation (n.) - the large-scale clearing of forests Example: Deforestation in tropical regions accelerates both erosion and species loss. Collocation: rampant deforestation.

ecosystem (n.) - a community of organisms interacting with their physical environment Example: Wetland ecosystems naturally filter pollutants from agricultural runoff. Collocation: fragile ecosystem.

emission (n.) - a substance released into the atmosphere, especially gases Example: Tighter emission standards have improved air quality in several capitals. Collocation: carbon emission.

conservation (n.) - the protection and careful management of natural resources Example: Wildlife conservation depends on sustained funding and effective enforcement. Collocation: nature conservation.

sustainable (adj.) - able to continue without depleting resources or harming the environment Example: Cities require sustainable transport networks to ease congestion and pollution. Collocation: sustainable development.

renewable (adj.) - replenished naturally and not permanently depleted Example: Investment in renewable energy has risen sharply over the past decade. Collocation: renewable resources.

mitigation (n.) - action to reduce the severity of an environmental problem Example: Climate mitigation policies now target households as well as heavy industry. Collocation: climate change mitigation.

pollution (n.) - the introduction of harmful substances into the environment Example: Industrial pollution disproportionately affects low-income urban districts. Collocation: air pollution.

habitat (n.) - the natural environment where a species lives Example: Fragmented habitat increases extinction risk for large mammals. Collocation: natural habitat.

desertification (n.) - the process by which fertile land becomes desert Example: Overgrazing and poor irrigation contribute to desertification in arid zones. Collocation: combat desertification.

contamination (n.) - the presence of a harmful substance in soil, water, or air Example: Groundwater contamination poses serious long-term public health risks. Collocation: soil contamination.

depletion (n.) - the reduction of a resource to a critically low level Example: Aquifer depletion threatens future agricultural productivity in the region. Collocation: resource depletion.

precipitation (n.) - rain, snow, or other moisture falling from the atmosphere Example: Shifting precipitation patterns disrupt traditional farming calendars. Collocation: annual precipitation.

erosion (n.) - the gradual wearing away of soil or rock by natural forces Example: Coastal erosion has forced several communities to relocate key infrastructure. Collocation: soil erosion.

watershed (n.) - an area of land that drains into a particular river or lake Example: Effective watershed management requires cooperation across political boundaries. Collocation: watershed protection.

flora (n.) - the plant life characteristic of a particular region Example: Regional flora adapts slowly to abrupt changes in temperature and rainfall. Collocation: native flora.

fauna (n.) - the animal life characteristic of a particular region Example: Invasive predators have destabilised local fauna on

several islands. Collocation: indigenous fauna.

aquifer (n.) - an underground layer of rock that holds groundwater Example: Excessive pumping has depleted the region's primary aquifer within decades. Collocation: aquifer recharge.

biodegradable (adj.) - capable of being broken down naturally by living organisms Example: Retailers increasingly favour biodegradable packaging to cut landfill waste. Collocation: biodegradable materials.

ecotourism (n.) - low-impact tourism that supports conservation of natural areas Example: Well-regulated ecotourism can fund habitat restoration without harming wildlife. Collocation: sustainable ecotourism.

runoff (n.) - water that flows over land into streams, often carrying pollutants Example: Agricultural runoff carries excess fertiliser into nearby rivers and lakes. Collocation: surface runoff.

landfill (n.) - a site where waste is buried under layers of earth Example: Methane from landfills contributes significantly to national greenhouse inventories. Collocation: municipal landfill.

scarcity (n.) - a situation in which a resource is insufficient to meet demand Example: Water scarcity intensifies diplomatic tension among neighbouring states. Collocation: resource scarcity.

anthropogenic (adj.) - caused or influenced by human activity Example: Scientists agree that recent warming is predominantly anthropogenic in origin. Collocation: anthropogenic emissions.

acidification (n.) - the process of becoming more acidic Example: Ocean acidification weakens shells in organisms at the base of marine food webs. Collocation: ocean acidification.

reforestation (n.) - the deliberate restoration of forest cover on cleared land Example: Large-scale reforestation projects sequester carbon while rebuilding habitat. Collocation: reforestation programme.

invasive (adj.) - describing a non-native species that harms local ecosystems Example: Invasive plants outcompete endemic species and alter fire regimes. Collocation: invasive species.

ozone (n.) - a form of oxygen in the atmosphere that blocks ultraviolet radiation Example: The ozone layer shields terrestrial life from harmful solar radiation. Collocation: ozone layer.

particulate (n.) - microscopic solid or liquid particles suspended in air Example: Fine particulate matter penetrates deep into the lungs and bloodstream. Collocation: fine particulate matter.

tipping point (n.) - a threshold beyond which change becomes difficult to reverse Example: Researchers warn that several climatic tipping points may be approached this century. Collocation: ecological tipping point.

stewardship (n.) - responsible care and management of the natural world Example: Environmental stewardship should be taught as a civic duty in schools. Collocation: land stewardship.

decarbonise (v.) - to reduce or eliminate carbon emissions from a sector or economy Example: Several nations aim to decarbonise their power grids by mid-century. Collocation: decarbonise the economy.

monoculture (n.) - the cultivation of a single crop over a large area Example: Agricultural monoculture depletes soil nutrients and increases pest vulnerability. Collocation: crop monoculture.

sequestration (n.) - the long-term storage of carbon dioxide away from the atmosphere Example: Forest carbon sequestration offers a cost-effective mitigation strategy. Collocation: carbon sequestration.

biodigestion (n.) - the breakdown of organic waste by microorganisms to produce energy Example: Farm biodigestion converts manure into biogas while reducing methane releases. Collocation: anaerobic biodigestion.

eutrophication (n.) - excessive nutrient enrichment that depletes oxygen in water bodies Example: Lake eutrophication followed decades of untreated sewage discharge upstream. Collocation: cultural eutrophication.

permafrost (n.) - ground that remains frozen for two or more consecutive years Example: Thawing permafrost releases stored methane and destabilises Arctic infrastructure. Collocation: permafrost thaw.

afforestation (n.) - the establishment of forest on land that was not previously forested Example: National afforestation targets aim to offset emissions from transport. Collocation: afforestation project.

