

2026 中央大学 国際センター様

TOEFL/IELTS 講座 基礎（春期集中講座）

研修概要

スケジュール	2026 年 3 月 9 日(月)～13 日(金) ※補講 3 月 14 日(土) 【320 分×5 日間】
時間割	1. 10:00-11:00 / 2. 11:10-12:10 / 昼休憩 / 3. 13:10-14:50 / 4. 15:00-16:40
講座概要	TOEFL iBT®, IELTS 受験にむけて、4 技能の基礎力を養成する講座です。リスニングでは英語の発音ルールを知り、特定の単語を書き取ったり、聞き取った内容を第三者に伝えられるようにメモを取りながら聴いたりする練習をします。リーディングでは 1 回で文章の主旨を正確に読み取るため、スキミング技術と速読力強化を目指します。スピーキングでは、口頭要約練習や意見の交換を通して自分の考えをまとめて伝える能力を強化します。ライティングでは、重要文法事項を含む短文英作文練習から始まり、自分の意見に説得力をもたせるための基礎的な語彙、構成、構文力を養成します。また英語力 UP に向けて音読練習、フレーズ読みなどの効果的な学習方法を身に付け、留学実現、さらには留学後の学習につなげることを目指します。
講座目標	<ul style="list-style-type: none"> ●リスニング力の強化：社会、経済、教育、環境などをテーマにした長い会話、アナウンスインタビューやニュースが理解できるリスニング力を養う。聞きながら特定の単語を書き取る練習や、聞き取った内容を第三者に伝えられるようにメモを取りながら聴く練習を行いながらまた、リスニング理解における自分の弱点を把握し今後の学習に備える。 ●リーディング力の強化：1 回で文章の主旨を正確に読み取るために、スキミング技術を身につけて速読力強化を目指す。さらにパラグラフ構成を分析し、論理の展開を意識しながら、表面的な理解ではなく行間を読み、社会背景や筆者の意図を読み取る力を養う。 ●スピーキング：リスニング教材で聞き取ったり、リーディング教材で読解したりした内容のメモをもとに口頭要約練習や意見の交換を通して自分の考えをまとめて伝えるコミュニケーション能力を強化する。 ●ライティング強化：TOEFL iBT®, IELTS 試験に共通しているオピニオンエッセイについて、基礎養成段階として、重要文法事項を含む短文英作文練習を行う。さらに、短めなエッセイが適切な構成、内容、精度で書けるようになるために、基本的なアウトラインの作成練習、自分の意見を効果的に正当化するための語彙使用や、論理展開を練習する
対象受講生レベル	IELTS /TOEFL iBT 未受験 ・CEFR A1-B1 ・TOEFL 60 未満 ・IELTS 5.5 未満 英検 2 級 ・TOEIC 600 以下
使用教材	<ul style="list-style-type: none"> ・Power English PW4 Reading D (ECC) ・Power English PW4 Listening D (ECC) ・Power English PW4 Grammar D (ECC) ※ Grammar 解答配布 ※ リスニング音声データで学生へ
ライティング添削	学生は 1 つのエッセイを添削のために提出し、ネイティブスピーカーによる添削を受ける。

進度表

Skill- G/W : 文法・英作文 R/S リーディング・スピーキング L/S リスニング・スピーキング

クラス	Skill	内容	宿題
1 3/9	G/W 120 分	●オリエンテーション ①自己紹介、 ②講座概要確認 ③IELTS/ TOEFL iBT®概要の説明 ④「目標&自己分析・シート」の記入、提出 ⑤学習方法シェア ・Unit 1 時制 (1)	L/R : ・音読練習 ・ディクテーション ・要点メモの練習 ・それぞれのテーマで自分の意見が言えるように独り言で話してみる。 G/W 「英語にしましょう」を書けるようにしてくる
	R/S 100 分	Unit 1 Offshoring Versus Reshoring ・読解スキル : Main Idea and Supporting Ideas Discussion: What do you think about offshoring?	
	L/S 100 分	Unit 1 Made in USA ・音読練習の導入 ・メモの取り方の練習→口頭要約 Discussion: "What does "Made in Japan" mean to you?"	
2 3/10	G/W 120 分	Unit 2 時制 (2) ・Essay Writing ・ブレインストーミング・エッセイ構成・アウトライン導入 TOPIC : Should business provide more online service? (準 1 級 2023 年度第 1 回) 120-150 words	
	R/S 100 分	Unit 2 Gossip Can Be Good for Your Workplace ・読解スキル : Classification Discussion "Do you think you usually engage in good or bad gossip?"	
	L/S 100 分	Unit 2 : Have you heard the Rumor? ・メモの取り→口頭要約 Discussion: "Do you like to gossip?"	
3	G/W 120 分	Unit 3 仮定法 Unit 4 形容詞・副詞	

