



Advanced Templates, Sample Essays,
and Grading Rubrics
for TOEFL® Writing 24+



Your guide for TOEFL Writing® 24+
*Advanced Templates, Sample Essays,
and Grading Rubrics*



Guide for TOEFL Writing® 24+

Introduction

The purpose of this document is to provide TOEFL takers with the structure and vocabulary needed to earn a high score in the TOEFL Writing section. There is a ton of important and useful information packed into this document, so take it slow and be sure to experiment.

For TOEFL beginners, it is recommended that you stick to the basic templates and look through other sections for ideas. When starting out, you should try to keep your responses clear and simple, so stick to the basic templates at first.

For experienced TOEFL takers, if you have not yet reached your score, one of the reasons may be due to a lack of vocabulary and grammar. Pay close attention to the advanced templates and synonym list to help you in these areas. There will also be a list of three integrated and three independent essays for you to learn from.

This is only advice. Reading this document alone will not improve your writing score, which is why one of our principles states the following:

Principle #2: Active thought and consistent practice are required.

Be sure to take this information and use it when you practice. Through exercise, you will discover which words and phrases feel most comfortable.



Basic Templates

There are two questions in the TOEFL Writing section. This document will not discuss the structure of each question in the writing section. If you would like to know about the writing section, refer back to *TST Prep's TOEFL Quick Guide*. The purpose of this part is to share the basic templated response for each question.

BASIC TEMPLATE: QUESTION 1 (Integrated Essay)		
Paragraph	Structure	Template
Introduction	1st - introduce the general topic 2nd - introduce the author's opinion on the topic 3rd - introduce the counter opinion from the listening	<ul style="list-style-type: none"> <i>The article introduces the topic of</i> <i>More specifically, the writer discusses</i> <i>The lecturer in the listening passage disagrees. He believes that</i>
Body Paragraph 1	1st - introduce the author's first point 2nd - state that the speaker in the listening disagrees 3rd - explain why the lecturer disagrees	<ul style="list-style-type: none"> <i>In the reading, the author begins by stating that</i> <i>The lecturer, however, disagrees with this viewpoint. He states that</i> <i>He goes on to say that</i>
Body Paragraph 2	1st - introduce the author's second point 2nd - state that the speaker in the listening disagrees 3rd - explain why the lecturer disagrees	<ul style="list-style-type: none"> <i>The author also claims that</i> <i>Again, the lecturer believes there are flaws in the writer's argument.</i> <i>The speaker holds that</i>
Body Paragraph 3	1st - introduce the author's third point 2nd - state that the speaker in the listening disagrees 3rd - explain why the lecturer disagrees	<ul style="list-style-type: none"> <i>Another reason why the author feels... is that</i> <i>The professor in the listening passage is doubtful that this is accurate.</i> <i>He suggests that</i>
Conclusion	<i>*optional *</i> Restate the viewpoints of the author and lecturer	<ul style="list-style-type: none"> <i>To sum up, both the writer and professor hold conflicting views about</i> <i>It's clear that they will have trouble finding common ground on this issue.</i>



BASIC TEMPLATE: QUESTION 2 (Independent Essay)

Paragraph	Structure	Template
Introduction	1st - Begin with a general statement connected to the topic 2nd - Make the general statement more specific 3rd - Restate the question 4th - State your opinion 5th - Provide two reasons to support your opinion	<ul style="list-style-type: none"> • <i>There is no shortage of opinion on</i> • <i>In my opinion,</i> • <i>I feel this way for two main reasons, which I will explore in the following paragraphs.</i>
Body Paragraph 1	1st - State your first reason 2nd - Provide more details about your reason 3rd - Connect your reason to the topic 4th - Give a personal example or anecdote 5th - Connect your example or anecdote back to the topic	<ul style="list-style-type: none"> • <i>First of all</i> • <i>My personal experience is a great example of this</i> • <i>As a result</i> • <i>For this reason</i>
Body Paragraph 2	1st - State your second reason 2nd - Provide more details about your reason 3rd - Connect your reason to the topic 4th - Give a personal example or anecdote 5th - Connect your example or anecdote back to the topic	<ul style="list-style-type: none"> • <i>Secondly</i> • <i>Drawing from my own experience</i> • <i>Moreover</i> • <i>It's certainly clear to see why</i>
Conclusion	1st - Restate your stance 2nd - Remind the reader of your two supporting reasons 3rd - Provide a final suggestion	<ul style="list-style-type: none"> • <i>In conclusion</i>



Advanced Templates

Some TOEFL students need a 24 or higher in the TOEFL Writing section. If you earn a 24 or higher on the TOEFL, it implies that you are a proficient English writer. The best way to boost your score is to use a wide range of vocabulary and grammatical structures. The following is an integrated and independent advanced template with more complicated vocabulary and grammar.