bioaccumulation (n.) - the gradual buildup of toxins in organisms through the food chain Example: Mercury bioaccumulation in fish poses risks to coastal communities. Collocation: bioaccumulation of toxins.

remediation (n.) - the process of reversing environmental damage or contamination Example: Soil remediation at the former factory site took nearly five years. Collocation: environmental remediation.

photovoltaic (adj.) - relating to technology that converts sunlight directly into electricity Example: Photovoltaic panels now supply a growing share of household electricity. Collocation: photovoltaic system.

composting (n.) - the controlled decomposition of organic waste into fertile soil amendment Example: Municipal composting programmes divert food waste from incineration. Collocation: organic composting.

overfishing (n.) - harvesting fish stocks faster than they can naturally replenish Example: Overfishing has collapsed several commercially important fisheries worldwide. Collocation: prevent overfishing.

xeriscaping (n.) - landscaping designed to minimise water use in dry climates Example: Xeriscaping reduced municipal irrigation demand during prolonged droughts. Collocation: xeriscape design.

greenwashing (n.) - misleading marketing that exaggerates a product's environmental benefits Example: Regulators are cracking down on greenwashing in the fashion industry. Collocation: accused of greenwashing.

resilience (n.) - the capacity of ecosystems or communities to recover from disturbance Example: Coastal resilience planning

combines wetlands restoration with early warning systems. Collocation: ecological resilience.

transboundary (adj.) - crossing or shared between national borders Example: Transboundary pollution requires treaties stronger than domestic regulation alone. Collocation: transboundary river.

net zero (phr.) - the balance between greenhouse gases emitted and removed Example: The corporation pledged to net zero across its supply chain by 2040. Collocation: achieve net zero.

Technology (50 words)

algorithm (n.) - a step-by-step set of rules used to solve a problem or process data Example: Recommendation algorithms shape what millions of users see online each day. Collocation: machine-learning algorithm.

automation (n.) - the use of technology to perform tasks with minimal human input Example: Factory automation has raised productivity but displaced some manual roles. Collocation: process automation.

bandwidth (n.) - the capacity of a network to transmit data in a given time Example: Rural schools often lack the bandwidth needed for reliable video lessons. Collocation: high bandwidth.

cybersecurity (n.) - measures to protect systems and data from digital attacks Example: Cybersecurity spending rose after several hospitals suffered ransomware breaches. Collocation: cybersecurity framework.

digitisation (n.) - the conversion of information or processes into digital form Example: Digitisation of medical records improved access but raised privacy concerns. Collocation: rapid digitisation.

encryption (n.) - the encoding of data so only authorised parties can read it Example: End-to-end encryption protects messages from interception on public networks. Collocation: data encryption.

prototype (n.) - an early model used to test a design before full production Example: Engineers refined the prototype after user trials revealed interface flaws. Collocation: working prototype.

scalable (adj.) - able to grow in capacity without proportional loss of performance Example: Cloud platforms offer scalable storage for startups with unpredictable demand. Collocation: scalable solution.

interface (n.) - the point at which a user interacts with a device or program Example: A cluttered interface discourages older adults from adopting mobile banking. Collocation: user interface.

latency (n.) - the delay between a request and a response in a system Example: Low latency is essential for real-time surgical robotics and gaming. Collocation: network latency.

blockchain (n.) - a distributed ledger that records transactions across many computers Example: Blockchain applications extend beyond cryptocurrency into supply-chain tracking. Collocation: blockchain technology.

artificial intelligence (n.) - computer systems that perform tasks requiring human-like reasoning Example: Artificial intelligence assists radiologists but cannot replace clinical judgment. Collocation: artificial intelligence research.

connectivity (n.) - the state of being linked to a network or other devices Example: Universal connectivity remains elusive in remote mountainous regions. Collocation: internet connectivity.

disruptive (adj.) - describing innovation that fundamentally changes an established industry Example: Disruptive technologies can render incumbent business models obsolete within years. Collocation: disruptive innovation.

firmware (n.) - permanent software programmed into hardware devices Example: A firmware update patched the vulnerability affecting millions of routers. Collocation: install firmware.

geolocation (n.) - the identification of a device's physical position using digital signals Example: Geolocation data from apps raises questions about consent and surveillance. Collocation: geolocation services.

hardware (n.) - the physical components of a computer or electronic system Example: Obsolete hardware increases e-waste unless manufacturers design for repair. Collocation: computer hardware.

iteration (n.) - a repeated version of a product or process refined over time Example: Each software iteration addressed bugs reported by beta testers. Collocation: design iteration.

malware (n.) - software designed to damage or gain unauthorised access to systems Example: Employees opened phishing emails that installed malware on corporate servers. Collocation: detect malware.

metadata (n.) - data that describes other data, such as author, date, or format Example: Photo metadata can reveal location even when the image is anonymised. Collocation: extract metadata.

open source (adj.) - software whose code is publicly available for modification and reuse Example: Open source tools lowered barriers for researchers in developing countries. Collocation: open-source community.

peripheral (n.) - an external device connected to a computer, such as a printer Example: Wireless peripherals reduce cable clutter in modern office setups. Collocation: peripheral device.

quantum computing (n.) - computation using quantum-mechanical phenomena to process information Example: Quantum computing may eventually break current cryptographic standards. Collocation: quantum computing research.

redundancy (n.) - duplicate components that keep a system running if one fails Example: Data centres build redundancy into power and cooling infrastructure. Collocation: system redundancy.

semiconductor (n.) - a material that conducts electricity under specific conditions, used in chips Example: Global

semiconductor shortages delayed vehicle production for months. Collocation: semiconductor industry.

telemetry (n.) - the automatic transmission of measurements from remote equipment Example: Satellite telemetry helps scientists monitor glacier retreat in real time. Collocation: telemetry data.

ubiquitous (adj.) - present or found everywhere Example: Smartphones have made mobile internet access ubiquitous in urban life. Collocation: ubiquitous computing.

virtualisation (n.) - creating a virtual version of hardware, storage, or networks Example: Server virtualisation cut energy use by consolidating underused machines. Collocation: hardware virtualisation.

