



6-Week OET Study Plan for Nurses

Suitable for candidates aiming for **Grade B (350+)** in all modules
You can adjust the pace based on your available time

WEEK 1: Understand the Exam & Build Foundations

Goals:

- Understand the test format
- Take a diagnostic test
- Start improving general English in medical contexts

Day	Tasks
Day 1	Review OET test format and criteria (Listening, Reading, Writing, Speaking)
Day 2	Take a full diagnostic OET test (available from OET official site)
Day 3	Analyze results – identify weak areas
Day 4	Practice Listening Part A (Patient consultations)
Day 5	Practice Reading Part A (Fast facts & scanning practice)
Day 6	Write your first referral letter (use nursing case notes)
Day 7	Speaking: Practice one role play with a partner or mirror

WEEK 2: Strengthen Listening & Reading

Goals:

- Improve speed and accuracy in Listening and Reading
- Build vocabulary

Day	Tasks
Day 1	Listening Part B & C practice + audio analysis
Day 2	Reading Part B (short texts) + summary skills
Day 3	Vocabulary building: 10 new medical terms + use them in sentences
Day 4	Reading Part C (opinion/argument texts) – full timed task
Day 5	Listening mini test + note-taking practice
Day 6	Write second referral letter + self-review or get feedback
Day 7	Speaking: Practice 2 new role-plays with emphasis on empathy

WEEK 3: Writing Focus + Integrated Practice

Goals:

- Improve organization and tone in Writing
- Do full-length Listening & Reading test

Day	Tasks
Day 1	Practice writing a discharge letter + checklist review
Day 2	Analyze model answers: What makes a “B” grade letter?
Day 3	Listening full test under timed conditions
Day 4	Reading full test under timed conditions
Day 5	Feedback on your writing (from tutor or tool)
Day 6	Writing third task: Home visit or advice letter
Day 7	Speaking practice + vocabulary for patient reassurance

WEEK 4: Speaking Practice + Combine Skills

Goals:

- Build fluency and confidence in Speaking
- Practice full mock tests

Day	Tasks
Day 1	Record yourself doing 2 role plays – review for fluency & tone
Day 2	Speaking: Use sample cards & time yourself (3 min prep, 5 min role play)
Day 3	Listening + Writing combo: Listen to patient notes, then write letter
Day 4	Vocabulary: focus on synonyms & rephrasing in nursing context
Day 5	Reading Part B + Speaking on same topic (simulate real setting)
Day 6	Practice with a friend or tutor; get feedback
Day 7	Write fourth letter using different case scenario

WEEK 5: Full-Length Practice Tests

Goals:

- Build stamina for full test
- Time management and exam strategies

Day	Tasks
Day 1	Take full Listening + Reading tests under timed conditions
Day 2	Review test results – correct & learn from mistakes
Day 3	Write a new letter (e.g., transfer of care)
Day 4	Full Speaking test with partner or recording
Day 5	Reading Part A + Writing timed practice
Day 6	Mock test: Writing + Speaking
Day 7	Relax and revise vocabulary and tips

WEEK 6: Final Review & Exam Readiness

Goals:

- Final improvements
- Boost confidence and reduce anxiety

Day	Tasks
Day 1	Review all past writing letters – fix weak points
Day 2	Speaking full test + fluency practice
Day 3	Vocabulary review + medical idioms/common expressions
Day 4	Final Listening + Reading mock test
Day 5	Meditation or breathing techniques (exam anxiety prep)
Day 6	Prepare your documents & items for exam day
Day 7	REST. Light review only – sleep early & eat well

GOOD LUCK..