

Your TOEFL iBT® Study Plan





+ Boost **Listening**Skills!



This study plan is designed to help you **stay organized**, **track your progress**, **focus on Listening**, and **study all necessary skills** in **12 weeks**.

Week		
1	▼ Take a practice test	- 2
	Learn about the TOEFL iBT sections	- 3
	Take a break and reflect!	- 7
2	Work on your skills	- 8
	Practice test sections	_ 10
	Take a break and reflect!	_ 12
3	Practice test sections	_ 13
	Take a break and reflect!	_ 15
4	Practice test sections	_ 16
	Take a break and reflect!	_ 18
5	Practice test sections	_ 19
	Take a break and reflect!	_ 21
6	Practice test sections	_ 22
•	Take a break and reflect!	_ 24

week		
7	✓ Take a second practice test	25
	O Conduct a mid-point review	26
	Take a break and reflect!	26
8	Practice test sections	27
	Take a break and reflect!	29
9	Work on your skills	30
	Practice test sections	31
	Take a break and reflect!	33
10	Practice test sections	34
	Take a break and reflect!	36
11	Practice test sections	37
	Take a break and reflect!	39
12	☑ Take a third practice test	40
	Do a final review and get ready	
	for Test Day!	41

The Strategy Behind Your TOEFL iBT Study Plan

Follow the schedule of this plan! When you complete each week's tasks in order, it will:

Vary the Order of Topics

Mixing up the order of the TOEFL iBT sections you study may feel difficult, but your abilities will grow!

Space Out Your Practice

Revisiting the TOEFL iBT sections regularly will help you recall information. Over time, you will remember more information!

Use Your Skills Together

Combining your language skills in one activity is closer to real life. You practice more skills at once!

Focus on Listening

Studying Listening first and reflecting on your progress in Listening will help you improve this skill!

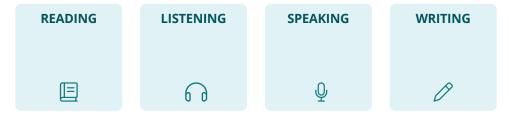
Week 1 | Spend the next 7 days completing all tasks in the order listed

1.1 Identify your goal scores 1.2 Complete a full practice test 1.3 Compare your goal scores and your current scores 2. Learn about the TOEFL iBT sections 2.1 Learn about the Reading, Speaking, and Writing sections 2.3 Practice questions from all sections			Completed
1.3 Compare your goal scores and your current scores 2. Learn about the TOEFL iBT sections 2.1 Learn about the Reading, Speaking, and Writing sections	1. 🗹 Take a	1.1 Identify your goal scores	
current scores 2. Learn about the TOEFL iBT sections 2.1 Learn about the Listening section 2.2 Learn about the Reading, Speaking, and Writing sections	practice test	1.2 Complete a full practice test	
TOEFL iBT sections 2.2 Learn about the Reading, Speaking, and Writing sections			
2.2 Learn about the Reading, Speaking, and Writing sections	2. Learn about the	2.1 Learn about the Listening section	
2.3 Practice questions from all sections	TOEFL iBT sections		
		2.3 Practice questions from all sections	
3. Take a break and 3.1 Do other activities!	3. Take a break and	3.1 Do other activities!	
reflect! 3.2 Reflect on your practice	reflect!	3.2 Reflect on your practice	

1. Take a practice test

1.1 Identify your goal scores

List your goal scores for each of the TOEFL iBT sections below.



1.2 Complete a full practice test



Take a practice test and complete all four skill sections. Make sure to time yourself to get the most real-life experience.

Consider this option! The Free Practice Test will provide you with a realistic testing experience. Free Practice Test

1.3 Compare your goal scores and your current scores

Fill in this table to find your goals for improving in each area.

	Your Goal Scores	subtract	Your Current Scores	calculate	Your Goal to Improve!
Example: Reading	25	_	16	=	9
Reading					
Listening					
<u>Ф</u> Speaking		_		=	

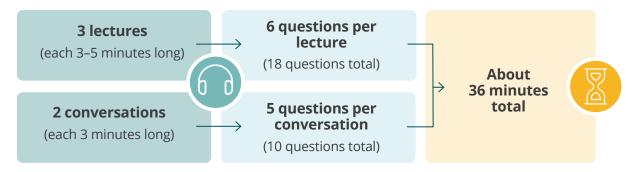
2. Learn about the TOEFL iBT sections

Jump into Listening first to boost your skills and confidence!