WARNING. I do not recommend that you copy this template word-for-word. Too many students have used this template incorrectly. The advanced integrated and independent templates are examples to help give you some ideas on how to improve your vocabulary and grammar for the TOEFL. Like the basic template, I recommend you study it, find similar words and phrases in the synonym table, and make your own template. **When you make your own template, you will feel more comfortable and confident on test day. When you copy someone else's template, you will always feel uncertain about the quality of your writing.**



ADVANCED TEMPLATE: QUESTION 1 (Integrated Essay)

Paragraph	Structure	Template
Introduction	1st - introduce the general topic 2nd - introduce the author's opinion on the topic 3rd - introduce the counter opinion from the listening	<ul style="list-style-type: none"> <i>Recently there has been a debate</i> <i>More specifically, in regard to the passage, the writer puts forth the idea</i> <i>In the listening passage, the lecturer is quick to point out that there are some serious flaws in the writer's claims.</i> <i>In fact, the professor believes... and addresses, in detail, the trouble with each point made in the reading text.</i>
Body Paragraph 1	1st - introduce the author's first point 2nd - state that the speaker in the listening disagrees 3rd - explain why the lecturer disagrees	<ul style="list-style-type: none"> <i>First and foremost, the author of the reading states</i> <i>Some professionals in the same field, however, stand in firm opposition to this claim. In the listening, for example, the professor states</i> <i>He goes on to say that</i>
Body Paragraph 2	1st - introduce the author's second point 2nd - state that the speaker in the listening disagrees 3rd - explain why the lecturer disagrees	<ul style="list-style-type: none"> <i>One group of scholars, represented by the writer, thinks</i> <i>Of course, though, not all experts in the field believe this is accurate.</i> <i>Again, the speaker specifically addresses this point when he states</i>
Body Paragraph 3	1st - introduce the author's third point 2nd - state that the speaker in the listening disagrees 3rd - explain why the lecturer disagrees	<ul style="list-style-type: none"> <i>Finally, the author brings his argument to a close by suggesting that</i> <i>Not surprisingly, the lecturer takes issue with this claim by contending that</i>
Conclusion	<i>*optional, same as basic template *</i> Restate the viewpoints of the author and lecturer	<ul style="list-style-type: none"> <i>To sum up, both the writer and professor hold conflicting views about</i> <i>It's clear that they will have trouble finding common ground on this issue.</i>



ADVANCED TEMPLATE: QUESTION 2 (Independent Essay)

Paragraph	Structure	Template
Introduction	<p>1st - Begin with a general statement connected to the topic</p> <p>2nd - Make the general statement more specific</p> <p>3rd - Restate the question</p> <p>4th - State your opinion</p> <p>5th - Provide two reasons to support your opinion</p>	<ul style="list-style-type: none"> <i>No one can deny that there are both positive and negative aspects of</i> <i>If I were forced to choose, I would definitely</i> <i>It is my firm belief... for a number of reasons, and I will develop these ideas in the subsequent paragraphs.</i>
Body Paragraph 1	<p>1st - State your first reason</p> <p>2nd - Provide more details about your reason</p> <p>3rd - Connect your reason to the topic</p> <p>4th - Give a personal example or anecdote</p> <p>5th - Connect your example or anecdote back to the topic</p>	<ul style="list-style-type: none"> <i>To begin with</i> <i>I have to admit that my opinion on this matter has been profoundly influenced by my own personal experience.</i> <i>As a result</i> <i>For this reason</i>
Body Paragraph 2	<p>1st - State your second reason</p> <p>2nd - Provide more details about your reason</p> <p>3rd - Connect your reason to the topic</p> <p>4th - Give a personal example or anecdote</p> <p>5th - Connect your example or anecdote back to the topic</p>	<ul style="list-style-type: none"> <i>Secondly</i> <i>Drawing from my own experience</i> <i>Moreover</i> <i>It's certainly clear to see why</i>
Conclusion	<p>1st - Restate your stance</p> <p>2nd - Remind the reader of your two supporting reasons</p> <p>3rd - Provide a final suggestion</p>	<ul style="list-style-type: none"> <i>In light of the reasons mentioned, I strongly believe that</i>



Essay Examples

In the following section, you will find three integrated essay examples and three independent essay examples. For each essay, the passage and questions have been included so you can practice writing your own version at home. All template language is highlighted in yellow. Remember, this is a learning resource. You should not try to copy these essays word for word, but instead, use them as inspiration when you write. After you study these essays, take a look at the synonym list in the last section of this handout. **Use the synonym list, along with your knowledge of templates, to create your own personalized template.**



Writing Task 1 - Integrated Question (Test #11)

 **Directions:** For this task, you will read a passage and listen to a lecture about an academic topic.

You may take notes during this time. After the passages have finished, you will then be asked a question about them. After the question, you will have 20 minutes to write your response. Effective responses are usually between 200 to 350 words. You may look at the reading passage and your notes as you write. Keep in mind that the question will not ask for your opinion.

You have 3 minutes to read. You may begin reading now.

The shrimping industry relies on trawls for its harvest. Trawls are huge nets that are dragged behind boats in order to catch shrimp. Other animals, like sea turtles, are often caught inside these nets and soon die without sufficient oxygen. To help reduce the number of accidental deaths among sea turtles, engineers created a Turtle Excluder Device (TED), that must now be installed in all shrimping trawls. This one simple invention has greatly reduced the number of sea turtle deaths per year for a number of reasons.

First, the TED was specifically designed to help sea turtles. The TED mechanism adds a mechanical barrier in the middle of fishing nets that prevents any animal larger than ten centimeters from getting caught deep inside. Once the animal hits this metal grid, it tilts downward, providing that animal with a clear path to exit. Smaller animals, like shrimp, pass through the metal guard and get caught in the end of the trawl net, as usual.