3/11	R/S 100 分	Unit 3 Plugged In ・読解スキル : Problem and Solution Discussion "What do you find difficult to resist?"	
	L/S 100 分	Unit 3 Lost in Cyberspace メモ取り→口頭要約 Discussion: "Do you think you spend too much time online?"	
4 3/12	G/W 120 分	・Unit 5 比較 ・ Essay Writing (提出用) TOPIC : Agree or disagree: The government should do more to promote reusable products (準 1 級 2022 年度第 3 回)	5 日目 3/13 中に essay を提出 -授業外の NT により添削
	R/S 100 分	Unit 4 Education Goes Viral ・読解スキル : Cause and Effect Discussion: "Which subjects did you struggle with in school? Which classes move too slowly? Do you think software could have managed your learning schedule more effectively than your teachers?"	
	L/S 100 分	Unit 4 The Online Learning Revolution メモ取り→口頭要約 Discussion: "What would you like to learn on n line? "	
5 3/13	G/W 120 分	・Unit 6 接続詞・接続副詞 ・Unit 7 否定構文	
	R/S 100 分	Unit 5 Prosperity Is the Best Population Control 読解スキル : Contrast Discussion: "How have Japanese government tried to address the country's declining population?"	
	L/S 100 分	Unit 5 Will Overpopulation Solve Itself? Discussion: "In the listening, we learned that rich countries consume more resource than developing ones. And right now, we need to focus on how to feed the whole population without destroying the	

		environment. How can technical innovations solve the problem?"	
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Chuo UniversitySpring Intensive 2026TOEFL CourseCurriculum

Schedule	320 min × 5 days
	1. 10:00-11:20 2. 12:20-13:40 3. 13:50-15:10 4. 15:20-16:40
Teacher	Native Teacher
Purpose	<p>This course aims to improve all four language skills, speaking, listening, reading and writing, as required for the TOEFL examination. Students are aiming for the total score of 80 or above.</p> <p>Through the lessons provided in this course, students will get a better understanding of the test style, and learn skills to help them achieve this score band in each section.</p> <p>The main focus of this course is on writing and speaking.</p> <p>For Speaking, students will look at how to approach graphs and tables, and how to appropriately choose and discuss data. For task 2, students will analyze questions and understand how to structure their essay effectively.</p> <p>Students will practice each section of the speaking test in detail, covering each part separately, and looking at tips on how to approach each section.</p> <p>Students will have plenty of time to practice and receive individual feedback from the teacher on how to improve.</p>

Lv. of students	TOEIC® L&R 700 / TOEFL 60
Materials	Official TOEFL iBT® Tests Volume 2 Fourth Edition ISBN: 9781265481636
Correction	At the end of Day 5, students are to email their assignment to ECC for correction.

Syllabus

Day #		Contents	Homework
1	Introduction 20 min.	<ul style="list-style-type: none"> ● Self-Introductions <p>Course Introduction - Introduce the class, the textbook and discuss students' goals. What's TOEFL?</p>	
	Listening 60 min.	<ul style="list-style-type: none"> ● Listening Overview and Tips <p>Introduce strategies for the <i>Listening</i> section Conversations & Lecture Test 1 – Q1-11</p>	
	Reading 80 min.	<ul style="list-style-type: none"> ● Reading Overview and Tips <p>Introduce strategies for the <i>Reading</i> section Reading Question Types Test 1 – Passage 1 Q1-10</p>	

	Speaking 160 min.	●Speaking Overview and Tips Introduce strategies for the <i>Speaking</i> section Independent & Integrated Tasks Test 2 – Speaking Q1 & Q2 Integrated Tasks Test 2 - Speaking Q3 & Q4	
2	Writing 160 min.	●Writing Task 1 - Outline and Tips Introduce strategies for the <i>Writing</i> section Test 2 – Writing Based on Reading and Listening Academic Discussion Writing Task Test 2 – Writing for an Academic Discussion	
	Listening 80 min.	●Listening Conversations & Lecture Test 2 – Q1-11	
	Reading 80 min.	●Reading Reading Question Types Test 2 – Passage 1 Q1-10	

3	Writing 160 min.	● Writing Integrated Writing Test 3 – Writing Based on Reading and Listening Academic Discussion Writing Task Test 3 – Writing for an Academic Discussion	
	Speaking 160 min.	●Speaking Independent & Integrated Tasks Test 3 - Speaking Q1 & Q2 Integrated Tasks Test 3 - Speaking Q3 & Q4	