2.1 Learn about the Listening section

Structure of the Listening Section

Listening is the second section you'll see on test day. Learn more about the structure of the Listening section <u>here</u>.



Types of Questions in the Listening Section

Watch these videos that explain the types of questions you'll see in the Listening section.

- Gist-Content and
- Detail

- Attitude
- Connecting Content

- <u>Gist-Purpose</u>
- <u>Function</u>
- Organization
- Inference

⚠ LISTENING BOOST: Review strategies for the Listening section

Here are a few tips to maximize your efforts on the TOEFL iBT Listening section.

- Pay attention to the photos. Use the photo to understand more about what you're hearing.
- **Take notes on what you hear.** Take notes about important details that you hear. Your notes will not be scored.
- **Know the directions for each question.** Skim the directions and spend more time listening to the audio and answering the questions.

2.2 Learn about the Reading, Speaking, and Writing sections

READING

Structure of the Reading Section

Reading is the first section you'll see on test day. Learn more about the structure of the Reading section here.



Types of Questions in the Reading Section

Watch these videos that explain the types of questions you'll see in the Reading section.

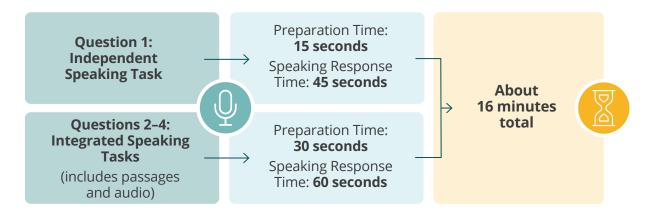
- <u>Factual Information and Negative Factual Information</u>
- Inference and Rhetorical Purpose
- Vocabulary

- <u>Sentence Simplification</u>
- Insert Text
- Prose Summary

SPEAKING

Structure of the Speaking Section

Speaking is the third section you'll see on test day. Learn more about the structure of the Speaking section here.



Types of Questions in the Speaking Section

Watch these videos that explain the types of questions you'll see in the Speaking section.

- Question 1: Independent Speaking
- Question 2: Integrated Speaking (Campus Situation)
- Questions 3 & 4: Integrated Speaking (Academic Courses)

Speaking Rubrics

Review the rubrics that are used to score responses.

• Speaking Scoring Guides (Rubrics)



Structure of the Writing Section

Writing is the fourth and final section you'll see on test day. Learn more about the structure of the Writing section here.



Types of Questions in the Writing Section

Watch these videos that explain the types of questions you'll see in the Writing section.

- Question 1: Integrated Writing
- Question 2: Writing for an Academic Discussion

Writing Rubrics

Review the rubrics that are used to score responses.

• Writing Scoring Guides (Rubrics)

2.3 Practice questions from all sections

READING

This table shows one way to practice Reading.

	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

Reading Section Practice: Volume 1 allows you to practice questions from the Reading section of the TOEFL iBT test and provides in-depth feedback to help you improve.

Purchase **Reading Section Practice: Volume 1**

1 LISTENING

This table shows one way to practice Listening.

6	Timed Practice Listening Question	ons	Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		

(table continues on next page)

6	Timed Practice Listening Questio	ns	Aim to spend	How many minutes did it take you?	What was your score?
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

Consider this option!

Listening Section Practice: Volume 1 allows you to practice questions from the Listening section of the TOEFL iBT test and provides in-depth feedback to help you improve.

Purchase Listening Section Practice: Volume 1

O SPEAKING

This table shows one way to practice Speaking. Evaluate your responses with the **Speaking Scoring Guide**.

			How many	What
Timed Practice Speaking Questions		Aim to spend	minutes did it take you?	was your score?
1. Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2. Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3. Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4. Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

Consider this option!

Speaking Section Practice: Volume 1 allows you to practice questions from the Speaking section of the TOEFL iBT test and provides in-depth feedback to help you improve.

Purchase **Speaking Section Practice: Volume 1**



This table shows one way to practice Writing. Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

Consider this option!

Writing Section Practice: Volume 1 allows you to practice questions from the Writing section of the TOEFL iBT test and provides in-depth feedback to help you improve.

Purchase Writing Section Practice: Volume 1

3. Take a break and reflect!

3.1 Do other activities!

You've finished the first week of your 12-week study plan. It's important to understand that taking breaks is not lazy!

Breaks allow your brain to rest and process the knowledge you've gained. Researchers have shown that regular breaks help you retain information and perform better on exams.



