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A Six Month Study Plan for Success

Introduction

This study plan was created by professional TOEFL instructors to help you organize your TOEFL studying over a six month period. This plan includes suggestions on how to study each TOEFL section and a six month study schedule.

IMPORTANT PLEASE READ:

In addition to this study plan, we also have an online learning tool called “TOEFL Instructor” that also offers a study schedule. It’s important to understand that the schedule on this document is different from the schedule on “TOEFL Instructor”. The schedule on this document is useful as a complete six month study guide while the “TOEFL Instructor” keeps track of all completed TOEFL practices and will create a new schedule daily based on your strengths and weaknesses. They are fundamentally different, but can be used simultaneously with excellent results.

Do I have to use this study plan to pass TOEFL?

No. We created this plan to help users who want/need help organizing their TOEFL studying and users whose English skills are not at a high level. You are more than welcome to use our TOEFL preparation website on your own. Actually, many of our previous users passed TOEFL without using this study plan, but most of them were individuals who have a higher level of English and simply needed to practice.

Study Plan Overview

This plan is broken down into 6 months and 4 phases

1. **Month 1:** You will be focussing on building fundamental English skills.

2. **Month 2 - 4:** Using the skills you learned during month 1, you will do many TOEFL exercises, TOEFL practices, and 3 reserved simulated tests.
3. **Month 5:** You will review everything you learned in months 1 - 4.
4. **Month 6:** You will do a final reserved simulated test and review everything before the official TOEFL exam.

Before You Start

If you have not already done so, familiarize yourself with the TOEFL test format and questions, in order to get a quick glimpse at what the exam entails. The table below is a summary of the TOEFL test format along with practice questions.

TOEFL Sections Summary

Section	Time Limit (Minutes)	Questions	Tasks
Reading	60-80 mins.	36-56	Read 3 or 4 passages from academic texts and answer questions. Each passage is accompanied by 14 questions.
Listening	60-90 mins.	34-51	Listen to 4-6 academic lectures, each is accompanied by 6 questions, and to 2-3 campus-related conversations, each is accompanied by 5 questions.
Break	10 mins.		
Speaking	20 mins.	6 Tasks	<p>Task 1 & 2: You are asked a general question about your life or your opinion on a topic. You are given 15 seconds to prepare your response and 45 seconds to respond.</p> <p>Task 3: You read a campus announcement or a student letter and then hear two students discussing their opinions on the written notice.</p>

			<p>You then state one student's opinion and explain the reasons he or she gives for having that opinion. You have 30 seconds to prepare and 60 seconds to respond.</p> <p>Task 4: You read a passage from a textbook or academic article about a general concept. Next you hear a lecture about a specific example of this concept. You then summarize the reading and lecture and discuss the relationships between the two. You have 30 seconds to prepare and 60 seconds to respond.</p> <p>Task 5: You hear two students discussing a problem that one of them has and two possible solutions to this problem. You then summarize the problems and explain which of the two solutions you prefer. You have 20 seconds to prepare and 60 seconds to respond.</p> <p>Task 6: You hear a lecture. You then summarize the main points of the lecture. You have 20 seconds to prepare and 60 seconds to respond.</p>
Writing	50 mins.	2 tasks	<p>For the first writing task, you will read a passage, listen to a lecture, and then answer a question based on what you have read and heard.</p> <p>For the second writing task, you will answer a question based on your own knowledge and experience.</p>

How to Study each TOEFL section

Vocabulary Section

A good command of English vocabulary is extremely important in scoring well on the four sections of the TOEFL. We strongly recommend that you utilize our TOEFL vocabulary interactive training program to study the top 1200 vocabulary words that are most likely to show up on the TOEFL. In addition, it is highly recommended that you complete 6 lessons of “Learn Common TOEFL Synonyms” series to enhance your paraphrasing skills.

While studying vocabulary words, we suggest the following:

- Write the words in a notebook.
- Say the words many times
- Use the words in your speaking and writing answers.

Reading Section

When studying the TOEFL Reading section, make sure of the following:

- Improve your reading and comprehension speed. We explain why you should do that in the TOEFL Reading Tip section. In every reading question, we include a Tip section outlining important tips to succeed in TOEFL reading. The key to improving reading and comprehension speed is having a strong knowledge of English sentence structures and academic vocabularies. You can work on them by utilizing our TOEFL vocabulary interactive training program, our grammar lessons, and other external materials that teach you grammar.
- Understand the 12 different types of reading questions. Some question types such as “inference questions” and “Negative factual information” are tricky. If you find yourself stuck on those type of questions, you should skip them and move on to easier questions. Our TOEFL reading lessons cover all the reading question types and offer strategies for answering them successfully.
- When practicing reading exercises, do not just complete them and move on. If you have trouble understanding the passages, please do not skip the passages,

you must put more effort toward understanding them.