Second, in order to make sure that fishermen use the Turtle Excluder Device, the "Shrimp-Turtle Law" was passed. It states that all trawling shrimping boats must have a TED installed. There are specific organizations in charge of monitoring shrimping vessels to ensure that their TEDs are properly installed and maintained.

Finally, America now tightly controls the import of shrimp. All shrimp products must come from only certified users of TEDs. Countries, companies, or fishermen who do not comply with this law are not allowed to sell their products in the US and some European countries. Since most shrimping businesses want to import their goods to as many locations as possible, they have decided to comply and install TEDs in their trawls.



 Now listen to part of a lecture on the same topic you just read about.

After you listen to the passage, answer the question.

Summarize the points made in the lecture, being sure to explain how they cast doubt on the specific points made in the reading passage.

You have 20 minutes to plan and write your response.

Integrated Writing Transcript

There's no doubt that Turtle Excluder Devices are a great idea that must be used by every single shrimping boat. However, they are far from perfect and in need of drastic improvement, regardless of what the author in the reading may believe.

First of all, TEDs are metal barriers that, in theory, don't allow anything more than 10 centimeters to pass through them. However, many small and mid-sized turtles are still constantly caught deep in the nets of trawls. Species like the leatherback and loggerhead turtles are smaller and unable to use the metal barriers to their advantage.

It's also important to keep in mind that TEDs don't only exclude turtles, but there are instances where some lucky shrimp hit the metal barrier and escape the trawl. In order to reduce shrimp loss, and, more importantly, their profits, many boat owners prefer not to use the device at all. When it comes time to drop the trawl in the open sea, shrimpers will simply remove the TED. And it's almost impossible for any organization to monitor these ships so far from shore.

And, finally, it should be noted that many vessels that claim to be certified TED trawl users and have documents that claim that they comply with the rules of the Shrimp-Turtle Law, actually have fake documents. You see, shrimping is an international business and the documentation to be considered TED-certified changes based on the country of the boat in question. With so much difference between countries, few people know when a vessel is holding a fake certification or a real one.



Task #1: Integrated Writing (Test #11)

The reading and the lecture are about the pros and cons of the Turtle Excluder Device (TED). The writer believes there are many benefits to the use of TEDs, and that it has decreased the number of sea turtles caught in trawls by shrimpers. The speaker in the listening passage disagrees. He claims there are still many issues with TEDs and challenges each of the writer's points.

First, the article posits that the design of the TED includes a metal barrier inside the net that prevents larger animals from getting caught. Additionally, it says that the TED also provides a path for the sea turtles to exit. However, the professor points out that small and mid-sized turtles still get caught deeper in the trawls. He states this is because the metal barrier only prevents creatures larger than ten centimeters to pass through it.

Also, the author notes that laws have been passed requiring shrimp boats to have a TED and use it properly. The lecturer rebuts this argument. He says that it is impossible for organizations to regulate the fishermen while they are fishing for shrimp and that they can just remove the TED right before putting the nets into the ocean. Furthermore, he argues that they are inclined to do this because sometimes a TED can also prevent shrimp from passing into the depths of the trawls, which decreases their profits.

Another reason the writer feels that TEDs are beneficial is that under import regulations, the shrimp sold in the US can only come from suppliers who are certified TED users. Again, the speaker holds there are flaws in this argument. He suggests that there are many boat owners who claim to be TED-certified, but, in reality, have fake documentation. The lack of consistency in TED certification from country to country allows many to deceive ports and sell their shrimp anyway.

To sum up, both the author and the lecturer hold conflicting views about TED.



Writing Task 1 - Integrated Question (Test #12)

 Directions: For this task, you will read a passage and listen to a lecture about an academic topic.

You may take notes during this time. After the passages have finished, you will then be asked a question about them. After the question, you will have 20 minutes to write your response. Effective responses are usually between 200 to 350 words. You may look at the reading passage and your notes as you write. Keep in mind that the question will not ask for your opinion.

You have 3 minutes to read. You may begin reading now.

For years, people have been cutting down trees to provide the necessary materials to build homes and create various everyday items. However, due to population increases and the advent of new technology, clearing forests has become easier than ever. This has led to deforestation, a state in which large areas of nature are cleared of all trees. While some oppose deforestation, there are many benefits that help improve people's lives.

The clearing of large areas of land has provided an abundance of farmland. In place of trees, large fields have been created which can be used to raise both crops and livestock. As the world population continues to increase, it's crucial that enough food is produced for every single citizen. Not only do these new farms provide for local residents, but the local economy also benefits if they produce a surplus which can be exported to other areas.

Secondly, cleared land is not only used for farming, but for the development of new residential areas. As previously mentioned, the global population is rising, and with more people comes an increased demand for living space. This arrangement also benefits the regional economy. Investors buy up areas of land, employ locals to build homes and buildings, and a new urban area arises where people can live, work, and thrive.

Finally, it's important to remember that the forestry industry is an integral part of many national economies. In countries like Brazil, Thailand, and Indonesia, there is a large percentage of the population who rely on deforestation as a source of income. In order to satisfy the world's demand for paper, furniture, and lumber, thousands of jobs have already been created. What will happen to these workers if this industry is shut down?