3.2 Reflect on your practice

What techniques have you used to improve your Listening skills?

Sample reflection: I read the strategies for the Listening section and have been building my English vocabulary. I listen to podcasts online in English about many different topics and watch movies in English.

Week 2 | Spend the next 7 days completing all tasks in the order listed

				Completed
1.	Work on your skills	1.1	Focus on Reading and Speaking skills	
		1.2	Focus on Listening and Writing skills	
2.	Practice test sections	2.1	Complete Reading and Writing sections	
		2.2	Complete Speaking and Listening sections	
	Take a break and	3.1	Do other activities!	
	reflect!		Reflect on your practice	

1. Work on your skills

1.1 Focus on Reading and Speaking skills

Integrated Skills in Your Daily Life

This week, exercise your Reading and Speaking skills. Even though using two skills together is often challenging, the extra difficulty is worth it! The combination will build your abilities.

Below are a few ways to practice your Reading and Speaking skills together. These activities are similar to the integrated questions throughout the TOEFL iBT test.

- **Easy**: Create flashcards for new words and phrases you find while reading. Practice recalling their definition and pronouncing them. Try to use them in a sentence.
- **Easy**: Find an article or blog post about a topic you're interested in. Read it silently. After reading the article, record yourself reading it out loud. Listen to your recording. What did you do well? What could you improve? Practice pronouncing any words or phrases that seem difficult.
- **Medium**: Try to use the words and phrases on your flashcards in conversations each day. Building your flashcards into real-life discussions will practice both your usage and pronunciation.
- **Medium**: Read an article about a topic you're interested in. After reading the article, explain the key points of what you read to a friend. Feel free to take notes while you read and use your notes as you speak.
- **Hard**: Find a podcast with a transcript. Before listening to the podcast, record yourself reading the transcript out loud. Highlight transition words, signal words, idioms, or other important parts of the text. Pay attention to your pronunciation, emphasis, and tone of voice. Then, play the podcast. How close was your spoken reading? What differences did you notice between your spoken reading and the speakers' actual speech?
- **Hard**: Read two news articles about the same news event or topic. Take notes and compare the similarities and differences between the two sources. In your notes, summarize your comparison and then use your notes to speak about the two articles. Include your opinion on the topic. Consider recording yourself speaking.

1.2 Focus on Listening and Writing skills

Integrated Skills in Your Daily Life

Use your Listening and Writing skills, but combine these activities! It may feel more difficult to work on two skills at once, but the challenge will increase your skill development.

Here are some suggestions for practicing. These activities are similar to the integrated questions throughout the TOEFL iBT test.

- **Easy**: Create flashcards for new words and phrases you hear. Practice writing their definition and using them in a sentence.
- **Easy**: Listen to a podcast about a topic you're interested in. While you're listening, write down important words that you hear. Pay attention to transition words, signal words, idioms, or other parts of speech.
- Medium: Try to use the words and phrases on your flashcards in writing exercises each day. Building your flashcards into your writing will practice both your usage and spelling.



- **Medium**: Find a podcast about a topic you're interested in. Listen to the podcast and take notes on the important details. Use your notes to write a summary of the podcast.
- **Hard**: Listen to two news reports about the same new event or topic. Take notes and compare the similarities and differences between the two sources. Write a summary of your comparison and explain your opinion on the topic.
- **Hard**: Listen to a debate or conversation about a controversial topic. Take notes while you're listening. Decide on your point of view about the topic and write about your thoughts on the matter. Make sure to use your notes and mention the original conversation.

ALISTENING BOOST

Listening to English frequently and reading a wide variety of academic materials is a good way to increase vocabulary and improve listening skills.

Consider trying these general activities to work on your Listening skills:

- Watch movies, tv shows, news reporting, or video podcasts in English. Turn off subtitles for a challenge!
- While you listen, take notes on the main ideas and important details. Write down keywords only.
 - » Listen for the signal words that indicate the introduction, major ideas, examples, and the conclusion or summary.
 - » Listen for changes in topic. What transition words or phrases are used? How do speakers introduce and organize their points?
- Keep a list of new words or phrases that you hear.
 - » Listen for phrasal verbs and common idioms that are often used in informal conversations.
- Ask yourself about the basic information you heard. (Who? What? When? Where? Why? How?)
- Pay attention to speakers' tone of voice.
 - » The ways that speakers pronounce and emphasize words may contain more meaning.
 - » Replay a segment more than once if you need to listen for extra meaning to help you understand a speaker's point of view.

