



Getting your 100 with NoteFull

STEP 1 – AVOID BURN OUT AND CREATE SUCCESS
WITH A SOLID STUDY PLAN

Virginia | Study Plan | June 13th, 2017

5 critical points to earn your dream 100 for master program

Virginia, over the last 10 years, we've helped students from all over the world and from all different levels reach their dream scores. This helps us see that right now there are 5 key points that are the key to your getting your TOEFL dream score of 100:

1) STUDY BETWEEN 10 AND 30 HOURS A WEEK

20 hours is a great average. It's enough to make progress and avoid burn out.

2) PREPARE TO STUDY 490 HOURS TO REACH YOUR DREAM 100

Expect to improve 1 or more points for every 5 to 10 hours you study with us.

This is a powerful average you won't see elsewhere that we've seen with dedicated students like you. So, since you need to improve 49 points, that means that:

490 hours of NoteFull study is ideal; 245 hours is possible too by following our feedback precisely.

3) STUDY EACH SECTION FOR 2 HOURS THEN SWITCH

This regular switching will help you improve faster.

4) AFTER EVERY 55 MINUTES OF STUDY, TAKE A 5 TO 10 MINUTE BREAK

This is a critical way to keep your energy high and help you remember more effectively.

5) REPLY TO LET US KNOW HOW MANY HOURS A WEEK YOU CAN STUDY.

We will then help you create an outline to use those hours like the one you see below.

| 2017 | | May | | | | |
|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|----------------------------|--------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 01 | 02 | 03 2hours R 2hours W | 04 2hours S 2hours W | 05 2hours R 2hours W | 06 2hours S 2hours W | 07 |
| 08 2hours R 2hours W | 09 2hours S 2hours W | 10 2hours R 2hours W | 11 2hours S 2hours W | 12 2hours R 2hours W | 13 2hours S 2hours W | 14 |
| 15 Get feedback | 16 2hours S 2hours W | 17 2hours R 2hours W | 18 2hours S 2hours W | 19 Tutoring | 20 2hours S 2hours W | 21 |
| 22 Get feedback | 23 2hours S 2hours W | 24 2hours R 2hours W | 25 2hours S 2hours W | 26 Tutoring | 27 2hours S 2hours W | 28 |
| 29 Get feedback | 30 2hours S 2hours W | 31 2hours R 2hours W | 01 | 02 | 03 | 04 |

We'll make sure to detail the best way to use your time. We'll make sure you have to the plan to reach your dream score as quickly and effectively as possible.