wearable (n.) - a small electronic device worn on the body to track health or activity Example: Wearables encourage users to monitor sleep but may overstate accuracy. Collocation: wearable technology.

zero-day (n.) - a software vulnerability unknown to the vendor and unpatched Example: Nation-state actors exploited a zero-day flaw before a patch was released. Collocation: zero-day exploit.

biometrics (n.) - identification using unique physical traits such as fingerprints Example: Airport biometrics speed boarding yet intensify debates over privacy. Collocation: biometric authentication.

cache (n.) - temporary storage that speeds up repeated access to data Example: Clearing the browser cache often resolves outdated page display issues. Collocation: cache memory.

decentralised (adj.) - distributed across many nodes rather than controlled centrally Example: Decentralised networks resist single points of failure during outages. Collocation: decentralised system.

ergonomic (adj.) - designed for efficiency and comfort in human use Example: Ergonomic keyboards reduce strain for staff who type eight hours daily. Collocation: ergonomic design.

fibre-optic (adj.) - using thin glass fibres to transmit data as light signals Example: Fibre-optic cables deliver far higher speeds than traditional copper lines. Collocation: fibre-optic network.

gamification (n.) - applying game-like elements to non-game tasks to increase engagement Example: Gamification in language apps motivates learners through points and streaks. Collocation: gamification strategy.

haptic (adj.) - relating to technology that simulates touch through force or vibration Example: Haptic feedback in surgical simulators trains dexterity without patient risk. Collocation: haptic interface.

interoperability (n.) - the ability of different systems to work together seamlessly Example: Healthcare interoperability allows clinics to share records across platforms. Collocation: ensure interoperability.

jurisdiction (n.) - the legal authority of a state over online activity within its borders Example: Cross-border data flows complicate jurisdiction over tech companies. Collocation: legal jurisdiction.

kernel (n.) - the core component of an operating system managing hardware resources Example: A flaw in the kernel affected security patches across several Linux distributions. Collocation: operating-system kernel.

legacy system (n.) - outdated technology still in use because migration is costly Example: Banks rely on legacy systems that are expensive to replace but risky to keep. Collocation: upgrade legacy systems.

microprocessor (n.) - an integrated circuit that performs the functions of a central processing unit Example: Advances in microprocessor design drove exponential growth in computing power. Collocation: microprocessor chip.

nanotechnology (n.) - the manipulation of matter at molecular or atomic scale Example: Nanotechnology enables targeted drug delivery with fewer side effects. Collocation: nanotechnology applications.

optical character recognition (n.) - technology that converts scanned text images into editable digital text Example: Optical character recognition digitised archives of historical newspapers. Collocation: OCR software.

phishing (n.) - fraudulent attempts to obtain sensitive data by impersonating trusted senders Example: Staff training reduced successful phishing attacks within the organisation. Collocation: phishing scam.

query (n.) - a request for information from a database or search engine Example: Poorly formed database queries can slow applications during peak traffic. Collocation: run a query.

render (v.) - to generate a visual image or output from digital data Example: The studio needs powerful GPUs to render complex three-dimensional scenes. Collocation: render graphics.

throughput (n.) - the amount of data processed by a system in a given period Example: Network upgrades doubled throughput during peak e-commerce seasons. Collocation: maximise throughput.

uptime (n.) - the period during which a system remains operational and available Example: Cloud providers guarantee uptime in service-level agreements with penalties. Collocation: system uptime.

vulnerability (n.) - a weakness in software or hardware that can be exploited Example: Researchers disclosed the vulnerability responsibly before public exploit code spread. Collocation: security vulnerability.

Education (50 words)

curriculum (n.) - the subjects and content taught in a school or course Example: The national curriculum now includes digital literacy from primary level. Collocation: school curriculum.

pedagogy (n.) - the methods and theory of teaching Example: Effective pedagogy balances direct instruction with collaborative inquiry. Collocation: modern pedagogy.

literacy (n.) - the ability to read, write, and understand written information Example: Adult literacy programmes reduced unemployment in several rural counties. Collocation: literacy rate.

enrolment (n.) - the act of registering as a student at an institution Example: University enrolment surged after tuition fees were partially subsidised. Collocation: student enrolment.

assessment (n.) - the evaluation of a student's knowledge or skills Example: Formative assessment helps teachers adjust lessons before final examinations. Collocation: continuous assessment.

accreditation (n.) - official recognition that an institution meets required standards Example: Loss of accreditation would prevent graduates from practising medicine legally. Collocation: gain accreditation.

dissertation (n.) - a long research paper submitted for an advanced degree Example: She defended her dissertation on inclusive education policy in urban schools. Collocation: doctoral dissertation.

extracurricular (adj.) - activities outside the standard academic timetable Example: Extracurricular clubs develop leadership skills not always measured in tests. Collocation: extracurricular activity.

plagiarism (n.) - presenting another person's work as one's own without attribution Example: Universities use software to detect plagiarism in submitted essays. Collocation: commit plagiarism.

scholarship (n.) - financial aid awarded for academic achievement or need Example: Merit-based scholarships attract talented students from low-income backgrounds. Collocation: full scholarship.

vocational (adj.) - relating to training for a specific trade or occupation Example: Vocational colleges address skills gaps that universities sometimes overlook. Collocation: vocational training.

syllabus (n.) - an outline of topics covered in a particular course Example: The revised syllabus places greater emphasis on critical thinking tasks. Collocation: course syllabus.

tuition (n.) - the fee charged for instruction at a school or university Example: Rising tuition has prompted debate over who should fund higher education. Collocation: tuition fees.

mentorship (n.) - guidance provided by an experienced person to a learner Example: Faculty mentorship improved retention among first-generation undergraduates. Collocation: mentorship programme.

remedial (adj.) - intended to correct basic deficiencies in learning Example: Remedial classes in mathematics prepared students for mainstream engineering courses. Collocation: remedial education.

cognitive (adj.) - relating to mental processes such as thinking and memory Example: Cognitive load theory explains why overloaded slides hinder comprehension. Collocation: cognitive development.

compulsory (adj.) - required by law or rule Example: Compulsory schooling until sixteen reduced child labour in the region. Collocation: compulsory education.

