

CELPiP 7-Day Study Plan

A one-week reset with daily checkboxes, a tight review rhythm, and simple audio reminders for candidates who need focused progress fast.

How to use this plan

- Keep one main task per day. Avoid turning the week into four weak sessions per day.
- Track where time pressure breaks you, not just your final score.
- Use Day 7 to reduce noise, not to add brand-new strategies.

Audio checklist

- Listening day: no replay, track the clue sentence.
- Speaking day: review only two tasks, not every recording.
- Mixed day: stop when quality drops, not when the clock feels heroic.

7-day checklist

Day 1: Baseline and weak-skill check

- Run one short timed block.
- Write down the first recurring breakdown.
- Choose one weak skill to prioritize next.

Day 2: Listening repair

- Do one single-play listening section.
- Mark the clue sentence you missed.
- Use one transcript-based review only.

Day 3: Reading repair

- Run one focused reading block.
- Highlight where trap options stole time.
- Write one reading rule for tomorrow.

Day 4: Writing repair

- Write one timed response.
- Review structure and repeated phrasing.
- Rewrite only one section to lock in the fix.

Day 5: Speaking repair

- Record one timed speaking block.
- Check task completion before fluency style.
- Choose one timing fix and one clarity fix.

Day 6: Mixed pressure day

- Combine two weak skills in one session.
- Keep it shorter than a full mock.
- Note what still breaks late in the session.

Day 7: Final review and exam reset

- Review only the key mistakes and recovery moves.
- Prepare a short test-day pacing checklist.
- Stop collecting new advice.