

# Getting You to Test Day

An 8-Week Prep Plan for the TOEFL iBT® Test

8

weeks to go

- Identify your target institution(s) and research their required scores
- Familiarize yourself with the test's **content and structure**
- Take a complete **TOEFL Practice Online** test to simulate the test experience and determine your weaker skills
- Purchase **The Official Guide to the TOEFL iBT® Test**

7

weeks to go

- Review the **Speaking section** and get started with free **Speaking Practice Sets**
- Continue practicing with the sample questions in your Official Guide
- Tip:** Practice conversing with native speakers or others who know English well



6

weeks to go

- Review the **Reading section** and get started with the free **Reading Practice Sets**
- Continue practicing with the sample questions in your Official Guide
- Tip:** Read articles in English, then outline the main topic and supporting details



5

weeks to go

- Review the **Listening section** and get started with the free **Listening Practice Sets**
- Continue practicing with the sample questions in your Official Guide
- Tip:** Listen to recorded lectures, then summarize the main idea and key points



4

weeks to go

- Review the **Writing section** and get started with the free **Writing Practice Sets**
- Prepare for the Writing for an Academic Discussion task with **AI-scored practice questions**
- Tip:** Paraphrase articles, emails, TV commercials and other content using synonyms to build your vocabulary



3

weeks to go

- Take a complete TOEFL Practice Online test to measure your progress
- Continue to use your Official Guide to develop your weaker skills
- Consider hiring a **Preply® tutor** to help with any difficult question types

2

weeks to go

- Take one more complete TOEFL Practice Online test to establish your readiness for test day
- Review **what to expect on test day**
- If testing at home, ensure you meet all **equipment and environment requirements**

1

week to go

- Continue to study until you feel confident and prepared. You've got this!
- Review the Test-Day Checklist
- Gather the documents you'll need, such as your photo identification and your registration confirmation





See all official prep materials at  
[ets.org/toefl/ibt/prepare](https://ets.org/toefl/ibt/prepare)

ETS TOEFL iBT®





# Test-Day Checklist

You've worked hard to be ready for the TOEFL iBT test. Now, take care of these last few details to ensure everything goes smoothly on test day.

**2**  
days to go

-   Log in to your **ETS account** to confirm the time and location of your test.
-   Be sure you have **valid identification (ID)** for test day. It must match exactly the name you used when you registered.
-   If testing at home, prepare your **note-taking materials** and run another **Equipment Check**. If you are testing at home, make sure your testing room is ready.
-   Get enough rest, especially the night before.

**Test Day**

-   The TOEFL iBT test is just under 2 hours long with no breaks.\*  
Eat and prepare yourself ahead of time, if needed.
-   Don't be late. For a test center, arrive at least 30 minutes early.  
For at home testing, be ready to check in at your scheduled time.
-   Be ready to present your valid ID that matches the name you used when you registered for the test.
-   Mobile devices, watches, personal items, food and drinks are not allowed in the testing room.  
For a full list of prohibited items, see the **TOEFL iBT® Information Bulletin**.

\*Does not apply to the TOEFL iBT Paper Edition.

## GOOD LUCK ON TEST DAY!

Find everything you need to get ready at  
**ets.org/toefl/ibt**

 **TOEFL iBT®**