Now listen to part of a lecture on the same topic you just read about.

After you listen to the passage, answer the question.

Summarize the points made in the lecture, being sure to explain how they cast doubt on the specific points made in the reading passage.

You have 20 minutes to plan and write your response.

Integrated Writing Transcript

Many of the areas of cleared land referred to in the reading were once part of rainforests, and this unique ecosystem is in danger of disappearing because of deforestation. Even though there might be some short-term benefits for us today, the author of the reading has not considered the long-term consequences of these reckless actions.

In Brazil alone, nearly 60% of the rainforest has been cut for farming purposes. Even though it's true that the population is rising and there is a demand for more food, there are also alternative ways to farm that do not require such vast areas of land. Hydroponics, for example, is one farming technique that actually requires no soil at all. All the progress humanity has made in technology should not be focused on how to destroy more in less time, but on how to preserve what we have while looking at alternatives to outdated practices, like traditional farming.

Secondly, while it might be lucrative for a few people to make a lot of money on new residential developments, increases in short-term economic prosperity shouldn't be our main concern when considering whether or not to destroy an entire ecosystem. Deforestation displaces all the animals, insects, and plants that live in a forested area. And, more importantly, 28% of the world's oxygen is produced from rainforest ecosystems. We cannot be so irresponsible to clear away huge areas of precious rainforest just to make more money.

Finally, notice how the countries mentioned in the reading--Brazil, Thailand, and Indonesia--are all developing nations. The workers in the wood cutting industry are paid low wages to carry out dangerous jobs. The wood cutting business doesn't benefit the people, but the small group of business owners who organize these projects.



Task #1: Integrated Writing Essay Example (Test #12)

The article introduces the topic of deforestation, which is the clearing and cutting down of trees in a large area. The writer says there are many benefits to deforestation. The lecturer disagrees. He says that deforestation has many consequences, and attacks each of the claims made in the reading.

First, the author says that cutting down trees creates farmlands now suitable for growing crops and raising livestock. The reading passage states that this provides more food for people and can benefit the economy. The professor believes there are flaws in the author's position. He contends that it is not necessary to destroy rainforests for land to farm. He goes on to say that there are advanced technologies that allow for alternative ways to farm without soil.

According to the writer, clearing the areas also provides residential space for people to live and work in; a concern as the population continues to increase. The speaker, on the other hand, points out that deforestation displaces the animals from the forest and destroys the plants which provide us with oxygen. He feels that this long-term cost is not worth the money people can make from residential developments on the land.

Also, the reading passage notes how cutting down trees is necessary for creating lumber, paper and furniture, and that it is, therefore, an important source of income for many people. The professor rebuts this argument. He says that those who work in the wood cutting industry are actually paid very small wages. In fact, he claims deforestation does not benefit the workers at all, but rather the large company owners.

As you can see, the author and lecturer hold very different views on deforestation.



Writing Task 1 - Integrated Question (Extra Integrated Task #2)

 Directions: For this task, you will read a passage and listen to a lecture about an academic topic.

You may take notes during this time. After the passages have finished, you will then be asked a question about them. After the question, you will have 20 minutes to write your response. Effective responses are usually between 250 to 350 words. You may look at the reading passage and your notes as you write. Keep in mind that the question will not ask for your opinion.

You have three minutes to read. You may begin reading now.

Alternative energy is any way of creating power for humankind to use, other than the burning of fossil fuels, which is harmful to the environment. Some examples include solar panels, which derive usable energy from the Sun's rays, and wind turbines, which collect gusts of wind and transform them into energy. Wave farms, which harness the power of ocean waves to store energy, have three main advantages when compared to other energy sources.

First of all, like wind and solar power, wave farms are better for the environment. The burning of fossil fuels, which is still the most popular source of energy in the world, is extremely dangerous. Using gas and oil releases carbon dioxide into the atmosphere and depletes the ozone layer. This layer of Earth's atmosphere is crucial since it protects plants and humans from harmful radiation. Wave farms do not release carbon dioxide and cause almost no long-term environmental damage.

The second major advantage of wave farms is their predictability. Wave farms retain energy from the ocean's waves, which are always in motion. Solar power depends heavily on unpredictable weather patterns. For example, cloud cover results in little to no energy being stored in solar panels because the Sun's rays hardly reach the Earth's surface. On the other hand, ocean waves are measurable and predictable and lead to a steady and reliable output of energy.

Finally, wave farms do not obstruct the ecosystem in which they are placed, unlike enormous wind turbines that have been known to kill birds. Wave farms employ flotation devices, called buoys, to collect wave energy and transmit it through a series of cables back to a storage unit. This style of capturing energy blends much better with the natural surroundings when compared to the large turbines you find on wind farms.



 Now listen to part of a lecture on the same topic you just read about.

After you listen to the passage, answer the question.

Summarize the points made in the lecture, being sure to explain how they cast doubt on the specific points made in the reading passage.

You have 20 minutes to plan and write your response.

Integrated Writing Transcript

Whether you are talking about fossil fuels or alternative energy sources like solar panels, each method of collecting energy has its problems. In the reading passage, the author fails to fully explain the reality behind using wave farms as an alternative energy source.