doctoral (adj.) - relating to the highest university degree, usually by research Example: Doctoral candidates must publish original findings in peer-reviewed journals. Collocation: doctoral programme.

equity (n.) - fair access to opportunities regardless of background Example: Education equity policies target funding toward under-resourced districts. Collocation: educational equity.

faculty (n.) - the teaching staff of a university or college Example: The faculty voted to adopt blended learning after the pilot semester. Collocation: faculty member.

holistic (adj.) - considering the whole person rather than isolated skills Example: Holistic admissions review personal statements alongside examination scores. Collocation: holistic approach.

inclusive (adj.) - designed so all learners, including those with disabilities, can participate Example: Inclusive classrooms adapt materials for students with diverse needs. Collocation: inclusive education.

jargon (n.) - specialised language that may confuse non-specialists Example: Academic jargon in lectures can alienate students new to the discipline. Collocation: technical jargon.

kindergarten (n.) - school or class for children before primary education Example: Early kindergarten attendance correlates with stronger literacy in grade three. Collocation: attend kindergarten.

lecture (n.) - a formal talk given to students, often to a large group Example: Recorded lectures allow revision but may reduce live classroom discussion. Collocation: attend a lecture.

matriculation (n.) - formal admission to a university or the ceremony marking it Example: Matriculation requirements include both language proficiency and science credits. Collocation: matriculation examination.

numeracy (n.) - the ability to understand and work with numbers Example: Workplace numeracy training improved accuracy in inventory management roles. Collocation: basic numeracy.

orientation (n.) - an introductory programme for new students or staff Example: Week-long orientation helped international students navigate campus services. Collocation: student orientation.

proficiency (n.) - a high degree of competence in a skill or language Example: Employers increasingly demand proficiency in English for global roles. Collocation: language proficiency.

qualification (n.) - a certificate or diploma showing completion of a course of study Example: Professional qualifications must be renewed through continuing education credits. Collocation: academic qualification.

rubric (n.) - a scoring guide listing criteria for assessing student work Example: A clear rubric reduces subjective grading in extended writing tasks. Collocation: assessment rubric.

semester (n.) - half of an academic year Example: Exchange students typically spend one semester abroad before graduating. Collocation: fall semester.

tenure (n.) - permanent appointment granted to senior academics after review Example: The tenure process evaluates research output, teaching, and service equally. Collocation: grant tenure.

undergraduate (n.) - a student pursuing a first university degree Example: Undergraduates benefit from research internships usually reserved for graduates. Collocation: undergraduate degree.

validity (n.) - the extent to which a test measures what it claims to measure Example: Experts questioned the validity of high-stakes exams after curriculum reform. Collocation: test validity.

workshop (n.) - a practical session focused on active skill development Example: The writing workshop improved thesis structure through peer feedback. Collocation: interactive workshop.

bilingual (adj.) - fluent in two languages Example: Bilingual education models strengthen heritage languages without harming English scores. Collocation: bilingual schooling.

cramming (n.) - intensive last-minute study before an examination Example: Cramming may raise short-term scores but undermines long-term retention. Collocation: exam cramming.

dropout (n.) - a student who leaves school before completing a programme Example: Mentoring programmes lowered the dropout rate among at-risk adolescents. Collocation: school dropout.

edtech (n.) - technology designed to support teaching and learning Example: Edtech adoption accelerated when campuses closed during the pandemic. Collocation: edtech platform.

flipped classroom (n.) - a model where students study content at home and practise in class Example: The flipped classroom freed class time for problem-solving discussions. Collocation: flipped classroom model.

grant (n.) - funding awarded for research or educational projects Example: The laboratory secured a grant to study bilingual reading development. Collocation: research grant.

homework (n.) - tasks assigned to be completed outside class time Example: Excessive homework can reduce sleep and family time for younger pupils. Collocation: assign homework.

inquiry-based (adj.) - learning driven by student questions and investigation Example: Inquiry-based science lessons improved engagement more than textbook drills. Collocation: inquiry-based learning.

juvenile (adj.) - relating to children or young people Example: Juvenile justice reforms emphasise education over punitive detention. Collocation: juvenile offender.

kinaesthetic (adj.) - relating to learning through physical movement and touch Example: Kinaesthetic activities help pupils who struggle with purely auditory instruction. Collocation: kinaesthetic learner.

lifelong learning (n.) - continuing education throughout adulthood Example: Lifelong learning policies support workers displaced by automation. Collocation: promote lifelong learning.

MOOC (n.) - a massive open online course available to unlimited enrolment Example: MOOCs democratise access to elite lectures but completion rates remain low. Collocation: enrol in a MOOC.

pedantic (adj.) - overly concerned with minor rules or formal detail Example: Pedantic marking of spelling can discourage risk-taking in creative writing. Collocation: pedantic correction.

streaming (n.) - grouping students by perceived ability within a subject Example: Streaming in mathematics widened achievement gaps according to longitudinal data. Collocation: ability streaming.

Health (50 words)

epidemiology (n.) - the study of how diseases spread and affect populations Example: Epidemiology traced the outbreak to contaminated water supplies upstream. Collocation: field epidemiology.

immunisation (n.) - the process of making a person immune to a disease, often by vaccine Example: Childhood immunisation programmes eradicated polio in most regions. Collocation: routine immunisation.

prognosis (n.) - the likely course and outcome of a disease Example: Early detection improved the prognosis for patients with breast cancer. Collocation: favourable prognosis.

chronic (adj.) - persisting for a long time or constantly recurring Example: Chronic conditions such as diabetes strain national healthcare budgets. Collocation: chronic disease.

acute (adj.) - severe and sudden in onset Example: Acute respiratory failure required immediate transfer to intensive care. Collocation: acute symptoms.

comorbidity (n.) - the presence of two or more conditions in the same patient Example: Comorbidity between obesity and hypertension complicates treatment plans. Collocation: multiple comorbidity.

pathogen (n.) - a microorganism that causes disease Example: The pathogen resisted several antibiotics commonly used in hospitals. Collocation: bacterial pathogen.

