

“Guaranteed Band 7”

“保 7 分”

Somebody is promising you a score they have no way of delivering.

有人在向你承诺一个分数——而他根本无法兑现。

I want to be careful here, because plenty of honest teachers use confident language, and I am not calling them liars.

这一节我想说得谨慎一些。很多诚实的老师也会用自信的语气，我不是在说他们撒谎。

But there is a difference between “*most of my students improve*” and “*guaranteed Band 7*”, and the difference is not marketing style. One is a claim about the past. The other is a promise about something the person making it does not control.

但“我的学生大多数都有提升”与“保 7 分”之间，差别不在营销风格。前者是关于过去的陈述；后者是对一件自己无法控制的事情做出承诺。

Nobody controls your band score. Not your teacher, not your school, and not me.

没有人能控制你的分数。你的老师不能，机构不能，我也不能。

The short version

简短版本

A band score depends on your starting level, how much work you do, and how you perform on one particular morning. A teacher controls none of those three. What a good teacher can promise is **method, feedback and honest assessment** — and if that is all they promise, take them more seriously, not less.

分数取决于三件事：你的起点、你投入的努力，以及你在某一个早上的发挥。这三件，老师一件都控制不了。好老师能承诺的是**方法、反馈与诚实的评估**——如果他只承诺这些，请更认真地对待他，而不是相反。

PART ONE • 第一部分

Three things nobody teaching you can control

三件老师控制不了的事

This is not pessimism. It is the reason the promise cannot be kept, and it is worth understanding before you pay for one.

这不是悲观。这是那个承诺无法兑现的原因——而在你为它付钱之前，值得先搞清楚。

Your starting level.

A candidate at Band 5.0 and one at Band 6.5 need entirely different amounts of time. A course that promises the same outcome to both is promising one of them something it cannot deliver.

你的起点。

5.0 分的考生与 6.5 分的考生，需要的时间完全不同。一个向两者承诺相同结果的课程，至少对其中一方是做不到的。

The work you do between lessons.

Writing improves when you write and receive feedback. A teacher can set that work and mark it. They cannot do it for you, and most of it happens when they are not in the room.

你在课外做的事。

写作是靠“写 + 得到反馈”提升的。老师可以布置并批改，但他不能替你写——而大部分学习发生在他不在场的时候。

Test-day performance.

Nerves, sleep, the topic you draw, the room. These move a score by half a band in both directions, and nobody — including the examiner — controls them.

考试当天的发挥。

紧张、睡眠、抽到的题、考场环境。这些可以让分数上下浮动半分，而没有任何人——包括考官——能控制它们。

Notice that IELTS itself never promises a score, and never publishes a timeline for reaching one. The organisation that owns the test is more careful about this than the people selling preparation for it.

注意：雅思官方从不承诺分数，也从不公布“多久能考到多少分”的时间表。拥有这场考试的机构，比卖备考的人谨慎得多。

PART TWO • 第二部分

How the guarantee usually works

那些“保分”通常怎么运作

Read the terms. Almost every guarantee I have seen is a refund or a re-enrolment promise, not a score promise — and the conditions do a lot of work.

看条款。我见过的几乎所有“保分”，实际上都是退费或重读承诺，而不是分数承诺——而那些附加条件才是真正起作用的东西。

- 1. Attendance and homework conditions.** Miss a class, submit late, skip a mock test, and the guarantee lapses. Since almost everybody does one of those at some point, the condition is doing the real work.

出勤与作业条件。 缺一次课、交一次晚作业、漏一次模考，保分就失效。而几乎每个人总会占上一样——所以真正起作用的是这些条件。

- 2. Re-enrolment rather than refund.** “Guaranteed” often means you may repeat the course free. That is not nothing — but it costs the school very little, and it costs you another few months.

重读而非退费。 “保分”往往意味着可以免费重读。这并非毫无价值——但它对机构成本很低，对你却是又几个月。

- 3. The entry filter.** Some guaranteed courses only admit candidates already close to the target. The guarantee then looks impressive and risks almost nothing.