First of all, the author mentioned that wave farms do not produce carbon dioxide, but this is not entirely true. You see, in order for wave farms to become and remain operational, emissions must still be released into the atmosphere. And while these wave farms are being built, dangerous chemicals are often leaked into the ocean because of the machinery and equipment required to make these farms operational. Therefore, wave farms do indeed have some negative impact on the environment.

The author continues by claiming that this type of energy source is reliable because waves are more predictable than sunlight. However, predictable does not necessarily equate to being more reliable. There are many technical problems when it comes to wave farms, mainly with the functionality of the generators. Regardless of whether or not the farms are placed near or far from the coast, the harsh environment of the ocean often causes inconsistencies in the output of the wave generators. In that regard, they are no more reliable than solar energy.

Lastly, the author fails to account for systems used in wave farms other than the buoy system. Some of these other systems, such as water columns and overtopping devices, are disruptive and sometimes even dangerous to the ecosystem. Both of these devices create a significant amount of noise, disrupting birds, and marine life over a large area. They also have features and compartments where sea creatures can become lodged, trapped, and entangled. To suggest such unsafe equipment does not obstruct the ecosystem is simply false.



Integrated Writing Essay Example (Extra Integrated Task #2)

The article introduces the topic of alternative energy sources. More specifically, the writer discusses the advantages of wave farms, and how they are superior to all other options. The lecturer in the listening passage disagrees. He believes that each energy source has certain drawbacks and attacks each of the claims made in the reading.

In the reading, the author begins by stating that wave farms do not negatively impact the environment in any way, unlike the burning of fossil fuels which damages the ozone layer. The lecturer, however, disagrees with this viewpoint. He states that wave farms also emit carbon dioxide into the atmosphere in order to operate. He goes on to say that dangerous chemicals are released into the ocean during the construction of wave farms.

The author also claims that what makes wave farms stand apart from other alternative energy sources, such as solar, is the predictability of waves and how they can provide a reliable amount of energy. Again, the lecturer believes there are flaws in the writer's argument. The speaker holds that wave energy is just as unstable as solar due to technical issues at the farms. Furthermore, harsh conditions can disrupt the process of the generators.

Another reason why the author feels that wave farms are better is that they are environmentally friendly, not hurting animals as wind turbines often do. The professor in the listening passage is doubtful that this is accurate. He suggests that certain devices in the wave farm produce a loud sound which disturbs nearby birds and other marine life. Moreover, animals could become trapped or caught up in parts of the machines.

To sum up, both the writer and professor hold conflicting views about the benefits of wave farm energy. It's clear that they will have trouble finding common ground on this issue.



Writing Task 2 - Independent Question (Test #11)

 **Directions:** For this task, you will write an essay in response to a question that asks you to state, explain, and support your opinion on an issue.

Typically, an effective essay will contain a minimum of 300 words. Your essay will be judged based on the quality of your writing. This includes the development of your ideas, the organization of your essay, and the quality and accuracy of the language you use to express your ideas.

You have 30 minutes to plan and complete your essay.

Health and wellness is a growing concern for a number of people across the globe. Some people believe a well-balanced diet and exercise routine is the best way to stay healthy. Others suggest that good health has less to do with what you eat and more to do with how you live. In other words, maintaining positive relationships with friends and family is a better way to remain healthy.

Which opinion do you agree with?

Use specific reasons and examples to support your essay. Be sure to use your own words. Do not use memorized examples.



Independent Writing Essay Example (Test #11)

There is no shortage of opinions on the best way to stay in shape. In my opinion, I believe a combination of a balanced diet and exercise is the best way to remain healthy. I feel this way for two main reasons, which I will explore in the following paragraphs.

First of all, a well-balanced diet has been proven to help people stay fit throughout history. Most importantly, cutting out heavily processed foods and fast foods is an absolute must for those who are overweight. My personal experience is a great example of this. My mother always used to struggle with losing weight. She tried so many different kinds of diets throughout her life. They were always focused on denying her one of the food groups, such as bread and grains, but never addressed over-processed food consumption. Finally, she went to a nutritionist who advised her to just eat natural and organic food in the proper proportions. My mom lost thirty pounds in eight weeks after that. More importantly, she felt stronger physically and more focused mentally. For this reason, I would start by altering my diet if I wanted to improve my overall health.

Secondly, exercise is the next best way to stay fit and active. Working out causes the heart rate to increase and this leads to burning calories and fat. It is not necessary to spend hours and hours at the gym either. The most important thing is to get a little bit of exercise every single day. Drawing from my own experience, when I first moved to Madrid, I didn't have a car. I had to walk 45 minutes to and from school every day. Moreover, on weekends, I would ride my bicycle around the local neighborhood to go shopping and meet friends. It's certainly clear to see how daily, moderate exercise is a key component to improving one's overall health.

In conclusion, I do believe that good health is best achieved by treating the body to good food and moderate exercise. This is because these two habits will eventually lead to a reduction in weight and an increase in overall well-being.



Writing Task 2 - Independent Question (Test #12)

 **Directions:** For this task, you will write an essay in response to a question that asks you to state, explain, and support your opinion on an issue.

