

IELTS Speaking Recording Review Workbook

A two-pass listening check, one-minute transcript and evidence-led retest log

FREE PRINTABLE RESOURCE

Updated 2026-08-12. IELTSpeaking is independent and is not affiliated with IELTS, the British Council, IDP or Cambridge University Press & Assessment.

The rule: one recording, one criterion, one change

Self-review can reveal repeated patterns but cannot issue an official band. Listen first for meaning, then inspect one criterion. Use a qualified human assessment when a high-stakes decision depends on the estimate.

Session record

Date: _____ Topic: _____ Part: 1 / 2 / 3 / full mock

Recording conditions and file name: _____

What I will review today: Fluency / Vocabulary / Grammar / Pronunciation

Pass 1 - listen for meaning without stopping

Timestamp	What the listener understands	Where clarity or relevance breaks

Pass 2 - collect criterion evidence

Choose one row for this session. Keep the other observations for later.

Fluency and Coherence

Pauses that interrupt meaning, repetition, abandoned sentences, idea order and recovery

Evidence with timestamp: _____

Repeated pattern: _____

Lexical Resource

Precise combinations, repetition, appropriacy, topic range and paraphrasing

Evidence with timestamp: _____

Repeated pattern: _____

Grammatical Range and Accuracy

Useful structure variety, controlled sentences, repeated patterns and effect of errors

Evidence with timestamp: _____

Repeated pattern: _____

Pronunciation

Sections requiring listener effort, endings, stress, rhythm, intonation and sound contrasts

Evidence with timestamp: _____

Repeated pattern: _____

One-minute exact transcript

Include fillers, restarts and unfinished sentences before making corrections.

What I actually said	Pattern / correction

Most frequent error or repeated word: _____

Corrected pattern I will move into a new answer: _____

Repair, repeat once, retest later

Observable next action

Instead of 'improve my speaking', write an action a listener can hear.

I will: _____

Number of attempts: _____ Evidence of change: _____

Immediate repeat

Before	After one focused change	What became audibly different?

Delayed transfer test

New question and date: _____

Did the skill appear without notes? Yes / Partly / Not yet

Next single priority: _____

Practice links

- Current topics and browser recorder: <https://ieltspeaking.com/topics.html>
- Four scoring criteria: <https://ieltspeaking.com/ielts-speaking-band-score.html>
- Full self-review guide: <https://ieltspeaking.com/guides/how-review-own-speaking-recording.html>