

2026 中央大学 国際センター
TOEFL/IELTS 講座 基礎 (春学期)

研修概要

スケジュール	<p>2026年5月21日(木)～7月14日(火) 火曜・木曜 19:00-20:40 100mini × 16回</p>
クラス人数	
講座概要	<p>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。</p>
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	<p>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</p>
使用教材	<ul style="list-style-type: none"> ・Power English PW4 Reading B (ECC) ・Power English PW4 Listening B (ECC)

	・Power English PW4 Grammar B (ECC) 配布物：目標&自己分析シート
復習テスト	使用教材の単語リスト・英作文より出題
配布物	講座前 ・IELTS サンプル問題 ・新形式 TOEFL サンプル問題 ・リスニング・リーディング音声データ ・目標&自己分析シート 講座後 ・PW4 B 解答
HW	Grammar : Pre-Test を宿題でやってくる
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

クラス	Skill	内容	宿題
1		●オリエンテーション	L/R : 音読練習 G/W : ・「英語にしましょう」 を書けるようにしてく る ・次回ユニットの Pre-test を予習し てくる
	G/W	・Unit 1 時制	
2	L/S	Unit 1 The Future of Work Discussion: What kinds of jobs do you think are uniquely human and can't be taken over by AI?	
3	R/S	Unit 1 Job Hunting in an Automated World ・読解スキル Chronological Order Discussion: What are some new jobs that computer technology created?	
4	G/W	・Unit 2 形容詞・副詞 ・ Essay Writing TOPIC : Should a high salary be the most important thing when searching for a job? (準1級 2024年度第2回)	
5	R/S	Unit 2 Upgrade Your Gray Matter ・読解スキル : Comparison and Contrast Discussion: How many years does it take a person to become fluent in a foreign Language?	
6	L/S	Unit 2 Brain Power Boots Discussion: We know exercise is good for the body, but what are its specific benefits for the brain? Discuss how physical activity can improve memory, reduce the risk of cognitive decline (like Alzheimer's disease), and	

		enhance mood by releasing endorphins.	
7	G/W	<ul style="list-style-type: none"> Unit 3 比較 Unit 4 接続詞・接続副詞 	
8	L/S	Unit 3 Powering the Future Discussion: To help the environment, what can we do to save electricity and reduce waste?	
9	R/S	Unit 3 Who Needs Air Conditioning? ・読解スキル: Problem and Solution Discussion: What are some other ways to save on air conditioning in summer? Do you think Cool Biz should go further, by allowing shorts, sandals, or T-shirts in offices, for example?	
10	G/W	<ul style="list-style-type: none"> Unit 5 助動詞 Unit 6 仮定法 	
11	R/S	Unit 4 Do You Ever Feel Like You're Being Followed? ・読解スキル : Cause and Effect, Problem and Solution Discussion: Did you worry the first time you realized that Amazon and other online retailers were tracking your activity? How do you feel about it now?	
12	L/S	Unit 4 You'll Never Walk Alone Discussion: Do you think it's a violation of privacy that some companies use smartphone sensors to track customers in their stores?	
13 7/3	G/W	<ul style="list-style-type: none"> Unit 7 否定構文 Essay Writing (提出用) TOPIC : In urban areas, should the government encourage vacant land to be used for farming? (準1級2024年度第1回)	Essay Writing 翌週 Day 14 までに添削用に提出
14	L/S	Unit 6 You're Hired! メモ取り→口頭要約 シャドーイング練習 Catch and repeat 練習	

		Discussion: What's the most important factor to consider when looking for a job?	
15	R/S	Unit 6 Happiness Comes from Other People, Not Pay ・読解スキル : Comparison and Contrast Discussion: What do you think about the results of the survey? Does it change your attitude to money or relationships with co-workers?	
16		・IELTS Speaking サンプル問題 ・新形式 TOEFL iBT Reading サンプル問題 講座のまとめ	