Typically, an effective essay will contain a minimum of 300 words. Your essay will be judged based on the quality of your writing. This includes the development of your ideas, the organization of your essay, and the quality and accuracy of the language you use to express your ideas.

You have 30 minutes to plan and complete your essay.

Your local government has just recently received a large donation from an anonymous donor to improve the community. Almost everyone agrees that the money should be invested in building a new public facility. Which of the following do you think your local government should build?

- Build a public library
- Build a public park
- Build a public pool

Use specific reasons and examples to support your essay. Be sure to use your own words. Do not use memorized examples.



Independent Writing Essay Example (Test #12)

Large, luscious trees, fields of grass for sports and picnics, exotic flowers, and duck ponds with fountains and boats are all things you can experience in public parks. If my local government was deciding which to build, I think that they should build a public park over a public library or public pool. The reasons for this will be addressed in the following essay.

First of all, public parks are a great way for people to stay fit. There are trails for people to run around and sports fields for athletes to play in. In my own community, people need space to be more active. Right now, my neighbors go jogging or walk their dogs on the sidewalks next to a busy street. This is incredibly dangerous. Not only is a park more scenic, but it is also safer than trying to get exercise near a highway. I have also seen an outdoor workout station in the park of the next town over. I think my government should build a park with trails, fields, and exercise machines in order to provide a safe place for people to improve their fitness in my neighborhood.

Secondly, a public park in my community would be used all year round. Unlike a pool, which is only open in the summer, people use the park in every season. Parks can be used for picnics, reunions, events, festivals, and concerts. In the town that I grew up in, I remember every autumn my parents would take my siblings and me to the park. The trees would be decorated with lights, and local businesses had tables set up where their merchandise could be sold. There were live music and dancing under the main pavilion. This fall festival drew in large crowds from all over the city and nearby towns. Since it can be utilized for so many things, at any time during the year, I think that a public park is the best choice for my local government to spend money on building.

I would recommend that my local government build a public park. Parks are a great way to get people more active in the community because they can walk, run, and workout in the park. I also think a park is the best option because parks can be used for a variety of events throughout the year that could be profitable for local businesses and the community.



Writing Task 1 - Independent Question (Extra Independent Task #2)

 **Directions:** For this task, you will write an essay in response to a question that asks you to state, explain, and support your opinion on an issue.

Typically, an effective essay will contain a minimum of 300 words. Your essay will be judged based on the quality of your writing. This includes the development of your ideas, the organization of your essay, and the quality and accuracy of the language you use to express your ideas.

You have 30 minutes to plan and complete your essay.

Some students prefer to enroll in easier classes so they can earn a higher grade. Other students opt for challenging courses, even though they might receive a poorer grade. Which type of class do you prefer?

Use specific reasons and examples to support your essay. Be sure to use your own words. Do not use memorized examples.



Independent Writing Essay Example (Extra Independent task #2)

There is no shortage of opinion on what should be a student's priority when deciding which classes to enroll in. If I were forced to choose, I would definitely select the more difficult classes available, even if it may result in a lower overall grade. It is my firm belief that this decision will be much more beneficial for a number of reasons, and I will develop these ideas in the subsequent paragraphs.

To begin with, establishing a higher goal for yourself means you have the chance to grow and learn far more than what you would if you only attempted an easy task. In a basic class, you will complete your homework quickly and learn a few things, however, in a more challenging class, you will have to continue studying. As you advance, you gain more knowledge and develop extra skills. I have to admit that my opinion on this matter has been profoundly influenced by my own personal experience. At my high school, they offered three levels of mathematics class, and at first, I enrolled in the foundation course thinking that it would be a great way to improve my grade. Unfortunately, this did not work as I could not understand complex equations, which left me falling behind in physics and chemistry. Eventually, I switched to the advanced level where I started to master the necessary rules and skills I needed. As a result, I was able to keep up with my other classes and achieve a higher grade. For this reason, the more demanding classes are a better option if you are serious about success in your future.

Secondly, for several degrees, you must complete certain prerequisite courses, and these are often the more challenging options. The universities want you to get a head start in the area that you have chosen to study at a tertiary level, meaning that your grade is not the only important factor in being accepted. Drawing from my own experience, when I applied to study a Bachelor of Pharmacy I was two points under the required score and yet my application was approved. My high school transcript showed that I had completed the more difficult subjects such as advanced mathematics, physics, and chemistry, and therefore the admission board decided to give me a spot. A classmate had the score needed for her course but only by completing easy subjects. Consequently, she did not receive an offer from her first choice of university. It's certainly clear to see why students should opt for the tougher classes so they can have more opportunities.

In light of the reasons mentioned, I strongly believe that it is better to choose difficult subjects because you will learn more and it will open doors for your future.