2. Practice test sections

2.1 Complete Reading and Writing sections

Continue to practice more questions for Reading and Writing. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

READING

E	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

The Reading Section Test: Volume 1 and Writing Section Test: Volume 1 replicate the TOEFL iBT test and will provide you with an estimated score. Purchase Reading Section Test: Volume 1 Purchase Writing Section Test: Volume 1

WRITING

Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

2.2 Complete Speaking and Listening sections

Continue to practice more questions for Speaking and Listening. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

$\underline{\mathbb{Q}}$ speaking

Evaluate your responses with the <u>Speaking Scoring Guide</u>.

<u></u>	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2.	Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3.	Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4.	Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

$\widehat{\mathfrak{g}}$ LISTENING

6	Timed Practice Listening Questio	ns	Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

Consider this option!

The *Speaking Section Test: Volume 1* and *Listening Section Test: Volume 1* replicate the TOEFL iBT test and will provide you with an estimated score.

Purchase **Speaking Section Test: Volume 1**

Purchase Listening Section
Test: Volume 1

Boost your TOEFL iBT success!

Visit the *TestReady Insights* page and track your progress!

TestReady Insights

3. Take a break and reflect!

3.1 Do other activities!

You've completed the second week of your 12-week study plan! Spend a day at the end of this week away from your test prep.

It's important to rest and take breaks. Take some time to let your mind and body relax. The skills and knowledge you've been working on these past two weeks will become stronger after rest.



3.2 Reflect on your practice

What feedback have you received on your listening skills? How have you applied it to your Listening practice?

Week 3 | Spend the next 7 days completing all tasks in the order listed

			Со	mpleted
1. Practice test sections		1.1	Complete practice questions for all test sections	
2.	Take a break and	2.1	Do other activities!	
	reflect!	2.2	Reflect on your practice	

1. Practice test sections

1.1 Complete practice questions for all test sections

Continue to complete more practice questions for the Reading, Listening, Speaking, and Writing sections. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

E READING

E	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

The Official Guide to the TOEFL iBT® Test, Seventh Edition contains four full-length practice tests and sample questions for the Reading and Listening sections.

Purchase the **Official Guide to the TOEFL iBT® Test, Seventh Edition**

6 LISTENING

6	Timed Practice Listening Questio	ns	Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

\bigcirc SPEAKING

Evaluate your responses with the **Speaking Scoring Guide**.

	<u> </u>				
Q	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2.	Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3.	Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4.	Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

WRITING

Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

Consider this option!

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Guide to the TOEFL iBT®
Test, Seventh Edition

2. Take a break and reflect!

2.1 Do other activities!

You've completed the third week of your 12-week study plan! Remember to take a day off from studying for the TOEFL iBT test.

During your intense test preparation, taking regular rest days is crucial. These breaks allow your mind to recharge and help you perform at your best on Test Day!



2.2 Reflect on your practice

How do you manage your time when answering questions? How can you improve your efficiency in the Listening section?

Boost your TOEFL iBT success!

Visit the *TestReady Insights* page and track your progress!

TestReady Insights

Free 6-Week Course!

Get ready for the TOEFL iBT test with the experts who create the exam.

Enroll Now!

Week 4 | Spend the next 7 days completing all tasks in the order listed

			Completed
1.	Practice test	1.1 Complete Reading and Listening sections	
	sections	1.2 Complete Speaking and Writing sections	
2.	Take a break and	2.1 Do other activities!	
	reflect!	2.2 Reflect on your practice	

1. Practice test sections

1.1 Complete Reading and Listening sections

Continue to practice more questions for Reading and Listening. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

READING

	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

The TOEFL Practice Online
Reading and Listening Practice
Test will give you a realistic
experience of the actual test
sections, plus it will show
which questions you answer
correctly and incorrectly.

Purchase the TOEFL
Practice Online Reading
and Listening Practice Test

1 LISTENING

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		

(table continues on next page)

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

1.2 Complete Speaking and Writing sections

Continue to practice more questions for Speaking and Writing. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

O SPEAKING

Evaluate your responses with the **Speaking Scoring Guide**.

Consider this option!

The **TOEFL Practice Online Speaking** and Writing Practice Test will give you a realistic experience of the actual test sections, plus it will show which questions you answer correctly and incorrectly.