Chuo University
IELTS Spring Term 2026

Curriculum

Schedule	100 min × 16 lessons
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 a 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 5.5 to complement the target of 7.5 in the reading and listening section to reach an overall score of 6.5.</p>
Lv. of students	Step Pre-1 and above, TOEIC 650 and above, IELTS 5.5 and above
Materials	<ul style="list-style-type: none"> • Main Textbook: IELTS プリティッシュ・カウンスル公認本番形式問題 3 回分 ISBN: 9784010942000 • Vocabulary Book: 実践 IELTS 英単語 3 5 0 0 (旺文社) ISBN : 9784010931004 • Additional Questions Supplement
Correction	At the end of Day 15, students are to email their assignment to ECC for correction.

Syllabus

Class	Skill	Contents	Vocabulary Test	Homework
1		Course Introduction - Introduce the class, the textbook and discuss goals. What's IELTS?		Study handout material "Reading Part Strategy"
	L	●Listening Study the test strategy for Listening Test 1 Listening Section 1& 2 (p.62-64)		
2	R	●Reading Study the test strategy for Reading Test 1 Passage 1 (p.68-70) (Time: 15 minutes) Test 1 Passage 3 (p.74-78) (Time: 20 minutes)	No.2001-2100	1. Work on Test 1 Passage 2 (p.71-73) 2. Answer check and the number of correct answers 3. Refer to the table on p.129 and check your band score.
3	W	-Vocabulary Test -Homework Check ●Writing Task 1 (IELTS Writing Supplement Worksheet) TEST1 Writing Task 1 (p.79) (IELTS Writing supplement worksheet Task 1) Study the test strategy for Writing Students write Task 1 in 20 minutes in class Check as a group	No.2101-2200	IELTS Writing Supplement Worksheet Task 1

4	S	<p>Vocabulary Test</p> <p>● Speaking Part 1 & 2</p> <p>Study the test strategy for Speaking.</p> <p>TEST 1 Speaking Part 1 & 2 (p.81)</p> <p>TEST 2 Speaking Part 1 & 2 (p.103)</p>	No.2201-2300	
5	W	<p>Vocabulary Test</p> <p>● Writing Task 2</p> <p>TEST1 Writing Task 2-① (p.80) (IELTS Writing supplement Worksheet Task 2-p.1-6)</p> <p>Breaking down the question together, preparing to write. Students write Task 2 essay (Introduction/ Body 1)</p> <p>Check as a group</p>	No.2301-2400	
6	S	<p>Vocabulary Test</p> <p>● Speaking Part 3</p> <p>TEST 1 Speaking Part 3 (p.82)</p> <p>TEST 2 Speaking Part 3 (p.104)</p>	No.2401-2500	
7	W	<p>Vocabulary Test</p> <p>● Writing Task 2</p> <p>TEST1 Writing Task 2 – ②</p> <p>Students write Task 2 essay (Body 2 / Conclusion)</p> <p>Check as a group</p> <p>● TEST2 Writing Task 2 (p.126) (IELTS Writing supplement Worksheet Task 2-p.7-9)</p> <p>Breaking down the question together, preparing to write</p>	No.2501-2600	
8	S	<p>● TEST 3 Speaking Part 1~3 (p.127-128)</p> <p>-Practice in pairs</p>	No.2601-2700	