Time Management and Proofreading

Integrated Essay Time Breakdown

After you read the passage, listen to the lecture, and see the question, you will have 20 minutes to write your integrated essay. This chart provides an estimate of how you should manage time while you write:

Minutes	Tasks
0-1	Gather your notes
1-4	Write your introduction
4-17	Write your body paragraphs
17-18	Write your conclusion
18-20	Edit your essay

Independent Essay Time Breakdown

After you receive the question, you will have 30 minutes to write your independent essay. This chart provides an estimate of how you should manage time while you write:

Minutes	Tasks
0-2	Gather your thoughts and outline the essay
2-7	Write your introduction
7-15	Write your body paragraph 1
15-24	Write your body paragraph 2
24-26	Write your conclusion
26-30	Edit your essay



How to Effectively Proofread

The following is a list of five strategies for effectively proofreading your responses. Since you only have two to three minutes to edit, you will probably not have enough time to reread your entire essay. Therefore, you need to know how to quickly and intelligently check for some glaring mistakes.

1. Check for spelling errors

Spelling errors are obvious mistakes to spot, so scan your essay for them first. Remember, too many words spelled incorrectly will hurt your score.

2. Edit just one paragraph

If you only have time to carefully reread part of your essay, pick one you feel unsure about and carefully read through it.

3. Check your articles

One of the most common writing errors for English language learners is proper article usage. If you struggle with this as well, use your proofreading time to scan the essay for all instances of *a*, *an*, or *the* to ensure they are correct.

4. Look for capitalization and spacing mistakes

Another strategy for effective proofreading is to check your capitalization and spacing. Use this time to make sure you put just one space after commas and periods, and that you started each sentence with the first word as a capital letter.

5. Focus on personal areas of weakness

Finally, if there are parts of your essay that you did not feel confident with while you were writing, then focus on them while you edit. The last strategy is to use your time to go back and reread the problem areas of your essay for any noticeable mistakes.



Improving Your Time Management

If you still struggle with finishing on time, you need to practice improving your time management. One way to work on your speed is to practice with less time. Here are some helpful time breakdowns with less time (18 minutes for the integrated essay and 28 minutes for the independent essay) for you to practice with:

Integrated Essay Time Breakdown (18 minutes total)

Minutes	Tasks
0-2	Gather your notes and outline the essay
2-4	Write your introduction
4-15	Write your body paragraphs (2-3)
15	Write your conclusion
16-18	Edit your essay

Independent Essay Time Breakdown (28 minutes total)

Minutes	Tasks
0-2	Gather your thoughts and outline the essay
3-6	Write your introduction
7-14	Write your body paragraph 1
15-23	Write your body paragraph 2
24-25	Write your conclusion
26-28	Edit your essay

The second way to improve your time management is to work on your typing speed. If you struggle to type, practice for 30 minutes a day at the site [Key Hero](#).



Self-Grading Rubric

There are two different question types in the TOEFL Writing section. Each is unique in its own way, but according to [ETS' grading criteria](#), question one is an integrated question, and question two is an independent question. While it is always best to seek feedback from a professional teacher, these grading checklists will help you analyze your own TOEFL Writing performance.

INTEGRATED WRITING CHECKLIST (question one)	
Questions	Notes
1. Did I write at least <u>250</u> words?	
2. Did I write an introduction paragraph and <u>three</u> well-developed body paragraphs?	
3. Did I have enough time to include a short conclusion?	
4. Did I have less than ten formatting and/or spelling errors?	
5. Did I include at least two transitional words or phrases in each paragraph?	
6. Did I include all of the essential information from the reading and listening?	
7. Did I have at least three minutes to edit my essay?	
8. On a scale of 1-10, how confident do I feel in my grammar and vocabulary? (1-10)	
9. What can I do next time to improve my confidence level score?	

Note that there are no numerical score values. The point of this exercise is not for you to assess yourself with a TOEFL-like score, but instead, to identify strengths and weaknesses so you have a better idea of what you need to improve.



INDEPENDENT WRITING CHECKLIST (question two)

Questions	Notes
1. Did I write at least <u>350</u> words?	
2. Did I write an introduction paragraph and <u>two</u> well-developed body paragraphs?	
3. Did I have enough time to include a short conclusion?	
4. Did I have less than ten formatting and/or spelling errors?	
5. Did I include at least two transitional words or phrases in each paragraph?	
6. Did I include personal examples and/or anecdotes to develop my body paragraphs?	
7. Did I have at least three minutes to edit my essay?	
8. On a scale of 1-10, how confident do I feel in my grammar and vocabulary? (1-10)	
9. What can I do next time to improve my confidence level score?	



Transition Words and Phrases

Sometimes referred to as discourse markers, the table below includes some of the most common words and phrases you will use to transition between ideas in your writing. These words and phrases are crucial. You will need to add, emphasize, connect, contrast, order, and conclude the information presented in your writing. Study this list and plan on including some of these transitions on test day.