Purchase the **TOEFL Practice Online Speaking and Writing Practice Test**

Timed Practic Speaking Que		Aim to spend	How many minutes did it take you?	What was your score?
1. Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2. Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3. Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4. Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		



Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

2. Take a break and reflect!

2.1 Do other activities!

You've completed the fourth week of your 12-week study plan! Studying for TOEFL iBT test is important, but don't forget to schedule a rest day this week.

Breaks are important for maintaining focus, reducing stress, and optimizing your performance when it matters most.



2.2 Reflect on your practice

Think about where you often study for the Listening section. Are there any changes you can make to your study environment to help you prepare better?

Week 5 | Spend the next 7 days completing all tasks in the order listed

			Com	pleted
1.	Practice test sections	1.1	Complete practice questions for all test sections	
2.	reflect!	2.1	Do other activities!	
		2.2	Reflect on your practice	

1. Practice test sections

1.1 Complete practice questions for all test sections

Continue to complete more practice questions for the Reading, Listening, Speaking, and Writing sections. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

E READING

E	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

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Test, Seventh Edition

6 LISTENING

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

O SPEAKING

Evaluate your responses with the **Speaking Scoring Guide**.

Q	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2.	Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3.	Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4.	Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

WRITING

Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

Consider this option!

The Official Guide to the TOEFL iBT® Test, Seventh Edition contains four full-length practice tests and sample questions for the Speaking and Writing sections.

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Test, Seventh Edition

2. Take a break and reflect!

2.1 Do other activities!

You've completed the fifth week of your 12-week study plan! Spend a day this week away from test prep and do other activities.

Your TOEFL iBT test journey is a marathon, not a sprint. Prioritize rest days throughout your studying to keep your mind sharp and ensure that you're fully ready for the test.



2.2 Reflect on your practice

Describe how your Listening skills have improved. Think about your general ability to comprehend English and complete Listening questions.

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TestReady Insights

Week 6 | Spend the next 7 days completing all tasks in the order listed

			Completed
1.	Practice test sections	1.1 Complete practice questions for all test sections	
2.	reflect!	2.1 Do other activities!	
		2.2 Reflect on your practice	

1. Practice test sections

1.1 Complete practice questions for all test sections

Continue to complete more practice questions for the Reading, Listening, Speaking, and Writing sections. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

READING

	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

The Official Guide to the TOEFL iBT® Test, Seventh Edition contains four full-length practice tests and sample questions for the Reading and Listening sections.

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6 LISTENING

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

\bigcirc SPEAKING

Evaluate your responses with the **Speaking Scoring Guide**.

Q	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2.	Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3.	Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4.	Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

WRITING

Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

Consider this option!

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2. Take a break and reflect!

2.1 Do other activities!

You've completed the sixth week of your 12-week study plan. You made it to the halfway point! Remember to take a day off from studying for the TOEFL iBT test.

Remember, rest days are essential for maintaining peak performance during the TOEFL iBT test. You have a few weeks to go, so prioritize regular breaks to keep your mind sharp.



2.2 Reflect on your practice

How do you feel your test preparation is going? How do you feel about your Listening skills?

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TestReady Insights

Week 7 | Spend the next 7 days completing all tasks in the order listed

			Completed
1.	☑ Take a second	1.1 Complete a second full practice test	
	practice test	1.2 Compare your goal scores and your current scores	
2.	© Conduct a mid-point review	2.1 Review test sections	
3.	Take a break	3.1 Do other activities!	
	and reflect!	3.2 Reflect on your practice	

1. Take a second practice test

1.1 Complete a second full practice test



Early in the week, take another practice test and practice completing all four test sections. Make sure to time yourself to get the most real-life experience.

Consider this option!

The TOEFL Practice Online
Complete Practice Test:
Volume 29 will provide
you with a realistic testing
experience and give you an
estimated score.

Purchase the **TOEFL Practice Online Complete Practice Test: Volume 29**

1.2 Compare your goal scores and your current scores

Fill in the table to see your improvements and identify skill areas you can still work on.

	Your Goal Scores	Your Current Scores from Second Practice Test	Did you Meet Your Goal Scores?
Reading			
6 Listening			
⊉ Speaking			
Writing			

2. Conduct a mid-point review

2.1 Review test sections

Review your goal scores and current scores. Do you have any test sections where you have not yet achieved your goal scores? Are you struggling with certain types of questions?

Spend extra time on those test sections or focusing on those types of questions. Make sure to time yourself for an accurate experience.

Consider this option!

The Official Guide to the TOEFL iBT® Test, Seventh Edition contains four full-length practice tests and sample questions for all test sections.