Listening Section

When studying the TOEFL Listening section, make sure of the following

- Listen to a variety of academic topics. TOEFL listening topics are selected from a wide array of academic topics including biology, history, ecology, anthropology, etc. Few students are good at *all* of them. This is the biggest challenge for many TOEFL test takers. For example, you might have no clue about topics related to archaeology. But don't worry, our listening questions cover all of the topics. You'll just need to follow our study plan.
- When listening to the lecture, listen for important nouns, main ideas, and key relationships, (The relationship can be comparison, contrast, or cause-effect). If you can take note of them, it would be ideal as you can refer to them when answering questions. If you can't, make sure you understand and memorize the main ideas.
- If you find yourself struggling with one exercise, listen to the same one multiple times until you can understand at least 85% of the lecture.
- ALWAYS LISTEN in your daily life. Aside from our listening exercises and vocabulary listening materials, you can listen to other English podcasts or videos.

Speaking Section

Here are a few tips for studying the TOEFL Speaking section:

- PRACTICE SPEAKING AS MUCH AS YOU CAN. Make sure you read your responses aloud and pay attention to your pronunciation, intonation, grammar, organization, and fluency. You should record your responses in our recorder and analyze your responses to see where and what you can do better.
- Imitate responses from sample answers to improve your pronunciation, intonation, grammar, organization, and fluency.

- Be sure to look up words that you don't know how to pronounce or use them and learn to pronounce them correctly.
- When listening to the lecture, listen for important nouns, main ideas, and key relationships, (The relationship can be comparison, contrast, or cause-effect). If you can take note of them, it would be ideal as you can refer to them when preparing your response. If you can't, make sure you understand and memorize the main ideas.
- You can use your speaking review tickets to get our TOEFL reviewer to review your speaking responses.
- Use external materials like Youtube to teach you how to improve your English pronunciation and speak like a native English speaker.

Writing Section

It takes time to develop good writing skills. Chances are a good English writer already has years of experience writing English and using English in their daily life. If you are not a good English writer, do not get frustrated. The good news is that you only need to be able to write well on TOEFL independent and integrated tasks. Here are a few things we suggest you do in order to complete the TOEFL Writing section in the most effective manner.

- To write well, first you need to read good essays so your brain has a database of good English structures and vocabularies you can use when writing. That being said, we recommend that you read and learn from our sample essays as much as possible. When learning these sample essays, do not just memorize them, but study how a paragraph is formed with different sentence structures, what words are used, and what main ideas are included. Ask yourself "Can I write similar sentence structures?" and "Can I form a sentence with these vocabulary words?". The more you study, the more your writing skills will improve. The next time you write about a similar topic, you will be able to utilize them in your writing and add your own ideas.
- If you are not a good writer, spend at least an hour a day practicing independent writing and integrated writing tasks.
- Spend some time brainstorming ideas for all independent writing essays.

- Complete our writing lessons to ensure you know what characteristics a high-scoring TOEFL essay should have. In short, the following are key factors in scoring well on the TOEFL Writing section
- Understand the different types of prompts that appear in the independent writing section.
- Write a clear opinion or position on an issue.
- Write a good introduction and a good conclusion paragraph.
- Write 3 main body paragraphs. Each body paragraph should consist of a main idea and specific examples with details that support the main idea.
- Make good use of transition words to connect your ideas.
- Use a variety of words, both common and academic, correctly and appropriately.
- Use a variety of sentence structures correctly and appropriately.
- Master paraphrasing, synthesising, citing, and note-taking skills.

6 Month Study Schedule

Month One

English Skills Section:

Milestone

❑ Complete and study all exercises in the TOEFL Vocabulary Interactive training program. Write down all vocabulary words that you learn in your notebook. When studying them, do not just complete each exercise and move on. Instead, ask yourself the following questions before you move on to the next exercise:

- Can you pronounce each vocabulary word correctly?
- Can you identify these vocabulary words when you hear them?
- Can you use these vocabulary words correctly in your speaking and writing answers?
- Do you understand all the usages of prepositions and other vocabulary words in the example sentences?

❑ Complete all “Academic Skills” lessons.

