

# Ten days to Band 7. Ten days from *where*?

## 十天到七分 —— 从哪里开始的十天?

The advert never says. This is not a page telling you there are no fast routes — some people genuinely do move quickly, and I say who. It is a page about which route is actually fastest, using the figure IELTS publishes itself.

### 1 The published number 官方给出的数字

QUOTED IN FULL · 完整引用

**“...you could base your preparation time on the findings of two studies that show on average it takes students three months to improve by up to half a band.”**

— IELTS, *How long will it take to get the IELTS band score I need?*, ielts.org

—— 雅思官网《我需要的分数要考多久?》。原文：两项研究显示，学生平均需要三个月才能提高最多半分。

Three months, for **up to** half a band — and half a band is 6.5 to 7.0. If the published average is a quarter of a year, ten days is not the same journey done faster. It is a different claim about a different student.

三个月，提高最多半分——而半分，就是 6.5 到 7。如果官方给出的平均值是四分之一年，那么十天并不是同一条路走得更快，而是在讲另一个学生的另一件事。

**Being straight about the source.** IELTS describes two studies — Korean students in preparation classes, and students on intensive courses in Australia and New Zealand — but does not name the authors or publication. Treat it as IELTS's own published guidance rather than a citable research figure. It is still their number, on their site, about their test.

关于出处把话说清楚：雅思提到两项研究，但没写明作者与出处。请把它当作雅思官方的公开建议，而不是可引用的学术数据。但这仍是他们的数字，写在他们的网站上，讲的是他们自己的考试。

### 2 The part that stings 扎心的一条

QUOTED IN FULL · 完整引用

**“...the people who tend to make the biggest improvements in that time are those who start at a lower level (below 5.5), who study for more hours (over 23 a week), and who are more motivated.”**

— IELTS, same page.

—— 雅思官网同一页。进步最大的，是起点较低（5.5 以下）、每周学习超过 23 小时、动力更强的人。

Nobody sells a ten-day course to a Band 4. It is aimed at 6 and 6.5, because that is where the money and the anxiety are — and by IELTS's own account, that is where movement is *slowest*. The higher you already are, the more each half band costs. Note the other number too: **over 23 hours a week** is the load attached to the biggest gains — so run it at that intensity. Three months is roughly **300 hours**; ten days is roughly **33**. Same effort every week, about a ninth of the total.

没有人把十天课程卖给 4 分考生。它瞄准的是 6 分和 6.5 分，因为钱和焦虑都在那里——而按雅思自己的说法，那正是进步最慢的区间。也请注意另一个数字：与最大进步相伴的强度是每周超过 23 小时——按同样强度算，三个月约 300 小时，十天约 33 小时，每周一样努力，总量只有九分之一。

### 3 What actually moves fast 真正能快起来的是什么

“Improve my English” is a task with no edges. You can work at it for a year and not move, because you were never working on the thing that was costing you the band. Compare: *“I meet every Band 7 feature under Lexical Resource except paraphrase.”* That is small, bounded and trainable — weeks, not a quarter. It moves fast not because someone found a shortcut, but because the target finally has edges.

"提高我的英语"是一个没有边界的任务，做一年也可能不动分，因为你从未在真正扣分的那一点上用功。再对比："在词汇这一项，7 分特征我全都符合，只差同义转述。"这件事小、有边界、可训练——以周计，不是以季度计。它快，不是因为有捷径，而是因为目标终于有了边界。

**So the real question is not how long.** It is: which feature are you missing? Until you can answer that, no timeline means anything — ten days or three months.

所以真正的问题不是"要多久"，而是"你到底缺哪一条特征？"在能回答之前，任何时间承诺都没有意义。

## 4 Exceptions are real 例外确实存在

“On average” hides a lot of variation, and pretending otherwise would make this the same kind of advert pointing the other way. Three kinds of candidate genuinely move a band or more in weeks, and I have taught all three.