symptom (n.) - a physical or mental sign indicating illness Example: Fever is a common symptom of viral infections in young children. Collocation: present symptoms.

diagnosis (n.) - identification of a disease from its signs and tests Example: Delayed diagnosis allowed the infection to spread within the ward. Collocation: accurate diagnosis.

rehabilitation (n.) - therapy to restore function after injury or illness Example: Stroke rehabilitation improved mobility through daily physiotherapy sessions. Collocation: cardiac rehabilitation.

preventive (adj.) - intended to stop disease before it occurs Example: Preventive screening programmes detect cancers at more treatable stages. Collocation: preventive medicine.

palliative (adj.) - relieving pain without aiming to cure the underlying disease Example: Palliative care teams support dignity for terminally ill patients at home. Collocation: palliative care.

antibiotic (n.) - a drug that kills or inhibits bacteria Example: Overuse of antibiotics accelerates resistance in common pathogens. Collocation: prescribe antibiotics.

metabolism (n.) - chemical processes in the body that maintain life Example: Thyroid disorders disrupt metabolism and cause unexplained weight change. Collocation: basal metabolism.

hypertension (n.) - persistently high blood pressure Example: Hypertension remains a leading risk factor for stroke worldwide. Collocation: treat hypertension.

malnutrition (n.) - deficiency or imbalance of nutrients affecting health Example: Malnutrition in infants can cause irreversible cognitive impairment. Collocation: severe malnutrition.

obesity (n.) - excess body fat that increases risk of disease Example: Obesity rates among adolescents have risen alongside sugary drink consumption. Collocation: childhood obesity.

trauma (n.) - a serious physical injury, often from accident or violence Example: Emergency departments prioritise trauma cases requiring immediate surgery. Collocation: blunt trauma.

sterile (adj.) - free from living microorganisms Example: Surgeons operate in sterile environments to minimise postoperative infection. Collocation: sterile equipment.

dosage (n.) - the amount of medicine taken at one time or over a period Example: Incorrect dosage of insulin can cause dangerous hypoglycaemia. Collocation: correct dosage.

contagious (adj.) - able to spread from one person to another Example: Highly contagious variants prompted renewed mask mandates in transit hubs. Collocation: contagious disease.

hereditary (adj.) - passed from parents to offspring through genes Example: Hereditary factors interact with diet in many cardiovascular conditions. Collocation: hereditary condition.

inpatient (n.) - a patient who stays in hospital for treatment Example: Inpatient beds filled rapidly during the seasonal influenza surge. Collocation: inpatient care.

outpatient (n.) - a patient who receives treatment without staying overnight Example: Outpatient clinics reduced pressure on emergency departments for minor cases. Collocation: outpatient service.

sedentary (adj.) - involving little physical activity Example: Sedentary office work contributes to musculoskeletal pain and weight gain. Collocation: sedentary lifestyle.

therapeutic (adj.) - relating to healing or treatment of disease Example: Therapeutic exercise programmes eased chronic lower back pain. Collocation: therapeutic intervention.

vaccine (n.) - a substance that stimulates immunity to a specific disease Example: The new vaccine showed strong efficacy in large phase-three trials. Collocation: vaccine rollout.

wellness (n.) - the active pursuit of physical and mental well-being Example: Corporate wellness initiatives include stress management and fitness subsidies. Collocation: health and wellness.

anxiety (n.) - a condition of persistent worry that can impair daily functioning Example: Untreated anxiety in students correlates with poorer academic performance. Collocation: generalised anxiety.

depression (n.) - a mood disorder involving prolonged sadness and loss of interest Example: Primary care physicians increasingly screen for depression during check-ups. Collocation: clinical depression.

resilience (n.) - the ability to recover mentally from adversity Example: Community programmes build psychological resilience after natural disasters. Collocation: mental resilience.

stigma (n.) - social disapproval that discourages people from seeking help Example: Stigma around mental illness prevents many from accessing counselling. Collocation: social stigma.

telemedicine (n.) - remote delivery of healthcare using digital communication Example: Telemedicine expanded access for rural patients with limited transport. Collocation: telemedicine consultation.

biomarker (n.) - a measurable indicator of a biological state or condition Example: Blood biomarkers may detect Alzheimer's years before symptoms appear. Collocation: diagnostic biomarker.

clinical trial (n.) - a research study testing new treatments on human volunteers Example: The clinical trial was halted adverse effects exceeded safety thresholds. Collocation: phase-three clinical trial.

epidemic (n.) - a widespread occurrence of disease in a community at one time Example: Authorities declared an epidemic after cases doubled within two weeks. Collocation: contain an epidemic.

pandemic (n.) - an epidemic occurring over a very wide geographic area Example: The pandemic exposed weaknesses in global supply chains for protective equipment. Collocation: global pandemic.

quarantine (n.) - isolation to prevent spread of contagious disease Example: Travellers completed quarantine before returning to frontline healthcare roles. Collocation: mandatory quarantine.

sanitation (n.) - conditions and practices that promote hygiene and prevent disease Example: Improved sanitation cut diarrhoeal deaths in low-income neighbourhoods. Collocation: sanitation facilities.

triage (n.) - prioritising patients by urgency when resources are limited Example: Nurses performed triage in the car park during the mass-casualty incident. Collocation: emergency triage.

anaesthesia (n.) - loss of sensation induced for surgical procedures Example: Regional anaesthesia allowed the patient to remain conscious yet pain-free. Collocation: general anaesthesia.

congenital (adj.) - present from birth, often due to genetic factors Example: Congenital heart defects require monitoring from infancy through adulthood. Collocation: congenital abnormality.

detoxification (n.) - medical supervision while clearing addictive substances from the body Example: Detoxification alone rarely succeeds without long-term counselling support. Collocation: medical detoxification.

epigenetic (adj.) - relating to changes in gene expression not caused by DNA sequence Example: Epigenetic research links early stress to adult susceptibility to illness. Collocation: epigenetic mechanism.

frailty (n.) - physical vulnerability and reduced reserve in older adults Example: Frailty assessments guide whether elderly patients can tolerate aggressive chemotherapy. Collocation: age-related frailty.

gene therapy (n.) - treatment that modifies genes to correct or fight disease Example: Gene therapy offers hope for inherited disorders once deemed untreatable. Collocation: gene therapy trial.

holistic (adj.) - treating the whole person including mental and social factors Example: Holistic health programmes combine nutrition counselling with stress reduction. Collocation: holistic health.

incidence (n.) - the rate at which new cases of a disease occur Example: Incidence of type-two diabetes rose among sedentary office workers. Collocation: disease incidence.

placebo (n.) - an inactive treatment given to control for psychological effects Example: The placebo group reported improvement, illustrating the mind-body connection. Collocation: placebo effect.

remission (n.) - a period when symptoms of disease lessen or disappear Example: The patient remained in remission five years after completing chemotherapy. Collocation: achieve remission.