Purchase the **Official Guide to the TOEFL iBT® Test, Seventh Edition**

3. Take a break and reflect!

3.1 Do other activities!

You've completed the seventh week of your 12-week study plan! It's time to take a break!

Give yourself a day to relax and rejuvenate. Resting is not being lazy. It's an important part of effective learning.



3.2 Reflect on your practice

After taking a practice test, what were your strengths and areas of improvement?

Were you able to complete the Listening section in enough time?

Boost your TOEFL iBT success!

Visit the *TestReady Insights* page and track your progress!

TestReady Insights

Week 8 | Spend the next 7 days completing all tasks in the order listed

			Completed
1.	Practice test	1.1 Complete Reading and Speaking sections	
	sections	1.2 Complete Listening and Writing sections	
2.	Take a break and reflect!	2.1 Do other activities!	
		2.2 Reflect on your practice	

1. Practice test sections

1.1 Complete Reading and Speaking sections

Continue to practice more questions for Reading and Speaking. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

READING

	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

The Reading Section Test:
Volume 2 and Speaking
Section Test: Volume 2
replicate the TOEFL iBT test
and will provide you with
an estimated score.

Purchase **Reading Section Test: Volume 2**

Purchase **Speaking Section Test: Volume 2**

SPEAKING

Evaluate your responses with the **Speaking Scoring Guide**.

Q	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2.	Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

<u></u>	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
3.	Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4.	Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

1.2 Complete Listening and Writing sections

Continue to practice more questions for Listening and Writing. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

6 d LISTENING

6	Timed Practice Listening Questio	ns	Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

Consider this option!

The *Listening Section Test: Volume 2* and *Writing Section Test: Volume 2* replicate the TOEFL iBT test and will provide you with an estimated score.

Purchase *Listening Section Test: Volume 2*

Purchase Writing Section Test: Volume 2





Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

2. Take a break and reflect!

2.1 Do other activities!

You've completed the eighth week of your 12-week study plan! Your long-term determination is great, but don't forget to give yourself a day to rest.

Research shows that regular breaks enhance memory retention and overall exam performance. Return to your test prep tomorrow with renewed energy and focus.



2.2 Reflect on your practice

What challenges have you faced when studying for the Listening section?

Week 9 | Spend the next 7 days completing all tasks in the order listed

			Completed
1.	Work on your skills	1.1 Focus on Reading and Listening skills	
		1.2 Focus on Speaking and Writing skills	
2.	Practice test sections	2.1 Complete practice questions for all test sections	
3. Take a break and		3.1 Do other activities!	
	reflect!	3.2 Reflect on your practice	

1. Work on your skills

1.1 Focus on Reading and Listening skills

Integrated Skills in Your Daily Life

This week, use your Reading and Listening skills, but combine them! It may feel more difficult to work on two skills at once, but the challenge will increase your skill development.

Here are some suggestions for practicing your Reading and Listening skills together. These activities are similar to the integrated questions throughout the TOEFL iBT test.

- **Easy**: Find an audiobook and its corresponding ebook or hardcopy book (or a podcast with a transcript). Listen to the audiobook and refer to the text-based book when you need help understanding.
- **Medium**: Find a podcast with a transcript. Listen to the podcast, take notes, and then write or speak about your opinions about the topic. Look at the transcript when you need help understanding.
- **Hard**: Find a podcast with a transcript. Read the transcript and highlight transition words, signal words, idioms, or other important parts of the text. Then listen to the podcast and follow along within the transcript. Listen for speakers' pronunciation of words, use of emphasis, and tones of voice.
- **Hard**: Watch a video segment of a news report. Then, read a news article about the same news event or topic. Compare the similarities and differences between the two sources and write or speak to summarize. Include your opinion on the topic.

1.2 Focus on Speaking and Writing skills

Integrated Skills in Your Daily Life

Exercise your Speaking and Writing skills. Even though using two skills together is often challenging, the extra difficulty is worth it! The combination will build your abilities.

Consider trying out this list of ways to practice your Speaking and Writing skills. These activities are similar to the integrated questions throughout the TOEFL iBT test.

• **Easy**: Think about your favorite food (or your favorite anything!). Write a brief description of the food and why you enjoy it so much. Then, hide your writing and speak out loud about a time when you enjoyed that food. Consider recording yourself speaking. Listen to your recording and think about what you did well and what you can improve.

