

INTERNATIONAL RECOGNITION

ISSUE 190 SEPTEMBER 2025

Dear Colleagues,

Welcome to the September edition of our newsletter!

This is the time when many preparation centres begin to shift their focus towards the upcoming exams, turning effort into results and making every week of preparation count.

In this edition, you'll find practical ideas to support your students after enrolment: from helping them create their own **SMART Study Plans**, to combining **Test & Train with ADPT** for effective exam preparation, and reflecting on the importance of **full-length practice tests**. You'll also find details about the **Global Preparation Centre Event in October** and the **new series of Teacher Webinars for 2025**.

We would also like to remind you that, if your students haven't yet enrolled, there is still time. **Paper-based exam enrolments** remain open until **6th October**, while **digital exam enrolments** are available up to **seven days before the exam date**. Please note that **digital places are limited** and allocated on a first-come, first-served basis, so we strongly recommend securing them early.

Let's continue working together to ensure that candidates feel confident, prepared, and supported every step of the way.

Kind regards,

The Anglo Department of International Examinations Team



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Helping students to write their own Study Plan

A key way to help students prepare effectively for exams is to guide them in creating a **Study Plan**. A simple “to-do list” of self-study activities is not enough. A good Study Plan should be **SMART**:

- **Specific:** Instead of “I will do more writing practice,” define *what* to write and *how* to get feedback. For example, “I will complete a Writing Part 1 task and submit it to Write & Improve.”
- **Measurable:** Encourage students to track progress. After each activity, they can rate improvement on a scale of 1–10 or identify three things they can now do better.
- **Achievable:** Plans should be realistic. Students need to consider their available time, resources, and whether they should ask their teacher for feedback or support.
- **Relevant:** Focus on areas highlighted in lessons, class tests, or mock exams. If listening is a challenge, include targeted listening practice.
- **Time-bound:** Every action should have a deadline, e.g. “By Friday, I will complete one reading paper and watch a film in English.”

Preparation centres can introduce a Study Plan in class, or discuss it with learners individually or in small groups. The **smarter the plan, the more effective it will be.**



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Resources to Support the Plan

Students can use a range of official Cambridge tools to put their Study Plan into action:

- **Test & Train:** Six examples of each exam task, perfect for self-study and centre monitoring.
- **ADPT (Authentic Digital Practice Test):** A mock digital exam repeatable three times, ideal for rehearsing under real exam conditions.
- **Write & Improve:** Online writing practice with instant feedback.
- **Cambridge Dictionary +Plus:** Vocabulary building and personalised word lists.
- **The Exam Preparation Journey:** Online resources that guide students through building confidence and exam strategies.

Organising the Months Ahead

Here is a suggested preparation pathway to share with your students:

1. **October – November:** Focus on exam task types and strategies using **Test & Train**, while building vocabulary and writing skills with **Dictionary +Plus** and **Write & Improve**. Do as many mock exams as possible.
2. **October – November:** Consolidate learning with activities from the **Exam Preparation Journey**, encouraging students to review their Study Plan and track progress.
3. **November - December:** Use **ADPT** to simulate the real exam experience. Schedule one attempt a month before the exam, followed by additional attempts to refine performance.

This structure ensures preparation is progressive, targeted, and confidence-building.

Learn more about Study Plans [here](#).



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How Test & Train and ADPT can help your students get ready for the Cambridge Exam

Two Cambridge tools—**Test & Train** and **ADPT (Authentic Digital Practice Test)**—are designed to complement your teaching and provide students with structured, effective exam practice. When used together, they create an ideal preparation pathway that combines guided practice with realistic exam experience.

Why Are These Tools Valuable?

The combination of **Test & Train + ADPT**:

- Provides students with **authentic practice** aligned to the digital exam format.
- Offers **self-study resources** that students can use independently, while still allowing teachers to track progress.
- Reduces exam-day anxiety by letting students rehearse under conditions similar to the real test.

Test & Train: Flexible Self-Study

- Contains **6 examples of each exam task**, so students get ample practice.
- **Valid for 18 months**, though it is most effective if used intensively **2–3 months before the exam**.

This resource ensures students practise consistently, at their own pace.

ADPT: Authentic Exam Simulation

- Provides a **mock digital exam** experience, replicating the look and feel of the real test.



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- Students can take it **up to 3 times**, making it ideal for building confidence.
- Best used **one month before the exam**, with repeat attempts in the following weeks.

This tool helps students test their readiness, identify last-minute areas to improve, and arrive at the exam with greater confidence.

Suggested Preparation Sequence

To maximise results, encourage your students to follow this sequence:

1. **Start with Test & Train:** recommend that students practise with it for around **6 weeks**. This builds familiarity with each task and reinforces exam strategies.
2. **Move on to ADPT:** schedule the first attempt **about one month before the exam**, followed by repeat attempts closer to exam day.