"平均"两个字掩盖了很大的差异；假装没有例外，这一页就成了方向相反的同一种广告。有三类考生确实能在几周内提高一分甚至更多，这三类我都教过。

| WHO                                                  | WHY THEY MOVE QUICKLY · 为什么能快                                                                                                                                                        |
|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>The score was never the language</b><br>分数低不是因为语言 | Ran out of time, misread the task, wrote 180 words, froze in Part 2. The English was already there; the test was in the way.<br>时间不够、看错题、只写了 180 词、Part 2 卡住。英语本来就有，挡路的是考试本身。        |
| <b>One criterion collapsed</b><br>某一项塌了              | Three criteria at 7 and one at 5.5 drags the whole skill down. That single criterion is often a small, specific repair — not a rebuild.<br>三项 7 分，一项 5.5，会把整个单项拉下来。那一项往往只需一处小而具体的修补。 |
| <b>Already living in English</b><br>本来就在用英语生活        | Works or studies in English daily and simply doesn't know the test. Learning the format is days, not months.<br>每天用英语工作或学习，只是不了解这门考试。熟悉题型是几天的事。                                      |

**What all three have in common.** The thing in the way was never their level of English. That is why they move quickly — and why the same course cannot do it for someone whose language genuinely is at 6. The advert cannot tell which one you are. It doesn't know, and it isn't asking.

三类的共同点：挡路的从来不是英语水平。这正是他们能快起来的原因，也正因此，同一门课救不了语言确实停在 6 分的人。广告分不出你是哪一种，它不知道，也没打算问。

## 5 Find out where you are 先弄清楚你在哪里

The free marksheet lists the features the official descriptors ask for, Bands 4 to 9, for Speaking and both Writing tasks. Work through it with a real answer of your own — or ask a teacher to — and it tells you which band you fully meet and exactly which features are missing at the next one. That list is your actual study plan, and it is usually shorter than you fear. It gives an indication, not a score: only certified examiners rating a real test award band scores.

免费的评分特征对照表列出官方评分标准要求的特征，涵盖 4 到 9 分，包括口语与写作两个 Task。拿你自己的一份真实答案走一遍，或请老师帮你走一遍，它会告诉你完全达到哪一档、距下一档还缺哪些特征。那份清单就是你真正的学习计划，通常比你担心的要短。它给的是参考，不是分数：只有认证考官对真实考试评分才能给出分数。

**deencoxielts.com/ten-days.html** · the marksheet and the briefing behind it are both linked there. Free, no sign-up.

对照表与背后的简报都在这个页面，免费，无需注册。

6 Four questions before you pay anyone 付钱之前的四个问题

|                                                                          |                                                                                                                                                                                                                         |
|--------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>“From what starting band?”</p> <p>"从几分开始算？"</p>                       | <p>A promise with no starting point is not a promise.</p> <p>没有起点的承诺不算承诺。</p>                                                                                                                                           |
| <p>“Which criterion am I losing marks under?”</p> <p>"我是在哪一项上丢分？"</p>    | <p>There are four, weighted equally. Anyone who cannot name yours is selling the same course to everybody.</p> <p>一共四项，权重相同。说不出你是哪一项的人，是把同一门课卖给所有人。</p>                                                                 |
| <p>“Who marked this, and are they an examiner?”</p> <p>"这是谁批的？是考官吗？"</p> | <p>Teachers should not award band scores from the public descriptors. A number handed over casually tells you how carefully the rest was done.</p> <p>教师不应依据公开评分标准给出分数。随口给出的分数，说明其余部分有多认真。</p>                          |
| <p>“What happens if I don't get it?”</p> <p>"如果没考到会怎样？"</p>              | <p>Ask plainly and watch the answer. A test costs around 2,000 RMB and a retake costs it again, so the price of a wrong promise is never just the course fee.</p> <p>直接问，然后看对方怎么答。一次考试约两千元，重考再来一次——错误承诺的代价从来不只是课程费。</p> |

**And the same four apply to me.** I do not sell a timeline, I do not give band scores, and every framework I teach traces back to the official Band Descriptors. If any page on my site fails one of these four questions, that is a fault in the page — tell me and I will fix it.

这四个问题同样适用于我。我不卖时间承诺，不给分数，我教的每一个框架都能追溯到官方评分标准。如果我网站上任何一页没能通过这四问，那是页面的问题——请告诉我，我会改。

Source: IELTS, *How long will it take to get the IELTS band score I need?* at [ielts.org](https://ielts.org). Band descriptor wording is paraphrased throughout, never reproduced. Deen Cox — IDP Education teacher training, *Understanding the Assessment Criteria for Speaking and for Writing*, 2026. IELTS has not endorsed my books, my classes or my tools. No band score is promised anywhere in this material.