

A Band 7 is thirty out of forty

原始分对照简报 · 7 分，是 40 题里对 30 题

The published conversion, the arithmetic between its rows, and where the table stops

Not thirty-eight. Not “almost everything”. IELTS publishes the Listening and Reading conversion itself — in English on ielts.org and in Chinese on the mainland site, with identical figures. It also **stops at Band 8**. Every Band 9 conversion chart circulating in study groups took that number from a source that is not an official page.

不是 38 题，也不是「几乎全对」。听力与阅读的原始分换算，官方自己就公布了 —— 英文在 ielts.org，中文在中国大陆官网，数字完全一致。而它只公布到 8 分。网上流传的 9 分对照表，那个数字都不是来自官方页面。

1 The official table, in full 官方对照表

Listening and Reading contain 40 questions each, one mark per correct answer. These are the published figures for converting that raw score into a band.

听力与阅读各 40 题，每题 1 分。以下是官方公布的原始分与等级分对照数字。

LISTENING 听力 · 满分 40

Band 5		16 / 40
Band 6		23 / 40
Band 7		30 / 40
Band 8		35 / 40
Band 9		not published · 官方未公布

ACADEMIC READING 学术类阅读 · 满分 40

Band 5		15 / 40
Band 6		23 / 40
Band 7		30 / 40
Band 8		35 / 40
Band 9		not published · 官方未公布

GENERAL TRAINING READING 培训类阅读 · 满分 40

Band 4		15 / 40
Band 5		23 / 40
Band 6		30 / 40
Band 7		35 / 40
Bands 8-9		not published · 官方未公布

Source, both languages. The same three tables are published by IELTS in English — [ielts.org](#) → **Take a test** → **Understanding your score** — and by the Chinese-mainland site in Chinese, [chinaielts.org](#) → **雅思分数说明**, with identical figures. The “not published” rows are not an omission: those rows do not exist on either page.

三张表由雅思官方以英文公布，中国大陆官网以中文公布，数字一致。「官方未公布」并非本简报的遗漏——两个页面上都没有这几行。

2 What thirty looks like 30 题是什么样子

At Band 7 in Listening or Academic Reading, the published allowance is **ten wrong answers**. Most candidates carry a much harsher number in their heads.

听力或学术类阅读的 7 分，官方允许错 10 题。多数考生心里装着的数字，比这严苛得多。

BAND 7 听力 / 学术类阅读



30 correct · 10 wrong 75% of the paper · 对 30 题，错 10 题，正确率 75%

BAND 8 听力 / 学术类阅读



35 correct · 5 wrong 87.5% of the paper · 对 35 题，错 5 题，正确率 87.5%

What follows from this — my teaching judgement, not a published finding. A candidate who believes Band 7 requires near-perfect accuracy will spend the last ten minutes of a paper re-checking answers they already had right, instead of attacking the questions they left blank. Ten wrong answers is the published allowance at Band 7. A blank is guaranteed to be one of them; a guess is not. There is no penalty for a wrong answer in Listening or Reading.

这一条是我的教学判断，不是官方结论：以为 7 分需要几乎全对的考生，会把最后十分钟花在反复检查已经做对的题上，而不是去攻克空着的题。7 分允许错 10 题。空着的题一定算错，猜的不一定——听力与阅读答错不倒扣。

3 The same thirty answers, a different band 同样 30 题，不同等级

Thirty correct is a **Band 7** in Academic Reading and a **Band 6** in General Training Reading. A full band apart, on the identical raw score. This is published, and it is the most misunderstood line in the whole table.

对 30 题，学术类阅读是 7 分，培训类阅读是 6 分——同一个原始分，相差整整一分。这是官方公布的，也是整张表里最常被误解的一条。

ACADEMIC READING · 学术类

30 / 40		Band 7
35 / 40		Band 8

GENERAL TRAINING · 培训类

30 / 40		Band 6
35 / 40		Band 7

The official explanation
官方解释

“It is usual that a greater number of questions must be answered correctly on a General Training Reading test to secure a given band score.” The mainland site says the same: 通常情况下，在培训类阅读中，要获得特定的分数等级，需要正确回答更多的问题。

What it does not mean
它不代表什么

Not that General Training is “easier” in the sense that matters to you. A GT Band 7 and an Academic Band 7 are both Band 7 — the scale is adjusted precisely so that they mean the same thing.
这不代表 G 类更简单。成绩单上的 7 分就是 7 分；换算表被调整过，正是为了让两者表示同一水平。

The practical consequence 实际影响	Practice-test scores are not portable between the two. A student practising with Academic material and converting with a General Training chart — or the reverse — will be a full band out. Check which table you are reading before you trust the number it gives you. 两类的练习成绩不能互换。用 A 类材料练习却按 G 类表换算（或反过来），会整整差一分。看数字之前，先确认你看的是哪一张表。
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4 Where the wall actually is 真正的坎在哪里

Measured in correct answers, the published gaps between bands are not equal — and the largest single step in the Listening table is the one most candidates are standing on.

