

MINDSET ENGLISH / FREE LEARNING RESOURCE

IELTS Speaking Self-Check

A reflection sheet for reviewing fluency, vocabulary, grammar, and pronunciation after practice.

FORMAT	BEST FOR	USE IT IN
Practice reflection	Learners preparing recorded speaking responses	After a Part 1, 2, or 3 practice

Discover the pattern. Repeat the pattern. Use the pattern until English becomes automatic.

Created by MindSet English for personal learning and reflection.

PART 01

Use evidence, not feelings

It is normal to feel nervous or dissatisfied after speaking. Review the recording for observable evidence and choose one specific change for the next attempt.

A SIMPLE REVIEW ROUTINE

01 Record one complete answer under realistic time conditions.

02 Listen once for meaning: did your answer address the actual question?

03 Listen again using the four areas in this guide.

04 Write one strength and one priority. Do not try to fix everything at once.

05 Repeat the same prompt and apply the priority immediately.

Prompt used and practice date:

One thing the listener could understand clearly:

PART 02

Fluency and vocabulary

Fluency is not simply speed. Look for connected meaning, manageable pauses, and enough language to develop the answer.

FLUENCY AND COHERENCE

- ☐ I answered the question directly before adding detail.
- ☐ My ideas followed a clear order and were easy to connect.
- ☐ I extended key points with reasons, examples, or comparisons.
- ☐ Pauses usually helped me think; they did not repeatedly break the message.
- ☐ I used linking language naturally rather than adding memorised connectors everywhere.

LEXICAL RESOURCE

- ☐ My vocabulary matched the topic and communicated the intended meaning.
- ☐ I used some precise words or natural word combinations.
- ☐ When I forgot a word, I paraphrased and continued.
- ☐ I noticed repeated words that I can replace next time.
- ☐ My language sounded like my own response, not an unrelated memorised script.

One phrase I used well and one phrase I want to improve:

PART 03

Grammar and pronunciation

Range matters when it supports meaning. Clarity matters more than trying to copy a particular accent.

GRAMMATICAL RANGE AND ACCURACY

- ☐ I used sentence structures that helped me compare, explain, speculate, or describe time clearly.
- ☐ Most errors did not make the message difficult to understand.
- ☐ I noticed one repeated grammar pattern that needs focused practice.
- ☐ I corrected myself only when it helped clarity, rather than restarting every sentence.

PRONUNCIATION

- ☐ Individual words were generally clear enough for a listener to follow.
- ☐ I stressed important content words and reduced less important words where natural.
- ☐ My sentence rhythm supported meaning rather than sounding word-by-word.
- ☐ My intonation helped show whether I was explaining, contrasting, or concluding.
- ☐ I can identify one sound, word stress, or rhythm feature to rehearse.

My next pronunciation or grammar focus:

PART 04

Plan the next attempt

Turn reflection into a short action. A strong review ends with another practice, not only a score prediction.

One strength to keep

Write the clearest evidence from your recording. What helped the listener understand you?

One priority to change

Choose only one area that can improve in the next recording.

My specific change for the next response:

After repeating the prompt, what changed?:

Important: This worksheet supports independent practice. It does not provide an official IELTS band score. Use official IELTS materials and current test information for formal preparation decisions.