What to do:

1. Get familiar with question types
2. Get familiar with topics
3. Practice dynamic speaking (not monotonous and boring)
4. Practice removing word fillers
5. Vocabulary and transition words
6. Practice with timing
7. Practice using hand gestures
8. Speak loud enough

Phrases and collocations:

Forgetting:

1. My mind has gone blank
2. It just slipped my mind

Conclusion:

1. In a nutshell
2. To conclude
3. Overall
4. All in all

Contrast:

1. In contrast
2. Conversely
3. however

If the question is broad:

1. If we are talking about…

Example:

1. For instance
2. Take X as an example
3. We can see this with

Adding emphasis:

1. Actually,…
2. As a matter of fact,…
3. In fact

Opinion:

1. To be honest/honestly I’m not a fan of
2. Yeah I reckon it’s essential
3. I’m not 100% sure
4. In some respect, yes
5. I beg to differ
6. Not at all, I would say the opposite is true
7. Quite the opposite, actually
8. That’s not how I see it
9. Not necessarily
10. For sure, in my eyes/view
11. I couldn’t agree more
12. The way I see it
13. I tend to agree
14. up to a point
15. To some extent

Adding info:

1. On top of that,…
2. Moreover,…
3. To my knowledge,…
4. In addition
5. I can’t speak for everybody but, …
6. I don’t really know but I’m leaning towards a negative answer here
7. We need to strike a balance between junk food and healthy food
8. The best approach for this problem is
9. Every now and then/ once in a while
10. quality justifies the bill
11. I’m not a fussy eater, but
12. I’m starving hungry by then
13. My mouth is watering by then
14. Take-aways
15. Sometimes I overeat myself
16. If I get to choose…
17. I like to travel locally/abroad
18. Post-secondary education
19. Culture shock
20. Learning english is a vital asset
21. English is the language of computer science
22. After weighing the options
23. Only time will tell
24. It would have a decisive/deciding effect on my future
25. The most important notion to remember is
26. …When the going gets tough
27. Opting for professional advice
28. Keeping a cool head
29. Lending hand to people
30. Cordial and innocuous neighbors
31. There are facilities in a walking distance of our house
32. Personal preferences and economic status
33. Affluent people in upscale neighborhoods
34. To a great extent
35. It’s paramount for people to get educated
36. I’ve never come across such a thing
37. Mental decline
38. Exacerbate the situation
39. Make them proud
40. It’s quite picturesque
41. I try to Compensate for it
42. Nutritional supplements
43. My job entails sitting behind…
44. I beg to differ
45. To mitigate/alleviate/surmount
46. We shouldn’t take things for granted
47. On the contrary
48. It constitutes the future of art
49. Going for a stroll