

Complete TOEFL Study Plan - Target Score: 100 by August 5

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Introduction

This program is designed to help you reach a TOEFL score of 100+ by August 5.

It spans approximately 9 weeks with a recommended daily study time of 1 to 1.5 hours.

The plan is divided into 3 phases:

1. Foundation and format familiarity (June 1 - June 15)
2. Skill-specific practice (June 16 - July 10)
3. Full mock tests and targeting weak points (July 11 - August 5)

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Resources

Essential Resources:

1. Vocabulary:

- 400 Must-Have Words: <https://www.majortests.com/word-lists/400words.pdf>
- Magoosh Flashcards: <https://magoosh.com/toefl/toefl-vocabulary-flashcards/>

2. Practice Tests:

- Official Guide to TOEFL: <https://www.ets.org/toefl/test-takers/ibt/prepare/tests>
- TPO Practice Tests: <https://www.bestmytest.com/toefl>

3. Listening:

- TED-Ed: <https://ed.ted.com/>
- VOA English: <https://learningenglish.voanews.com/>

4. Speaking/Writing:

- Speaking Samples: <https://www.tstprep.com/toefl-speaking-sample-answers/>
- Writing Templates: <https://magoosh.com/toefl/2020/toefl-writing-template/>

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Phase 1 - Foundation

Phase 1: June 1 - June 15

Goal: Understand TOEFL format and build foundation.

Daily Plan (1 hour):

- 15 min: Vocabulary from 400 Must-Have Words
- 15 min: Listening from VOA or TED
- 15 min: Reading a simple article or TOEFL passage
- 15 min: Study Speaking/Writing structure using templates and samples

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Phase 2 - Skill Focus

Phase 2: June 16 - July 10

Goal: Skill-based intensive practice.

Weekly Sample Plan:

- Sat: Reading (2 passages + questions)
- Sun: Listening (1 lecture + Q&A)
- Mon: Speaking (Task 1-2 with timer)
- Tue: Writing (1 full essay)
- Wed: Reading + vocabulary review
- Thu: Listening + Speaking
- Fri: Watch English video or rest

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Phase 3 - Simulation & Review

Phase 3: July 11 - August 5

Goal: Simulated tests and polishing weak points.

Plan:

- 2x per week: Full or half-length TOEFL test with timer
- Daily: Practice weakest skill (based on your results)
- Record and review Speaking samples
- Write essays and compare with high-score samples