



Bird English Advisor



TOEFL STUDY PLAN 2026

 **Daily Study Time Goal: 1.5 to 2 hours**

(Students aiming for 90+ should not study only 20 minutes)

WEEKLY STRUCTURE (Balanced Skill Rotation)

MONDAY – READING FOCUS

Goal: Strategy + Speed

Timed Reading Practice (30 min)

- Do 1 TOEFL passage (18 minutes max)
- Focus on: main idea, inference, vocabulary questions

Best Practice Sites

- <https://www.ets.org/toefl/test-takers/ibt/prepare/practice-tests>
- <https://tstprep.com/toefl-reading-practice/>
- https://www.examenglish.com/TOEFL/TOEFL_reading.htm

Vocabulary from Context (20 min)

Create flashcards from difficult words found in passages

Tools:

- <https://quizlet.com>
 - <https://www.vocabulary.com>
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TUESDAY – LISTENING FOCUS

Goal: Academic listening + Note-taking

1 TOEFL Listening Set (30 min)

1 conversation + 1 lecture

Take notes like the real test

Best Sources:

- ETS Official Practice
- <https://tstprep.com/toefl-listening-practice/>
- https://www.examenglish.com/TOEFL/TOEFL_listening.htm

2 Academic Lecture Training (20 min)

Practice understanding structure, not every word

Best Real Lecture Sources:

- <https://oyc.yale.edu>
- <https://online.stanford.edu/courses>
- <https://www.khanacademy.org>

 Skill: Write only **keywords**, not full sentences

WEDNESDAY – SPEAKING FOCUS

Goal: Structure + Fluency + Timing**

1 Practice 2 Speaking Tasks (30 min)

Use timer. Record answers.

Best Resources:

- <https://tstprep.com/toefl-speaking-practice/>
- ETS Sample Questions
- <https://www.bestmytest.com/toefl/speaking>

2 Feedback & Improvement (20 min)

Students must listen and ask:

- Did I answer the question directly?
- Did I use a clear structure?

📌 Teach templates:

- Independent: Opinion → Reason 1 → Example → Reason 2 → Example
- Integrated: Problem → Solutions → Preference

Optional AI speaking scoring:

- <https://www.myspeakingscore.com>
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THURSDAY – WRITING FOCUS

Goal: TOEFL structure mastery**

1 Write 1 Task (30 min)

Alternate:

- Integrated Writing (20 min)
- Academic Discussion Task (10 min)

Best Sources:

- ETS Writing Samples
- <https://tstprep.com/toefl-writing-practice/>
- <https://writeandimprove.com> (for grammar feedback)

2 Study High-Score Samples (20 min)

Students compare:

- ✓ Organization
- ✓ Connectors
- ✓ Academic vocabulary

Grammar Help:

- <https://owl.purdue.edu>
 - <https://www.grammarly.com>
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FRIDAY – MIXED SKILLS + WEAK AREAS

Students review mistakes from the week.

Checklist:

- ✓ Vocabulary notebook
- ✓ Speaking recordings
- ✓ Writing corrections
- ✓ Listening notes

This is **score improvement day**, not new content day.

SATURDAY – FULL TEST TRAINING (VERY IMPORTANT)

Every week or every two weeks:

Do ONE FULL SECTION under real timing

Rotate:

- Week 1: Reading
- Week 2: Listening
- Week 3: Speaking + Writing

Best Full Test Simulations:

- ETS Official Practice Tests
 - <https://www.bestmytest.com/toefl>
 - <https://tstprep.com/toefl-practice-test/>
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SUNDAY – LIGHT BUT USEFUL

Keep English active without stress:

- ✓ Read news articles (academic style)
 - <https://www.nationalgeographic.com>
 - <https://www.scientificamerican.com>
 - https://www.bbc.com/news/science_and_environment
- ✓ Watch short talks and summarize in 3 sentences
 - <https://www.ted.com>

 **KEY STRATEGY RULES (THIS RAISES SCORES FAST)**

- Always use a timer
- Always review mistakes
- Record speaking answers
- Use templates for speaking & writing
- Focus on **why answers are wrong**, not just right ones
- Practice note-taking EVERY listening session