4	Writing 160 min.	● Writing Integrated Writing Test 1 – Writing Based on Reading and Listening Academic Discussion Writing Task Test 1 – Writing for an Academic Discussion	Test 4: Integrated Task To be submitted by day 5 - will be checked by another teacher outside of class
	Speaking 160 min.	● Speaking Independent & Integrated Tasks Test 4 - Speaking Q1 & Q2 Integrated Tasks Test 4 - Speaking Q3 & Q4	
5	Reading 160 min.	● Reading Reading Question Types Test 2 – Passage 2 Q11-20 Reading Question Types Test 1 – Passage 2 Q11-20	
	Speaking 160 min.	● Speaking Independent & Integrated Tasks Test 5 - Speaking Q1 & Q2 Integrated Tasks Test 5 - Speaking Q3 & Q4	

Please keep in mind that this schedule is subject to change.

(* 授業進度・単語テスト範囲はクラスの状態により変更になる可能性があります。)

Chuo University

Spring Intensive 2026 IELTS Course

Schedule	320 min × 5 days
	1. 10:00-11:20 2. 12:20-13:40 3. 13:50-15:10 4. 15:20-16:40
Teacher	Native Teacher
Purpose	<p>This course aims to improve all four language skills, speaking, listening, reading and writing, as required for the IELTS examination. Students are aiming for the total band score of 6.5 and above.</p> <p>Through the lessons provided in this course, students will get a better understanding of the test style, and learn skills to help them achieve this score band in each section. Students should set their goal in the speaking and writing section as 6.5, but should be reaching a minimum of 6.0 to compliment the target of 7.0 in the reading and listening section to reach an overall score of 6.5.</p> <p>The main focus of this course is on writing and speaking.</p> <p>For writing task 1, students will look at how to approach graphs and tables, and how to appropriately choose and discuss data. For task 2, students will analyze questions and understand how to structure their essay effectively.</p> <p>Students will practice each section of the speaking test in detail, covering each part separately, and looking at tips on how to approach each section. Students will have plenty of time to practice and receive individual feedback from the teacher on how to improve.</p>
Lv. of students	TOEIC®L&R 700 / IELTS 5.5 / CEFR High B1-B2
Materials	<p style="text-align: center;">IELTS 20 Academic Student's book (Cambridge University Press) ISBN:978-1009814904</p> <p>Vocabulary Book: 実践 IELTS 英単語 3500 (旺文社) ISBN: 9784010931004</p>
Correction	At the end of Day 5, students are to email their assignment to ECC for correction.

Day #		Contents	Vocabulary Test	Homework
1	Introduction 20 min.	● Self-Introductions Course Introduction - Introduce the class, the textbook and discuss students' goals. What's IELTS?		1. Work on Passage 2
	Listening 60 min.	● Listening Overview and Tips Study the test format for the <i>Listening</i> section. Listening Part 1 & 2		
	Reading 80 min.	● Reading Overview and Tips Study the test format for the <i>Reading</i> section. Reading passage 1		
	Speaking 160 min.	● Speaking Overview and Tips ● Speaking Part 1 Study the test format for the <i>Speaking</i> section. Speaking Part 1		
2	Writing 160 min.	● Vocabulary Test ● Writing Task 1 Outline and Tips (IELTS Writing supplement booklet) Writing Task 1 -① (IELTS Writing supplement booklet) Breaking down the question together, preparing to write Students write Task 1 in 20 minutes in the class. Check as a group.	No.2051 - 2100	

	Listening 80 min.	●Listening Listening Part 3 & 4		
	Reading 80 min.	●Reading Reading Passage 2		
3	Writing 160 min.	●Vocabulary Test ● Test 1: Writing Task 1 – ② (IELTS Writing supplement booklet) Writing Task 1	No.2101 - 2150	
	Speaking 160 min.	●Speaking Part 2 Overview, Tips & Structure Speaking Part 2		
4	Writing 160 min.	●Vocabulary Test ●Writing Task 2 (IELTS Writing supplement booklet) Writing Task 2-① Breaking down the question together, preparing to write. Students write Task 2 essay. Check as a group.	No.2151 - 2200	
	Speaking 160 min.	●Speaking Part 3 Overview, Tips & Structure Speaking Part 3		
5	Writing 160 min.	●Vocabulary Test ●Writing Task 2 Group Check Writing Task 2 – ② Students write Task 2 essay. Check as a group.	No.2201 - 2250	Writing Task 2 To be submitted by day 5 - will be checked by

	Speaking 160 min.	●Test 2: Speaking Part 1-3 Practice in pairs Individual interview & feedback from teacher		another teacher outside of class
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Please keep in mind that this schedule is subject to change.

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