入学筛选。 有些保分班只收已经接近目标分的学生。这样一来，保分看起来很厉害，实际上几乎不担风险。

PART THREE • 第三部分

What to ask before you pay

付钱之前该问什么

Five questions. None of them is aggressive, and a good teacher will answer all five without hesitating.

五个问题。都不冒犯，而一个好老师会毫不犹豫地全部回答。

1. What exactly happens if I do not reach the score? Refund, re-enrolment, or nothing? Get it in writing before you pay, not after.

1. 如果没达到分数，具体会怎么样？退费、重读，还是什么都没有？付钱前要书面写清楚，不是事后。

2. What are the conditions? Attendance, homework, mock tests. Ask how many students actually qualified for the guarantee last year, not how many were offered it.

2. 附加条件是什么？出勤、作业、模考。问清楚：去年真正符合保分条件的有多少人——而不是有多少人承诺了保分。

3. Who marks my writing, and how often? This is the single most useful question. Writing improves through marked practice, and marking is expensive — so the answer tells you where the money goes.

3. 谁批改我的写作，多久一次？这是最有用一个问题。写作靠“被批改的练习”提升，而批改很贵——所以答案会告诉你钱花到哪里了。

4. Can I see a marked script? Not a model answer — a real student's work with real feedback on it, anonymised. If nobody can show you one, ask why not.

4. 能看一份批改过的作文吗？不是范文——而是真实学生的卷子，带真实反馈，匿名即可。如果没人能拿出来，请问为什么。

5. What do you think is realistic for me? A teacher who says “eight weeks, guaranteed” before hearing you speak is not assessing you. A teacher who says “let me see a piece of your writing first” is.

5. 你觉得对我来说什么是现实的？还没听你说过话就说“八周保7”的老师，并没有在评估你。而说“先给我看一篇你的作文”的，才是。

IN SHORT • 一句话总结

What to do with this 这份文件怎么用

A guarantee is a marketing decision, not a teaching one. It tells you about the school's confidence in its sales, not in its method.

保分是一个营销决定，不是教学决定。它表明的是机构对销售的信心，而不是对方法的信心。

Judge a teacher on what they can actually control: whether they can tell you which criterion is holding you back, and what to do about it this week.

评价一个老师，看他真正能控制的东西：他能不能告诉你，是哪一项评分标准卡住了你，以及这一周该怎么办。

And apply it to me. I do not promise a band score anywhere, in any book, and I never will. What I promise is a method and the reasoning behind it.

这一条也请在我身上。我在任何一本书、任何地方都不承诺分数，以后也不会。我承诺的是方法，以及方法背后的道理。

SOURCES • 参考来源

Check every one of these yourself

每一条都请你自己核对

Information correct as of 8 August 2026. This brief describes practices I have observed in the market. It names no school and makes no allegation about any particular provider; the guarantee structures described are common, and many are offered in good faith. The point is not that guarantees are dishonest — it is that a score is not a thing anyone can guarantee, so the promise must be doing something else.

信息截至 2026 年 8 月 8 日。本文描述的是我在市场上观察到的做法，不点名任何机构，也不针对任何具体机构提出指控；文中的保分结构很常见，很多也是善意提供的。重点不是保分不诚实，而是：分数本就不是任何人能保证的东西，所以那个承诺必然在做别的事。

Cited in this brief

本文引用

- [1] IELTS Writing and Speaking Band Descriptors (public version). Jointly published by the British Council, IDP: IELTS Australia and Cambridge English Language Assessment.
- [2] IELTS Partners — published test information. No score guarantee, timeline or improvement rate is published by the test owners. ielts.org

Where to verify anything else

其他信息核对处

- [3] 雅思考试中文官方网站. chinaielts.org
- [4] 报名与考场信息: ielts.neea.cn

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