

# INSIDE REGENT

MARCH 2026



## IELTS SKILLS FOCUS

### SPEAK LIKE A BAND 7

Many students believe a Band 7 in IELTS Speaking is about having “perfect English”. In reality, it is about understanding the four assessment criteria and using smart strategies consistently.

The first criterion is **Fluency and Coherence**. This is not about speaking quickly — it is about speaking smoothly and logically. Strong candidates use discourse markers such as “actually”, “in fact”, and “to be honest” to organise ideas and add detail. Natural fillers like “well” or “you know” can also reduce awkward pauses. The key is to sound confident and maintain flow without long hesitation.

Next is **Lexical Resource (Vocabulary)**. To reach Band 7, students must move beyond basic vocabulary and use more natural expressions. Idiomatic language such as “a piece of cake”, “once in a blue moon”, or “over the moon” can demonstrate flexibility — as long as it is used accurately and confidently. Examiners reward appropriate, precise word choice rather than memorised phrases.

The third criterion is **Grammatical Range and Accuracy**. Students need to actively use a variety of tenses and sentence structures. This includes talking about past experiences clearly, comparing past and present habits, and using complex forms like conditionals (“If I hadn’t... I wouldn’t have...”). Accuracy remains essential, especially when discussing past events.

Finally, **Pronunciation** focuses on clarity. Effective “chunking” (grouping words naturally), correct -ed endings, and accurate word stress all help speech sound more natural and easier to follow.

Ultimately, Band 7 is about strategy, practice, and targeted improvement — not perfection.

## MEET OUR PEOPLE

### CREAM

STUDENT SERVICES CO-ORDINATOR



Cream joined Regent in May 2025 and has quickly become a valued member of the team. She graduated with a degree from the Faculty of Humanities at Chiang Mai University, bringing with her strong organisational skills and attention to detail.

A key part of Cream’s role is creating engaging social media posts to keep our platforms active and up to date. She enjoys making sure our content is clear, informative, and relevant for our audience. Her contribution has really helped make the school more visible and engaging online. Alongside this, she checks daily schedules, answers customer enquiries, and supports P’Miew to ensure everything runs smoothly. The variety in her role has helped her strengthen both her communication and organisational skills.

Outside of work, Cream enjoys spending quality time with herself and her family. She loves watching movies and series on Netflix and listening to true crime podcasts on YouTube, especially the Tang Makkaporn channel. Looking ahead, she hopes to keep developing her skills and may pursue further studies in marketing or computer science.

# TECHNOLOGY TIP

## YOUTUBE CHANNELS TO SUPPORT YOUR IELTS PREP

YouTube can be a powerful tool for IELTS preparation — if you choose the right channels. Here are some excellent options to help you target specific skills.

For vocabulary, grammar and pronunciation, BBC Learning English remains one of the most reliable resources. Their short, focused videos are ideal for building the language foundation you need for IELTS.

To improve listening and expand topic knowledge, TED-Ed is a great choice. The animated lessons expose students to a range of academic themes and natural spoken English.

For direct IELTS guidance, IELTS Official provides advice from test experts, sample tasks, and explanations of band scores. Another helpful channel is E2 IELTS, which offers clear strategy lessons for Writing Task 1 and 2, Speaking practice questions, and Reading tips.

The key is to watch actively: take notes, pause to answer questions yourself, and practise regularly. Used consistently, YouTube can become a valuable extension of your IELTS classroom learning.

# ACHIEVEMENT SPOTLIGHT

## TOON

# IELTS 7.0

Congratulations to Toon on securing his new job in Australia! We're so proud of you and wish you every success in this exciting new chapter.



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# CULTURE CORNER

## THE UK – A SPORTING NATION

The United Kingdom is often called the “home of modern sport” — and for good reason.

**Did you know...**

Modern football was first formally organised in 1863 by **The Football Association (The FA)** in London. The rules created there became the foundation of the global game.

**Rugby** was first codified at Rugby School in England, giving the sport its name.

**Wimbledon**, first held in 1877, is the oldest tennis tournament in the world — and players must still wear almost entirely white clothing.

The town of **St Andrews** in Scotland is often called the “Home of Golf”.

England won the **FIFA World Cup** in 1966 — the country's only World Cup victory to date.

The FA Cup Final is traditionally played at **Wembley Stadium**, one of the most famous stadiums in the world.

From school sports days to packed national stadiums, sport remains a central part of British identity and culture.