		- Individual interview & feedback from teacher		
9	L	<p>● Listening</p> <p>Study the test strategy for Listening</p> <p>Test 2 Listening Section 1-4(p.84-88)</p>	No.2701-2800	
10	R	<p>● Reading</p> <p>Study the test strategy for Reading</p> <p>Test 2 Passage 1 (p.89-91) (Time: 15 minutes)</p> <p>Test 2 Passage 2 (p.92-95) (Time: 20 minutes)</p>	No.2801-2900	
11	W	<p>-Vocabulary Test</p> <p>-Homework Check</p> <p>● Writing Task 2 (IELTS Writing Supplement Worksheet 2)</p> <p>TEST2 Writing Task 1 (p.101) (IELTS Writing supplement worksheet Task 1_Maps)</p> <p>Study the test strategy for Writing</p> <p>Students write Task 1 in 20 minutes in class</p> <p>Check as a group</p>	No.2901-3000	
12	S	<p>Vocabulary Test</p> <p>● Speaking Part 1 & 2</p> <p>Study the test strategy for Speaking.</p> <p>TEST 4 Speaking Part 1 & 2 (Additional Questions Supplement)</p> <p>TEST 5 Speaking Part 1 & 2 (Additional Questions Supplement)</p>	No.3001-3100	
13	W	<p>Vocabulary Test</p> <p>● Writing Task 2-①</p> <p>TEST2 Writing Task 2 (p.102) (IELTS Writing supplement Worksheet Task 2-p.7-9)</p> <p>Breaking down the question together,</p>	No.3101-3200	

		<p>preparing to write. Students write Task 2 essay (Introduction/ Body 1) Check as a group</p>		
14	S	<p>Vocabulary Test ● Speaking Part 3 TEST 4 Speaking Part 3 (Additional Questions Supplement) TEST 5 Speaking Part 3 (Additional Questions Supplement)</p>	No.3201-3300	
15	W	<p>Vocabulary Test ● Writing Task 2-② TEST2 Writing Task 2 (p.102) Students write Task 2 essay (Body 2 / Conclusion) Check as a group ● TEST3 Writing Task 2 (p.126) (IELTS Writing supplement Worksheet Task 2-p.7-9) Breaking down the question together, preparing to write</p>	No.3301-3400	<p>· TEST3 Writing Task 2 (p.126) ⇒ Students are to submit their essays for correction.</p>
16	S	<p>● TEST 6 Speaking Part 1~3 (Additional Questions Supplement) -Practice in pairs - Individual interview & feedback from teacher</p>	No.3401-3500	

Chuo University
TOEFL Spring Term 2026

Curriculum

Schedule	100 min ×16 lessons
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 a total score of 80 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.</p>
Lv. of students	Step Pre-1 and above, TOEIC 650 and above, TOEFL 60 and above
Materials	Official Guide to the TOEFL iBT Test 7th edition McGraw-Hill ISBN: 978-1265477318
Correction	At the end of Day 15, students are to email their assignment to ECC for correction.

Syllabus

Class	Skill	Contents	Homework
1	R	Introduce strategies for the reading section Reading Question Types Test 1 – Passage 1, Q1-10	
2	L	Introduce strategies for the listening section Conversations & Lecture Test 1 – Q1-11	
3	R	Reading Question Types Test 2 – Passage 1, Q1-10	
4	S	Introduce strategies for the speaking section Independent & Integrated Tasks Test 2 - Speaking Q1 & Q2	
5	W	Introduce strategies for the writing section Integrated Writing Test 2 – Integrated Task	
6	S	Integrated Tasks Test 2 - Speaking Q3 & Q4	
7	W	Independent Writing Test 1 – Writing for an Academic Discussion	
8	S	Independent & Integrated Tasks Test 3 - Speaking Q1 & Q2	
9	R	Reading Question Types Test 2 – Passage 2, Q1-10	
10	L	Conversations & Lecture Test 2 – Q1-11	
11	R	Reading Question Types Test 3 – Passage 1, Q1-10	
12	S	Integrated Tasks Test 3 - Speaking Q3 & Q4	
13	W	Integrated Writing Test 3 – Integrated Task	
14	S	Independent & Integrated Tasks Test 4 - Speaking Q1 & Q2	

15	W	Independent Writing Test 3 – Writing for an Academic Discussion	Test 2 – Writing for an Academic Discussion Task assigned as homework
16	S	Integrated Tasks Test 4 - Speaking Q3 & Q4	