按题目数量衡量，官方各等级之间的间距并不相等——而听力表中最大的一步，正是多数考生卡住的那一步。

LISTENING — THE PUBLISHED STEP BETWEEN EACH BAND 听力：相邻等级之间的题数差

5 → 6 +7 16 → 23	6 → 7 +7 23 → 30	7 → 8 +5 30 → 35	8 → 9 ? not published
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Academic Reading, the same arithmetic 学术类阅读，同样的算法	15 → 23 is +8 . 23 → 30 is +7 . 30 → 35 is +5 . Subtract the published figures yourself — that is all this row is. 15 到 23 是 +8；23 到 30 是 +7；30 到 35 是 +5。直接用官方数字相减即可。
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Why the last step is the smallest in answers 为什么最后一步题数最少	Because there are only 40 questions and the scale has to fit inside them. It does not follow that 7→8 is <i>easier</i> : the five answers standing between 30 and 35 are, by construction, the five hardest items left on your paper. Fewer answers, harder answers. 因为总共只有 40 题，刻度必须装进这 40 题里。这不代表 7 到 8 更容易——30 到 35 之间那 5 题，正是卷面上最难的 5 题。题数更少，难度更高。
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What I take from it, as judgement 我的判断	A student sitting at 23 who says “I just need a few more” is under-counting by half. Seven more correct answers in a 40-question paper is a real distance and is worth planning for as one. The seven is theirs, from the table; the framing is mine, from teaching. 停在 23 题、觉得「再多对几题就好」的学生，通常把差距低估了一半。40 题里多对 7 题是实实在在的距离，值得当作一个正式目标去规划。7 这个数字是官方的，怎么理解它是我的看法。
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5 The row that is not there 那一行不存在

SOURCE	WHAT IT PUBLISHES
ielts.org 雅思官方国际站	Three tables. Listening and Academic Reading run to Band 8 ; General Training Reading runs to Band 7 . There is no Band 9 row on any of them.
chinaielts.org 中国大陆官网	The same three tables, the same figures, in Chinese. Also no Band 9 row.
British Council score pages 英国文化教育协会分数页	Explain that Listening and Reading are marked out of 40 and converted to the nine-band scale, and publish no conversion table at all.
So where does the Band 9 figure come from? 那 9 分的数字是哪来的？	From unofficial sources — most often the answer keys printed in commercial practice-test books, which are conversion guides for <i>those particular practice papers</i> and are not published by IELTS as the live conversion. Those figures are their publishers' copyright and are not reproduced here. 来自非官方渠道——多数出自练习册后附的对照说明，那是针对该练习卷的换算参考，并非官方公布的正式换算，且属于出版方的版权内容，本简报不予转载。

And the caveat that applies to every row that is published. IELTS states it in both languages: “The precise number of marks needed to achieve these band scores will vary slightly from test version to test version.” — 达到这些等级分所需的确切分数可能会根据不同的测试版本略有变化。Treat 30 as the published guide figure for Band 7, not as a guarantee that 30 on your particular paper will be a 7.

6 What changes once you know it is thirty 知道是 30 之后

Mark practice papers out of 40, not out of 9 练习卷按 40 题记分	A raw score moves every time you practise. A band score moves once every seven answers. Counting in raw marks shows progress the band scale hides — 25, 26 and 28 all read as “Band 6”, but they are not the same paper. 原始分每次练习都会变，等级分要每 7 题才动一次。用原始分记录，能看见等级分掩盖掉的进步。
Know your own distance, in answers 用题数算出自己的差距	Sitting at 24 in Listening and needing a 7, the published distance is six more correct answers. That is a number you can plan a month around. “I need to improve my Listening” is not. 听力现在 24 题、需要 7 分，按官方数字还差 6 题。这个数字可以规划一个月的复习；「我要提高听力」不能。
Never leave a box empty 不要留空	Each correct answer earns a mark and nothing is deducted for a wrong one. A blank scores zero with certainty; a guess does not. 每答对一题得一分，答错不倒扣。空着必定 0 分，猜还有机会。
Which two papers this table does not cover 这张表管不到哪两科	Writing and Speaking have no raw score out of 40. An examiner marks them against four published criteria each, so no conversion table exists — there is nothing to convert. If your gap is there, this briefing is not the one that helps. 写作与口语没有 40 题的原始分，由考官依据各自的四项评分标准评定，因此不存在换算表。

7 Method note 编制方法说明

Quoted	The three conversion tables, the test-version caveat and the General Training difficulty statement are published by IELTS in English and by the Chinese-mainland site in Chinese. Both are cited. Sentences carrying a condition are quoted rather than paraphrased.
Subtraction	The step sizes — +7, +7, +5 for Listening; +8, +7, +5 for Academic Reading — are differences between two published figures. The percentages (75%, 87.5%) are the published raw scores divided by 40.
Opinion	Three things here are judgement and are marked where they appear: how to spend the last ten minutes of a paper, that students at 23 under-count the distance to 30, and that raw-mark tracking beats band tracking during preparation. None is a measured finding.
Absence, stated as absence	I checked ielts.org, the Chinese-mainland site and the British Council score pages for a Band 9 row and did not find one. That is a statement about what those pages contained on the date of writing, not a claim that no such figure exists anywhere.
Credentials	Certified by IDP Education in Understanding the Assessment Criteria for both Speaking and Writing (2026). IDP is one of the three organisations that jointly own IELTS. This is a teacher-training certificate — IELTS has not endorsed this briefing, the books, or the classes.

No band score is promised anywhere in this briefing. It sets out the published conversion so you can measure your own distance in answers rather than in adjectives. **Sources:** ielts.org — Take a test → Preparation resources → Understanding your score; chinaielts.org — 雅思分数说明（等级分）. If a source page has changed since publication, the source wins. Full briefing, live links and companion briefings: deencoxielts.com/raw-score.html.
本简报不承诺任何分数。完整简报与所有来源链接见 deencoxielts.com/raw-score.html，另有「总分的算法」与「单科重考」两篇配套简报。