TRANSITION WORDS AND PHRASES		
Purpose	TOEFL Essay Location	Words and Phrases
Adding (elaborating)	(integrated) - Reporting on points from the listening passage in the body paragraphs (Independent) - When explaining your reasons and developing your examples in body paragraphs	<i>actually, additionally, also, as well, as a matter of fact, for example, for instance, in addition, believe it or not, furthermore, indeed, in fact, moreover, such as</i>
Emphasizing	(integrated) - Reporting on points from the listening passage in the body paragraphs (Independent) - When explaining your reasons and developing your examples in body paragraphs	<i>above all, as a matter of fact, especially, indeed, in fact, most importantly, obviously</i>
Showing cause and effect (connecting)	(Independent) - When you are concluding the body paragraph and connecting your example to the topic	<i>as a result, consequently, hence, therefore, thus</i>
Contrasting	(integrated) - When transitioning to the point of view of the listening in body paragraphs (Independent) - When recognizing the opposing argument in the introduction or conclusion	<i>although, at the same time, but, contrary to, even so, even though, however, in contrast to, nevertheless, nonetheless, on the other hand, still, when in fact, while, yet, whereas</i>
Ordering	(integrated) - The first sentence of each body paragraph (Independent) - The first sentence of each body paragraph	<i>afterward, finally, first (second...) in the first place secondly, another reason, in the past, later, next, now, subsequently, while</i>
Concluding	(integrated) - Located in the conclusion paragraph, which is optional for this essay (Independent) - In the last sentence of each body paragraph and in the conclusion paragraph	<i>all in all, as noted above, finally, in conclusion, in short, in the end, on the whole, to conclude, to sum up</i>



Synonym List

The following synonym list was compiled by TST Prep to help students write better essays. The list includes synonyms for words like *author*, *believe*, and *passage*. It also includes synonymous phrases for popular expressions like *for example*, *in my opinion*, and *in conclusion*. Use this list to help vary your vocabulary and create your very own TOEFL Writing template.

There is no shortage of opinion on – the idea according to which – no one can deny that – Many people wonder – There is a great debate on – Many people have different opinions/beliefs/feelings about – Societies around the world have various ideas about- Recently, there has been a ton of debate as to...

In my opinion – I do believe that – I absolutely think that – it is certainly clear to see why I feel that - If I were asked, I would say that – I strongly believe that – personally – honestly

Convenient modern life of today – contemporary lifestyle – present actions of everyday citizens – modern society

Negatively impact – cause more distress – future repercussions – will have to pay for

Future generations – individuals in the future – future repercussions

To start – right off the bat – from the beginning – immediately – from the get-go – for starters – first of all – firstly – in the first place

agree – support – back – be in support of – be in agreement with – see eye to eye with

disagree - casts doubt on – not agree with – oppose – contest

idea – notion – theory – hypothesis – argument - point

opinion – stance – belief – thought

argue – claim – posit – insist - contend - focus on



state – say – maintain – point out - suggest

believe - think - consider - feel that - to be of the opinion

explain - describe - outline - illustrate – define

remember – recall - never forget – never leave my mind

try – endeavor – attempt – make an effort – take a stab at – take a crack at

do well – flourish – succeed – improve – enhance – progress – prefect - increase – skyrocket - better – go uphill – advance – boost – strengthen – make strides – make headway – gain ground

do poorly – mess up - decrease – diminish – decline – fail – reduce – worsen – flop – nose-dive – go downhill – be off the mark – blunder – fall short – crash and burn – bite the dust – miss the boat

for example – for instance – as an illustration – such as – one example of this

second – secondly – next - then – after that – meanwhile – furthermore – moreover - finally – lastly

continues with – goes on to – further – keep going – stick with – keep the ball rolling

to emphasize this - actually – believe it or not – in fact - as a matter of fact – more importantly – in other words

in addition - additionally – also – besides - and – too – as well – above and beyond

but - however – although – at the same time – even though – when in fact – contrary to – despite the fact that - nevertheless – nonetheless - still – yet

alternatively – in opposition – in the alternative – on the other hand – conversely – otherwise – instead



because - so - owing to the fact that - as a result - due to - hence - therefore - thus - for this reason - accordingly - consequently

possible - plausible - there is a chance - likely - conceivable - imaginable

in conclusion - therefore - as a result - all in all - in short - ultimately - on the whole - to conclude - to sum up - in summary - this is why - to make a long story short - in a nutshell

difficult - tough - hard - challenging - complex - pain in the neck

easy - simple - a piece of cake - no brainer

very important - paramount - essential - necessary - a big deal

many/much - a ton of - a lot of - lots of - plenty of - a great deal of - a large number of - a plethora of - an excess of - a vast amount of

a little/a few - some - a couple - not enough - a small amount - a little number of

very - really - quite - truly - truthfully - pretty - extremely - absolutely - especially - basically

definitely - completely - certainly - absolutely - without a doubt - without question

popular - common - famous - celebrated - well-known - advance - have gained ground - renowned

rare - uncommon - infrequent - once in a blue moon

great - amazing - astounding - grand - excellent - outstanding - exceptional - first-rate

nice - friendly - kind - generous - helpful - thoughtful - considerate - compassionate - approachable - sociable - well liked by all

good - decent - moral - upright - respectable - virtuous - one of the best - delightful - honorable - wonderful - fantastic - charming



bad – terrible – awful - dreadful - wicked – evil – depraved – malevolent – corrupt – immoral – disgusting – revolting – repulsive – one of the worst

thing – object – item - entity – article – piece – element – parts

happy – pleased – overwhelmed with joy – jubilant – delighted – satisfied – content – gratified – on cloud nine – over the moon – on top of the world

sad – upset – devastated – miserable – blue – down – distressed – disappointed – despondent – low – down in the dumps – grief-stricken

people – one – humans – mankind – everyone – everybody – societies – cultures – citizens

author – writer – essayist

lecturer – professor – speaker

reading passage – article – text - reading

listening passage – lecture – talk – listening



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