This is optional, but it would be a good idea to complete all “Grammar” lessons and study other external grammar teaching materials such as books, youtube videos, etc. Make sure you pick up the following grammar topics in the first month:

- All tenses including conditional tenses.
- Nouns (especially Countable nouns and Uncountable nouns), adjectives, and adverbs.
- Subject-Verb Agreement.
- Determiners (quantifiers, articles, etc.)
- Relative Pronouns and Relative Clauses
- Verb Complementation (Infinitive, Gerund, That-clause)
- Noun, adjective, and adverb clauses
- Prepositions
- Coordinating Conjunctions and Subordinating Conjunctions
- Joining two sentences using participial phrases
- Comparative and Superlative

Reading Section:

Milestone

❑ Complete TOEFL Reading lessons

Listening Section:

Milestone

- Complete 40 campus-conversation listening exercises

Campus conversation exercises are easy to get started. Get yourself comfortable with the speed of native speakers and study vocabularies, idioms, and phrasal verbs used in the campus conversation settings

- Complete TOEFL listening lessons

Writing Section:

Milestone

- Complete all TOEFL writing lessons
- Read and study 7 sample essays from the TOEFL independent writing “Preference” questions
- Read and study 7 sample essays from the TOEFL independent writing “Agree & Disagree” questions
- Read and study 7 sample essays from the TOEFL independent writing “If / Imaginary” questions
- Read and study 7 sample essays from the TOEFL independent writing “Comparison and Contrast” questions
- Read and study 7 sample essays from the TOEFL independent writing “Description or Explanation” questions

Speaking Section:

Milestone

- Complete all TOEFL Speaking lessons.
- Work on your pronunciation

Month Two

Reading Section:

Milestone

- Complete 20 reading exercises

Listening Section:

Milestone

- Complete 5 listening exercises in the “Anthropology & Archaeology” category
- Complete 4 listening exercises in the “Astronomy” category
- Complete 4 listening exercises in the “Sociology” category
- Complete 5 listening exercises in the “Biology” category
- Complete 3 listening exercises in the “Botany” category
- Complete 2 listening exercises in the “Film History” category

Writing Section:

Milestone

- Complete all TOEFL Integrated Writing lessons
- Write 8 independent writing essays for the “Agree and Disagree” questions
- Practice 8 TOEFL integrated writing questions

Speaking Section:

Milestone

- Do 14 questions of independent speaking question 1
- Do 14 questions of independent speaking question 2
- Do 6 questions of integrated speaking question 3
- Do 8 questions of integrated speaking question 4
- Do 6 questions of integrated speaking question 5
- Do 8 questions of integrated speaking question 6

TOEFL Simulated Test

Milestone

- Complete reserved Simulated Test 1

Month Three

Reading Section:

Milestone

- Complete 20 reading exercises

Listening Section:

Milestone

- Complete 9 listening exercises in the “History” category
- Complete 5 listening exercises in the “Art History” category
- Complete 3 listening exercises in the “Architecture” category
- Complete 2 listening exercises in the “Human Biology” category
- Complete 2 listening exercises in the “Ecology” category

Writing Section:

Milestone

- Write 8 independent writing essays for the “Preference” questions
- Write 4 independent writing essays for the “Comparison and Contrast” questions
- Practice 8 TOEFL integrated writing questions

Speaking Section:

Milestone

- Do 14 questions of independent speaking question 1
- Do 14 questions of independent speaking question 2
- Do 6 questions of integrated speaking question 3
- Do 8 questions of integrated speaking question 4

- Do 6 questions of integrated speaking question 5
- Do 8 questions of integrated speaking question 6

TOEFL Simulated Test

Milestone

- Complete reserved Simulated Test 2

Month Four

Reading Section:

Milestone

- Complete 20 reading exercises

Listening Section:

Milestone

- Complete 7 listening exercises in the “Earth Science” category
- Complete 4 listening exercises in the “Literature” category
- Complete 4 listening exercises in the “Marine Biology” category
- Complete 1 listening exercise in the “Marketing” category
- Complete 2 listening exercises in the “Psychology” category
- Complete 4 listening exercises in the “Geology” category

Writing Section:

Milestone

- Write 8 independent writing essays for the “If / Imaginary” questions
- Write 4 independent writing essays for the “Comparison and Contrast” questions
- Practice 8 TOEFL integrated writing questions

Speaking Section:

Milestone

- Do 14 questions of independent speaking question 1
- Do 14 questions of independent speaking question 2
- Do 6 questions of integrated speaking question 3
- Do 8 questions of integrated speaking question 4
- Do 6 questions of integrated speaking question 5
- Do 8 questions of integrated speaking question 6

TOEFL Simulated Test

Milestone

- Complete reserved Simulated Test 3

Month Five

Milestone

- Review what you have studied over the past four months

Month Six

Milestone

- Complete reserved Simulated Test 4
- Review everything

6 Month Study Plan Checklist Download

Download the above 6 month study plan checklist in pdf format here:

[6 Month Study Plan Checklist.pdf](#)

**You are now finished the Six Month Study Plan.
Congratulations and good luck on TOEFL!**