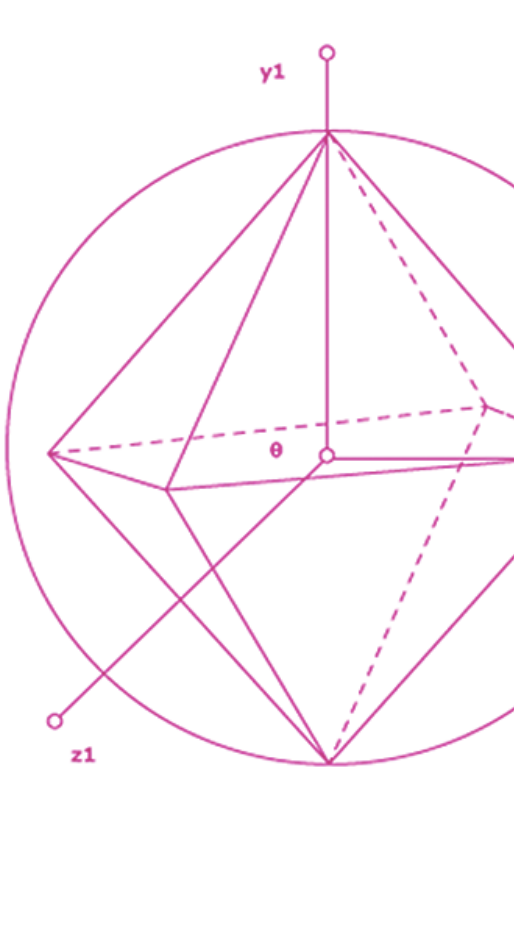




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TOEFL

2 Month
Study
Schedule

Two Month TOEFL Study Plan

Looking for a two-month TOEFL study plan? This comprehensive schedule gives you a day-by-day breakdown for eight weeks of focused TOEFL prep, covering all four sections—Reading, Listening, Speaking, and Writing—with lessons, practice, and review built into each day.

Before diving in, a few important notes:

Is two months right for you? Two months is a solid timeframe for TOEFL preparation, but it assumes you already have intermediate-to-advanced English skills. If you're concerned about your overall English level, you may want to take some time to strengthen your grammar, vocabulary, and core language skills before starting intensive test prep. This schedule focuses on TOEFL-specific skills and strategies, not foundational English.

Practice English outside of test prep, too. While this two-month TOEFL study plan focuses on TOEFL-specific skills, you'll benefit from immersing yourself in English throughout your day—reading articles, watching videos, or having conversations in English. The more exposure you get, the more natural the test will feel.

Take a rest day each week. This schedule covers five days per week, leaving two days for rest. Don't skip your rest days! Recovery is an essential component of effective studying. Your brain needs time to consolidate what you've learned.

Pro tip: Schedule your rest days strategically. Many students find that taking a break after the practice test and review days helps them return refreshed for the next week.

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About This Study Schedule

Here's how this two-month TOEFL study plan is designed:

- **Balanced skill coverage:** You'll practice Reading, Listening, Speaking, and Writing each week, so no skill area gets neglected.
- **Task-focused days:** Each day is generally structured around a specific task type, allowing you to go deep on one area before moving on. Starting in Week 3, you'll also do "Additional Practice" in other skill areas to keep all your skills sharp.
- **Manageable daily workload:** Days are designed to take between 1.25 and 1.5 hours, for a total of roughly 7 hours per week.

- **Practice tests every two weeks:** You'll take a full practice test in Weeks 1, 3, 5, and 7 to build stamina and track your improvement across specific task types.
- **Official ETS questions:** This schedule is built around the official ETS questions in your Magoosh plan, all of which come with detailed explanations.

What content does this schedule use?