- **Medium**: Read two articles on the same topic. Write a summary of each article, and then explain the ways in which they are similar and different. Consider recording yourself speaking about your comparison of the articles. Feel free to use your writing as a reference while you're speaking.
- **Hard**: Have a conversation with a coworker, friend, or family member about any topic. Explain your ideas and opinions, and ask them questions. Afterward, write down as many details from your discussion as you can remember. Write a summary of your conversation and include the different points you both made, any questions that were asked and answered, and what your favorite part was.
- **Hard**: Watch a movie of your choice. Write a review of the movie and describe what you liked and disliked about it. Then, ask a friend (who has also seen the movie) what they think of it. Explain your opinions and have a discussion about the movie. Feel free to use your writing as a reference during your conversation.

2. Practice test sections

2.1 Complete practice questions for all test sections

Continue to complete more practice questions for the Reading, Listening, Speaking, and Writing sections. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

E READING

	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

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LISTENING

6	Timed Practice Listening Questio	ns	Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		

(table continues on next page)

Timed Practice Listening Questions			Aim to spend	How many minutes did it take you?	What was your score?
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

\bigcirc SPEAKING

Evaluate your responses with the **Speaking Scoring Guide**.

Q	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2.	Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3.	Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4.	Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

WRITING

Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

Consider this option!

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3. Take a break and reflect!

3.1 Do other activities!

You've completed the ninth week of your 12-week study plan! Celebrate your progress and recharge your energy by taking a day off this weekend.

Taking breaks is a strategic choice that supports your TOEFL iBT success. Use this time away from studying to relax and allow your brain to strengthen the knowledge you've gained.



3.2 Reflect on your practice

What did you accomplish in terms of your study plan this week? Does anything stand out from your Listening practice?

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TestReady Insights

Week 10 | Spend the next 7 days completing all tasks in the order listed

			Completed	
1.	Practice test sections	1.1	Complete practice questions for all test sections	
2.	Take a break and	2.1	Do other activities!	
	reflect! 2	2.2	Reflect on your practice	

1. Practice test sections

1.1 Complete practice questions for all test sections

Continue to complete more practice questions for the Reading, Listening, Speaking, and Writing sections. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

READING

E	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

The Official Guide to the TOEFL iBT® Test, Seventh Edition contains four full-length practice tests and sample questions for the Reading and Listening sections.

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6 LISTENING

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		

Timed Practice Listening Questions			Aim to spend	How many minutes did it take you?	What was your score?
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

O SPEAKING

Evaluate your responses with the **Speaking Scoring Guide**.

Q	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2.	Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3.	Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4.	Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

WRITING

Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

Consider this option!

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2. Take a break and reflect!

2.1 Do other activities!

You've completed the tenth week of your 12-week study plan! Test Day will be here soon! Take some time off from your test prep.

Your commitment to studying and taking rest days will help you perform on the test. Remember, regular breaks are a smart strategy, not laziness.



2.2 Reflect on your practice

How has your confidence in listening to English, especially during a timed session, changed over time? How do you feel about the Listening section?

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Visit the *TestReady Insights* page and track your progress!

TestReady Insights

Week 11 | Spend the next 7 days completing all tasks in the order listed

			Completed	
1.	Practice test sections	1.1	Complete practice questions for all test sections	
2.	Take a break and	2.1	Do other activities!	
	reflect! 2	2.2	Reflect on your practice	

1. Practice test sections

1.1 Complete practice questions for all test sections

Continue to complete more practice questions for the Reading, Listening, Speaking, and Writing sections. Consider working on test sections or focusing on specific types of questions. Below is an example of what this practice could include.

READING

E	Timed Practice Reading Questions	Aim to spend	How many minutes did it take you?	What was your score?
1.	Read an academic passage. Answer at least 10 questions about the passage	15–20 minutes		
2.	Read a second academic passage. Answer 10 questions about the second passage	15–20 minutes		

Consider this option!

The Official Guide to the TOEFL iBT® Test, Seventh Edition contains four full-length practice tests and sample questions for the Reading and Listening sections.

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6 LISTENING

6	Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Listen to an academic lecture (4 minutes)	Answer at least 6 questions about the lecture (3.5 minutes)	7–8 minutes		
2.	Listen to a second academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		
3.	Listen to a third academic lecture (4 minutes)	Answer 6 questions about the lecture (3.5 minutes)	7–8 minutes		

Timed Practice Listening Questions		Aim to spend	How many minutes did it take you?	What was your score?	
4.	Listen to a conversation (3 minutes)	Answer at least 5 questions about the conversation (3.5 minutes)	6–7 minutes		
5.	Listen to a second conversation (3 minutes)	Answer 5 questions about the lecture (3.5 minutes)	6–7 minutes		

\bigcirc SPEAKING

Evaluate your responses with the **Speaking Scoring Guide**.