Society (50 words)

inequality (n.) - unequal distribution of resources, rights, or opportunities Example: Income inequality widened despite overall economic growth last decade. Collocation: social inequality.

demographic (adj.) - relating to the structure and statistics of a population Example: Demographic ageing will strain pension systems in many OECD nations. Collocation: demographic shift.

assimilation (n.) - the process by which minority groups adopt dominant cultural norms Example: Forced assimilation policies erased indigenous languages within two generations. Collocation: cultural assimilation.

civic (adj.) - relating to the duties and rights of citizens in a community Example: Civic education encourages voting and informed participation in local government. Collocation: civic engagement.

cohesion (n.) - the bonds that unite members of a society Example: Volunteer networks strengthened social cohesion after the flood disaster. Collocation: social cohesion.

discrimination (n.) - unfair treatment based on group membership such as race or gender Example: Workplace discrimination persists despite equal-opportunity legislation. Collocation: racial discrimination.

gentrification (n.) - renovation of poor urban areas that displaces original residents Example: Gentrification raised property values but priced out long-term tenants. Collocation: urban gentrification.

marginalised (adj.) - placed at the edge of society with limited power or voice Example: Policies must address the needs of marginalised rural communities. Collocation: marginalised groups.

pluralism (n.) - a society that recognises and tolerates diverse beliefs and groups Example: Religious pluralism flourished where constitutions guaranteed freedom of worship. Collocation: cultural pluralism.

segregation (n.) - the enforced separation of groups in housing, schools, or public life Example: Residential segregation still maps onto disparities in school funding. Collocation: racial segregation.

urbanisation (n.) - the growth of cities as people move from rural areas Example: Rapid urbanisation outpaced investment in affordable housing and transit. Collocation: rapid urbanisation.

welfare (n.) - government support for citizens in financial or social need Example: Welfare reforms aimed to reduce poverty traps while controlling public spending. Collocation: welfare state.

activism (n.) - vigorous campaigning for political or social change Example: Youth activism pushed legislatures to adopt stricter climate targets. Collocation: political activism.

alienation (n.) - a feeling of isolation or estrangement from society Example: Economic alienation among unemployed

graduates fuels political polarisation. Collocation: social alienation.

bureaucracy (n.) - a complex administrative system with many rules and officials Example: Excessive bureaucracy delays asylum applications for years. Collocation: government bureaucracy.

census (n.) - an official count of a population and its characteristics Example: The census revealed a sharp increase in single-person households. Collocation: national census.

diversity (n.) - the presence of many different social or cultural groups Example: Workplace diversity policies must go beyond symbolic hiring targets. Collocation: cultural diversity.

emancipation (n.) - the process of gaining freedom from legal or social restrictions Example: Women's emancipation movements secured voting rights over several decades. Collocation: social emancipation.

feminism (n.) - the advocacy of women's rights on grounds of equality Example: Fourth-wave feminism uses social media to challenge everyday sexism. Collocation: feminist movement.

homelessness (n.) - the condition of lacking stable, adequate housing Example: Homelessness rose when short-term rentals displaced low-income tenants. Collocation: chronic homelessness.

integration (n.) - the inclusion of groups into the broader social and economic life Example: Refugee integration programmes combine language classes with job placement. Collocation: social integration.

justice (n.) - fair treatment according to law and moral principles Example: Restorative justice brings offenders and victims together to repair harm. Collocation: criminal justice.

kinship (n.) - family relationships and the social bonds they create Example: Kinship networks provide childcare where state services are weak. Collocation: kinship ties.

legitimacy (n.) - general acceptance that authority is rightful and should be obeyed Example: Corruption scandals eroded public legitimacy of electoral institutions. Collocation: political legitimacy.

migration (n.) - movement of people from one place to another, often across borders Example: Labour migration filled shortages in agriculture and elder care sectors. Collocation: international migration.

norm (n.) - an expected standard of behaviour within a group Example: Changing social norms reduced smoking in public spaces over thirty years. Collocation: social norm.

patriarchy (n.) - a system where men hold primary power in institutions and families Example: Scholars analyse how patriarchy shapes hiring and domestic labour division. Collocation: challenge patriarchy.

quota (n.) - a fixed share or minimum number reserved for a group Example: Parliamentary gender quotas increased female representation within two elections. Collocation: employment quota.

refugee (n.) - a person forced to flee their country due to persecution or war Example: Host nations debated how many refugee resettlement places to offer annually. Collocation: refugee camp.

solidarity (n.) - unity and mutual support among people with shared interests Example: Trade unions expressed solidarity with striking healthcare workers nationwide. Collocation: show solidarity.

stereotype (n.) - an oversimplified and often unfair belief about a group Example: Media stereotypes reinforce prejudice against minority youth. Collocation: gender stereotype.

taboo (n.) - a subject considered unacceptable to discuss in a culture Example: Breaking the taboo around mental illness encouraged more people to seek help. Collocation: cultural taboo.

unemployment (n.) - the state of being without paid work despite seeking it Example: Youth unemployment remained double the national average after the recession. Collocation: youth unemployment.

volunteerism (n.) - the practice of offering unpaid help for community benefit Example: Volunteerism surged during the pandemic when formal services were overwhelmed. Collocation: community volunteerism.

xenophobia (n.) - dislike or prejudice against people from other countries Example: Politicians condemned xenophobia following attacks on migrant shopkeepers. Collocation: rise in xenophobia.