This structure combines **guided practice** with **exam simulation**, creating a complete and effective preparation pathway.

🔗 Learn more:

[ADPT & Test & Train](#)

[Anglo Market](#)



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The essential step of full length practice tests

As we guide students on their journey towards the exam, we can use full-length practice tests in the final months of the course. This step is not just about reinforcing learning but about immersing students in the real conditions they will face during the actual exam. It's a vital part of their preparation journey, ensuring they are not only knowledgeable but also adept at managing the demands of the exam environment.

The value of authentic exam conditions

Replicating authentic exam conditions in the classroom is crucial. Ask students to recall their experience of the mock test. How did it help them to understand the endurance and concentration needed for the actual test day? Did they draw any other conclusions from this experience? Ask them to consider aspects of timing and other areas of difficulty which might have arisen. While it might seem time-consuming, the experience gained from replicating authentic exam conditions in class is invaluable. Even if the students will be taking a digital version of the exam, sitting a paper-based practice test still holds significant value. The key is to accustom students to the pressure and pacing of the full-length exam.

Reinforcing learning and gauging progress

Full-length practice tests serve as a powerful tool for reinforcing the learning that has taken place throughout the course. They provide a comprehensive review of all the skills and knowledge areas covered. Additionally, these tests are instrumental in



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gauging students' progress, highlighting both their strengths and areas that require further improvement.

Navigating the pressure of the exam

One of the less discussed yet critical aspects of full-length practice tests is getting students used to the pressure of the exam environment. The experience of working through a complete test within a set time frame helps build mental stamina and teaches students how to manage stress and fatigue. This aspect of the exam journey is as important as mastering the content.

Strategies for effective practice tests

To maximise the benefits of practice tests, teachers should:

- **Simulate real exam conditions:** Conduct the practice tests under conditions as close to the actual exam as possible. This includes adhering to the exact time limits and creating a quiet, exam-like atmosphere.
- **Debrief and reflect:** After the test, a thorough debriefing session is essential. Discuss what went well, what challenges were faced, and how they can be addressed in future preparations.
- **Encourage self-assessment:** Encourage students to reflect on their own performance, fostering a deeper understanding of their learning process. Self-assessment can be powerful, but it often requires some support from teachers in order to be beneficial.



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Here are some areas and specific questions you might want to have your students respond to after they have received their scores. This is a comprehensive list, so remember to be selective, and vary it based on what you think would be most helpful for your students in maintaining their confidence and improving their performance:

- **Surprise performance:** ‘Were there any questions you were surprised you got correct or wrong? What might have led to this surprise?’
- **Struggle points:** ‘Which questions did you find most challenging? Why do you think they were difficult for you?’
- **Time allocation and effectiveness:** ‘Where did you spend the most time during the test and do you feel that this time allocation was effective in terms of your score? How did the areas where you invested more time impact your overall performance?’
- **Performance analysis:** ‘Looking at your scores, which areas do you think you performed well in, and which areas need improvement?’
- **Expectation vs. reality:** ‘Before receiving your scores, how did you think you had performed? How does this compare to your actual scores?’ (Please note if you would like to get the most out of this question, it would be best to ask students to reflect on the test before they receive their practice test scores, and then compare this to the results they receive, for a more grounded reflection.)
- **Learning insights:** ‘Based on this test, what have you learned about your test-taking strategies and areas of strength or weakness? Did the test-taking strategies you employed work as expected? Are there any strategies you need to modify or practise more?’



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- **Future focus:** ‘Based on this practice test, what will be your focus areas in your next phase of preparation?’

For further ideas on self-assessment, see the article ‘Mock test marking and feedback on speaking and writing’ in [Pack 8 of the Exam Preparation Journey](#).

Incorporating full-length practice tests into the exam preparation journey is a crucial step. It’s not just a reinforcement of learning but an essential experience that prepares students for the realities of the exam environment. As teachers, our role is to ensure that our students are not only academically prepared but also mentally and emotionally ready for the challenge. This comprehensive approach is what makes the journey towards Cambridge English Qualifications a truly holistic and effective one.

Learn more about the available resources here:

[Sample tests \(choose the relevant exam then go to ‘Exam essentials’\)](#)

[Authentic practice tests](#)

[Trainers](#)



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Registration is open: Global Preparation Centre Event

Get ready for the highlight of the year for Preparation Centres worldwide!

The **Global Preparation Centres Event** is your unique chance to connect directly with Cambridge experts, discover the latest tools and strategies to boost student success, and gain inspiration from colleagues across the globe. Designed especially for schools and teachers preparing students for Cambridge exams, this free online event will equip you with practical resources, fresh ideas, and renewed confidence to make your preparation centre stand out.

What is the Global Preparation Centres Event?