	<u> </u>				
Q	Timed Practice Speaking Questions		Aim to spend	How many minutes did it take you?	What was your score?
1.	Question 1: Independent Speaking	 Read or listen to a prompt Prepare your response (15 seconds) Speak your response (45 seconds) 	1 minute		
2.	Question 2: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
3.	Question 3: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		
4.	Question 4: Integrated Speaking	 Read a passage and listen to audio that are related to a topic Prepare your response (30 seconds) Speak your response (60 seconds) 	5 minutes		

WRITING

Evaluate your responses with the Writing Scoring Guide.

Timed Practice Writing Questions	Aim to spend	How many minutes did it take you?	What was your score?
 Question 1: Integrated Writing Read a passage and listen to audio that are related to a prompt Write a response to the prompt 	20 minutes		
 Question 2: Writing for an Academic Discussion Read an instructor's prompt and students' responses to the prompt Write a response to the prompt 	10 minutes		

Consider this option!

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2. Take a break and reflect!

2.1 Do other activities!

You've completed the eleventh week of your 12-week study plan! You have one more week to go! As you enter the final week of your test prep, don't forget to take a break and rest.

It's a good time to plan a rest day. These pauses provide your brain with an opportunity to reinforce your learning. After this break, you'll be able to tackle final reviews and feel strong.



2.2 Reflect on your practice

What strategies will you use during the Listening section? Why do you think these strategies are so effective for you?

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Visit the *TestReady Insights* page and track your progress!

TestReady Insights

Week 12 | Spend the next 7 days completing all tasks in the order listed

	Completed
 Take a third practice test 	1.1 Complete a third full practice test
practice test	1.2 Compare your goal scores and your current scores
	1.3 Reflect on your practice
2. Do a final review and	2.1 Review test sections
get ready for Test Day!	2.2 Review requirements for Test Day
	2.3 Take a break and rest!

1. Take a third practice test

1.1 Complete a third full practice test



Early in the week, take another practice test and practice completing all four test sections. Make sure to time yourself to get the most real-life experience.

Consider this option!

The TOEFL Practice Online
Complete Practice Test:
Volume 30 will provide
you with a realistic testing
experience and give you an
estimated score.

Purchase the TOEFL
Practice Online Complete
Practice Test: Volume 30

1.2 Compare your goal scores and your current scores

Fill in this table to see your improvements and identify skill areas you can still work on.

	Your Goal Scores	Your Current Scores from Third Practice Test	Did you Meet Your Goal Scores?
Reading			
6 d Listening			
<u>Ф</u> Speaking			
Writing			

1.3 Reflect on your practice

How have your listening skills improved since you started studying? What changes do you notice?

2. Do a final review and get ready for Test Day!

2.1 Review test sections

Review your goal scores and current scores. Do you have any test sections where you have not yet achieved your goal scores? Are you struggling with certain types of questions?

Spend extra time on those test sections or focusing on those types of questions. Make sure to time yourself for an accurate experience.

Consider these options!

What do you want to focus on? These resources will give you extra practice!

READING

- Revisit the Reading section of the <u>Free</u> <u>Practice Test</u>
- Purchase/Revisit
 the Reading Section
 Practice: Volume
 1 and Reading
 Section Test:
 Volumes 1 and 2

LISTENING

- Purchase
 Focused Practice -Listening: Lecture
- Revisit the Listening section of the <u>Free</u> <u>Practice Test</u>

O SPEAKING

- Purchase
 Focused Practice Independent
 Speaking
- Purchase
 Focused Practice Integrated
 Speaking: Listen,
 Speak

WRITING

- Purchase
 Focused Practice Academic
 Discussion Writing
- Purchase
 Focused Practice Integrated Writing

2.2 Review requirements for Test Day

You are required to provide certain types of IDs in order to begin your official TOEFL iBT session. There are also specific things to expect when taking the TOEFL iBT test at a Test Center and at home. Read about the requirements for test day <u>here</u>.

2.3 Take a break and rest!

You've completed the final week of your 12-week study plan! Really great work! While you can review test sections for additional practice, be careful not to overdo it. Be confident in yourself and your skills. You should feel energized and strong on Test Day!