youth bulge (n.) - a large proportion of young people relative to other age groups Example: A youth bulge can fuel innovation or instability depending on job creation. Collocation: demographic youth bulge.

zeitgeist (n.) - the defining spirit or mood of a particular period Example: The zeitgeist of the era favoured environmental accountability in business. Collocation: capture the zeitgeist.

affordable housing (n.) - dwellings priced within reach of low- and middle-income households Example: Cities lack affordable housing near employment centres and schools. Collocation: affordable housing crisis.

civil disobedience (n.) - nonviolent refusal to obey laws regarded as unjust Example: Civil disobedience during the march led to negotiated policy reforms. Collocation: acts of civil disobedience.

disenfranchisement (n.) - deprivation of the right to vote or participate politically Example: Felony disenfranchisement affects millions of citizens in several states. Collocation: voter disenfranchisement.

egalitarian (adj.) - believing in or aiming for equal rights and opportunities Example: Egalitarian societies invest heavily in public education and healthcare. Collocation: egalitarian principles.

grassroots (adj.) - originating from ordinary people rather than elite leadership Example: Grassroots campaigns mobilised neighbours to oppose the landfill expansion. Collocation: grassroots movement.

hegemony (n.) - dominance of one group or state over others Example: Cultural hegemony spreads through media exports

and language education. Collocation: cultural hegemony.

intersectionality (n.) - the overlap of social categories such as race, class, and gender Example: Intersectionality explains why some women face compounded discrimination. Collocation: intersectional analysis.

juvenile delinquency (n.) - illegal or antisocial behaviour by young people Example: After-school programmes reduced juvenile delinquency in high-risk districts. Collocation: prevent juvenile delinquency.

litigation (n.) - the process of taking legal action in court Example: Civil litigation forced the company to compensate displaced residents. Collocation: civil litigation.

multiculturalism (n.) - the coexistence and recognition of diverse cultural groups Example: Canada's multiculturalism policy promotes inclusion without assimilation pressure. Collocation: state multiculturalism.

neoliberal (adj.) - favouring free markets and reduced government intervention Example: Neoliberal reforms privatised utilities but widened regional income gaps. Collocation: neoliberal agenda.

philanthropy (n.) - donation of money or resources for public good Example: Philanthropy funded scholarships but could not replace systemic school funding. Collocation: corporate philanthropy.

social mobility (n.) - the ability to move between socioeconomic levels Example: Weak social mobility suggests talent wasted by unequal early education. Collocation: upward social mobility.

Work (50 words)

recruitment (n.) - the process of finding and hiring suitable employees Example: Online recruitment platforms broadened the candidate pool for technical roles. Collocation: recruitment drive.

remuneration (n.) - payment or compensation for work performed Example: Executives defended remuneration packages amid layoffs in subsidiary firms. Collocation: fair remuneration.

redundancy (n.) - dismissal because a job is no longer needed Example: Factory redundancy left hundreds seeking retraining in green industries. Collocation: made redundant.

productivity (n.) - the rate of output per unit of input in work Example: Remote work policies affected productivity differently across departments. Collocation: labour productivity.

probation (n.) - a trial period before permanent employment is confirmed Example: She completed probation successfully and received a permanent contract. Collocation: on probation.

pension (n.) - regular payments to a person after retirement from work Example: Many workers fear their pension will not cover rising healthcare costs. Collocation: pension scheme.

overtime (n.) - extra hours worked beyond the normal schedule Example: Mandatory overtime in warehouses raised concerns about worker fatigue. Collocation: work overtime.

freelance (adj.) - working independently for various clients rather than one employer Example: Freelance designers enjoy flexibility but lack stable benefits. Collocation: freelance work.

commute (v.) - to travel regularly between home and workplace Example: Employees commute longer distances when affordable housing is scarce. Collocation: daily commute.

delegation (n.) - assigning responsibility for tasks to subordinates Example: Effective delegation frees managers to focus on strategic planning. Collocation: task delegation.

downsizing (n.) - reducing the number of employees to cut costs Example: Corporate downsizing prioritised short-term savings over institutional knowledge. Collocation: corporate downsizing.

entrepreneur (n.) - a person who starts and runs a business, taking financial risk Example: The entrepreneur secured venture capital after demonstrating market traction. Collocation: successful entrepreneur.

gig economy (n.) - a labour market of short-term contracts and freelance work Example: The gig economy offers flexibility but often excludes paid leave. Collocation: gig economy worker.

harassment (n.) - unwelcome conduct that creates a hostile work environment Example: The firm updated policies after several harassment complaints were upheld. Collocation: workplace harassment.

incentive (n.) - something that motivates employees to improve performance Example: Performance incentives aligned sales targets with quarterly revenue goals. Collocation: financial incentive.

layoff (n.) - temporary or permanent dismissal of employees, often for economic reasons Example: Mass layoffs followed the merger as duplicate roles were eliminated. Collocation: mass layoff.

mentor (n.) - an experienced colleague who guides a less experienced worker Example: A senior engineer agreed to mentor interns throughout the summer programme. Collocation: mentor programme.

negotiation (n.) - discussion aimed at reaching agreement, especially on pay or terms Example: Collective negotiation secured a modest wage increase for union members. Collocation: salary negotiation.

onboarding (n.) - the process of integrating a new employee into an organisation Example: Structured onboarding reduced early turnover among graduate hires. Collocation: employee onboarding.

portfolio (n.) - a collection of work samples demonstrating skills and achievements Example: Applicants submitted a digital

portfolio showcasing design projects. Collocation: professional portfolio.

qualification (n.) - a skill, certificate, or degree required for a job Example: The role lists project-management qualification as highly desirable. Collocation: job qualification.

resignation (n.) - the act of voluntarily leaving a job Example: Her resignation followed disagreements over ethical sourcing policies. Collocation: submit one's resignation.

retrenchment (n.) - dismissal of workers to reduce costs, especially in downturns Example: Retrenchment in mining towns devastated local retail and services. Collocation: forced retrenchment.

strike (n.) - a work stoppage by employees to press demands Example: The strike halted production until management agreed to safer shifts. Collocation: go on strike.