- A full-day **online** event organised by Cambridge English designed specifically for official Preparation Centres.
- Scheduled for **22 or 23 October 2025**.
- The event is free to attend.

Who should attend?

- Teachers, administrators, coordinators.
- Especially those passionate about improving exam preparation, student confidence, teaching quality, and wanting access to up-to-date materials and strategies.



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What you'll get out of it

- **Inspiration & Practical Advice:** Sessions focussed on building student and teacher confidence for Cambridge English Qualifications.
- **Live-streamed sessions from Cambridge:** Guidance on exam preparation strategies, use of resources, study habits, tailoring support for different levels.
- **Access to exam preparation journey:** Tools, both free and paid; teacher training; resources for parents; promotion ideas; etc.
- **Certificate of attendance** for your professional development.

Why this is essential for Prep Centres

- Keeps you up to date with **best practices** in preparing students for Cambridge exams.
- Helps improve your centre's **quality, reputation and effectiveness**, by using the latest, proven strategies.
- Offers networking, ideas, and insights that can give your centre a competitive edge.
- Supports your teachers with professional development in a cost-effective way (free, remote).

Enrol [here](#).



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New Teacher Webinars: Now open for 2025

Generative AI for learning, how teachers are successfully integrating assessment into class, and more - your free-to-attend webinars are back, led by Cambridge experts. Don't miss our two Getting Started webinars if you are new to Cambridge English Qualifications.

Our next teacher webinars

Webinar title	Presenters	Date and time
<u>"Better results, better learning and better teachers": how teachers are integrating learning and assessment</u>	Jeremy Day & Matthew Eisman	14 October 2025 10:00 (GMT+1) 16 October 2025 16:00 (GMT+1)
<u>Getting started with Cambridge English Qualifications: fundamentals for new teachers</u>	Sarah Ellis & Alberto Costa	28 October 2025 11:00 (GMT) 30 October 2025 16:00 (GMT)
<u>Getting started with Cambridge English Qualifications: practical tips for confident teaching</u>	Alberto Costa & Sangeetha Saehe	11 November 2025 11:00 (GMT) 13 November 2025 16:00 (GMT)
<u>Understanding and using Cambridge English Qualifications exam results to open opportunities</u>	Angela Wright & Nicola Johnson	25 November 2025 10:00 (GMT) 27 November 2025 15:00 (GMT)
<u>Using Generative AI to develop writing skills for secondary learners</u>	Evelina Galazzi & Ana Clara Petersen	02 December 2025 11:00 (GMT) 04 December 2025 16:00 (GMT)
<u>Empowering and studying with Generation AI: smarter study skills for today's learners</u>	Mark Meredith	08 December 2025 10:00 (GMT) 11 December 2025 16:00 (GMT)

Sign up [here](#)



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Exam Days and Fees 2025

Cambridge Exam Dates and Fees 2025

Check dates August to December 2025 [here](#)

Digital Exams – Check available dates [here](#). Dates for Digital Exams can be found at Anglo Market. Please search for the level you are interested in to check the dates. Please remember you must secure your place as places are limited.

IELTS Exam Dates and Fees 2025

IELTS TEST DATES 2025

February	Friday 21 On-computer Tuesday 25 On-computer	June	Friday 6 On-computer Saturday 14 On-computer Friday 20 On-computer Friday 27 On-computer	September	Saturday 6 On-computer Friday 19 On-computer
March	Friday 7 On-computer Friday 14 On-computer Saturday 22 On-paper	July	Thursday 17 On-computer Friday 25 On-computer	October	Saturday 4 On-computer Saturday 18 On-computer
April	Friday 11 On-computer Friday 25 On-computer	August	Saturday 2 On-computer Friday 15 On-computer	November	Friday 7 On-computer
May	Friday 16 On-computer Tuesday 23 On-computer			December	Friday 19 On-computer Saturday 20 On-computer

Contact us for more dates and information:
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Michigan Exam Dates and Fees 2025



MET Go!	ECCE	MET	ECPE
MET Go! is an online English exam for pre-intermediate to intermediate students.	ECCE is an online English exam for intermediate to upper-intermediate students.	MET is an online English exam for upper-intermediate to advanced students.	ECPE is an online English exam for advanced to postgraduate students.
Examination dates for MET Go! are flexible, with exams available throughout the year.	Examination dates for ECCE are flexible, with exams available throughout the year.	Examination dates for MET are flexible, with exams available throughout the year.	Examination dates for ECPE are flexible, with exams available throughout the year.
Examination fee for MET Go! is USD 110.	Examination fee for ECCE is USD 235.	Examination fee for MET is USD 195.	Examination fee for ECPE is USD 275.

MET-Go! Flexible Dates USD 110

MET Flexible Dates USD 195

ECCE 6th December USD 235

ECPE 13th December USD 275



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