telecommuting (n.) - working from home using digital communication tools Example: Telecommuting policies became permanent for staff in analytical roles. Collocation: telecommuting arrangement.

underemployment (n.) - working in a job that does not fully use one's skills or hours Example: Graduate underemployment suggests a mismatch between degrees and labour demand. Collocation: graduate underemployment.

vacancy (n.) - an unfilled position available for employment Example: The hospital advertised a vacancy for a bilingual nurse practitioner. Collocation: job vacancy.

whistle-blower (n.) - a person who reports illegal or unethical activity in an organisation Example: Laws protect the whistle-blower from retaliation after exposing fraud. Collocation: whistle-blower protection.

workload (n.) - the amount of work assigned to a person or team Example: Unrealistic workload contributed to burnout among emergency-room staff. Collocation: heavy workload.

appraisal (n.) - a formal assessment of an employee's performance Example: Annual appraisal feedback identified training needs for junior analysts. Collocation: performance appraisal.

blue-collar (adj.) - relating to manual or industrial labour Example: Blue-collar wages rose as skilled trades faced national shortages. Collocation: blue-collar worker.

white-collar (adj.) - relating to professional office-based work Example: White-collar employees negotiated hybrid schedules after returning from lockdown. Collocation: white-collar job.

colleague (n.) - a person with whom one works Example: She collaborated with colleagues across three time zones on the merger. Collocation: trusted colleague.

deadline (n.) - the latest time by which a task must be completed Example: Missing the deadline cost the consultancy its largest government contract. Collocation: meet a deadline.

empowerment (n.) - giving employees authority and confidence to make decisions Example: Workplace empowerment increased innovation among frontline customer-service teams. Collocation: employee empowerment.

flexitime (n.) - a system allowing employees to choose their working hours within limits Example: Flexitime helped parents balance childcare with full-time careers. Collocation: flexitime arrangement.

glass ceiling (n.) - an unacknowledged barrier preventing women from senior roles Example: Despite equal hiring, a glass ceiling still limits promotion to executive boards. Collocation: break the glass ceiling.

headhunt (v.) - to recruit a senior executive from another organisation Example: The board decided to headhunt a CEO with turnaround experience. Collocation: headhunt talent.

industrial action (n.) - protest by workers such as strikes or slowdowns Example: Industrial action ended when employers improved pension contributions. Collocation: take industrial action.

job satisfaction (n.) - the contentment a person feels about their work Example: Autonomy and purpose predict job satisfaction more than salary alone. Collocation: high job satisfaction.

knowledge worker (n.) - an employee whose main capital is expertise and information Example: Knowledge workers demand continuous learning budgets from employers. Collocation: knowledge worker productivity.

labour union (n.) - an organisation that represents workers in negotiations with employers Example: The labour union bargained for safer conditions in garment factories. Collocation: join a labour union.

moonlighting (n.) - holding a second job, often secretly, in addition to one's main job Example: Moonlighting rose among teachers supplementing inadequate public salaries. Collocation: moonlighting job.

offshoring (n.) - relocating business processes to another country to reduce costs Example: Offshoring customer support reduced expenses but angered domestic workers. Collocation: offshoring operations.

presenteeism (n.) - working while ill or beyond required hours, reducing effectiveness Example: Presenteeism spreads illness and lowers overall organisational output. Collocation: culture of presenteeism.

quota (n.) - a fixed amount of work or sales a person must achieve Example: Aggressive sales quotas encouraged unethical practices among regional managers. Collocation: sales quota.

restructuring (n.) - organisational change to improve efficiency, often involving job cuts Example: Corporate restructuring merged divisions and eliminated duplicate management layers. Collocation: company restructuring.

severance (n.) - pay and benefits given to an employee upon termination Example: Negotiated severance packages eased transitions for displaced manufacturing staff. Collocation: severance pay.

turnover (n.) - the rate at which employees leave and are replaced Example: High turnover in call centres reflected stressful targets and low pay. Collocation: staff turnover.

vocational training (n.) - instruction that prepares people for specific trades or careers Example: Partnerships with firms ensured vocational training matched industry skill needs. Collocation: vocational training programme.

Chapter 8: 30-Day Study Plan

This plan assumes 2-2.5 hours on weekdays and 3-4 hours on one weekend day. Adjust if you are full-time student vs working professional. You need one Cambridge IELTS book or official online tests, this guide, and a speaking partner (friend or online).

Week 1 - Diagnose and foundations: Day 1 full diagnostic (Listening + Reading one test, no Writing/Speaking) - score roughly. Day 2 analyse errors in Reading (T/F/NG list). Day 3 Listening Section 1-2 only + spelling list. Day 4 Task 2 essay plan only (environment topic). Day 5 Speaking Part 1 recorded (5 questions). Day 6 vocabulary Environment list (25 words). Day 7 rest or light podcast.

Week 2 - Reading and Listening focus: Daily one passage timed + review (Days 8-12). Listening one section per day with transcript check (Days 8-12). Day 13 Writing Task 1 line graph full. Day 14 Speaking Part 2 cue card x2.

Week 3 - Writing heavy: Alternate Task 1 and Task 2 (Days 15-20). Peer or tutor feedback on two essays. Day 19 grammar audit on your own essays (articles, s/v). Day 20 full Listening test. Day 21 vocabulary Technology + Education (50 words).

Week 4 - Exam simulation: Day 22 full Reading test timed. Day 23 full Writing (60 min strict). Day 24 Speaking mock with partner (all parts). Day 25 Listening test + Section 4 replay. Day 26 review weakest skill using error log. Day 27 full computer-style sitting if possible. Days 28-29 light review, formula sheets, sleep discipline. Day 30 no study - prepare documents, route to centre, sleep eight hours.

Working student tip: Study 6:00-7:30 am before work if evenings are tired. Use Friday night for mock tests. Tell family your exam date to reduce interruptions.

Honest advice: Courses help only if you write weekly. YouTube tips without timed practice create illusion of progress. If you need 7.0 and score 6.0 twice with the same habits, change method - do not just retake. One Skill Retake may save money only for computer tests in eligible centres.

Good luck - and book your test only when mock scores are consistently at or above your target.

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