- All Magoosh video lessons
- 4 of the official ETS practice tests in Magoosh
- Roughly 75% of ETS student-response prompts in Custom Practice (Speaking and Writing tasks)
- Roughly 50% of ETS multiple-choice prompts in Custom Practice
- Magoosh TOEFL Flashcards
- 1 ETS Interactive Sample question set
- 1 ETS Full-Length Practice Test

Want even more practice? This schedule intentionally uses only the official ETS questions in your Magoosh plan. But those aren't the only questions available to you: Magoosh also offers a large library of expert-crafted practice questions. So whenever you want extra reps, or more work on an area you find tricky, you'll have plenty to draw on beyond what's scheduled here.

Want to take more practice tests? This schedule has you take 4 of the official ETS practice tests in your Magoosh plan, plus 1 free practice test on

the ETS website. But your plan actually includes up to 10 of these official ETS tests. So if full-length tests are a helpful way for you to track your progress, feel free to work a few more into your routine.

A note about time estimates: Lesson times are based on normal playback speed with some padding for pausing and note-taking. Your actual time may vary, especially if you watch videos at a different speed. Review time may also be shorter or longer depending on how well you perform on practice tasks. Practice time can also serve as your time limit when you're studying using Quiz Mode, but be sure to make adjustments based on your own personal strategies (such as intentionally spending more time on Complete the Word tasks if you find that question type challenging).

TOEFL Prep Resources

You'll need the following resources for this two-month TOEFL study plan:

- A computer with a microphone, speakers, and internet access
- [Magoosh TOEFL Premium](#) subscription
- [Magoosh TOEFL Flashcards](#) (free app)

You'll also use these external resources during Week 8:

- [ETS TOEFL Interactive Sample](#) — Official practice questions from ETS
- [ETS Full-Length Practice Test 1](#) — Free full-length test on the ETS website

Recommended: Keep an [error log](#) to track patterns in your mistakes. This will help you identify which areas need the most attention.

Pro tip: Your error log is one of the most powerful tools for score improvement. After each practice session, note not just what you got wrong, but *why* you got it wrong. You'll start to see patterns—and those patterns tell you exactly where to focus.

Week 1

Week 1, Day 1 — Get a Feel for the Exam Part 1: Reading and Speaking — 72 minutes

In today's lessons, you'll start learning about the sections of the TOEFL.

For practice, you'll try out 1 of each Reading and Speaking question type in Custom Practice. Don't worry about getting questions right or wrong. The goal right now is for you to experience the kinds of questions that are on the test since you'll be taking a full mock test on Day 3.

Main Lessons — 22 minutes

- [The Reading Section](#)
- [The Speaking Section](#)

- [How to Practice Speaking](#)

Main Practice — 20 minutes

Reading:

- [1 Academic Passage Task](#)
- [1 Complete the Words Task](#)
- [1 Read in Daily Life – Short Task](#)
- [1 Read in Daily Life – Long Task](#)

Speaking:

- [1 Interview Task](#)
- [1 Listen and Repeat Task](#)

Main Review — 30 minutes

Week 1, Day 2 — Get a Feel for the Exam Part 2: Listening and Writing — 78 minutes

In today's lessons, you'll continue learning about the sections of the TOEFL.

For practice, you'll try out 1 of each Listening and Writing question type in Custom Practice. Don't worry about getting questions right or wrong. The goal

right now is for you to experience the kinds of questions that are on the test since you'll be taking a full mock test on Day 4.

For the Grammar lessons, you'll work through the Sentence Basics module. We're starting here because the TOEFL is largely about being able to construct complete sentences. Additionally, this is a good point in the schedule to evaluate your grammar skills. If you already understand these lessons, you can probably skip the grammar lessons in this study schedule. But if the material is new to you (or useful as a refresher), we do recommend that you complete the Grammar lessons throughout this study schedule.

Main Lessons — 30 minutes

- [The Listening Section](#)
- [How to Practice Listening](#)
- [The Writing Section](#)
- [How to Practice Writing](#)

Main Practice — 24 minutes

Listening:

- [1 Academic Talk Task](#)
- [1 Announcement Task](#)
- [1 Choose a Response Task](#)
- [1 Conversation Task](#)

Writing:

- 1 Academic Discussion Task
- 1 Build a Sentence Task
- 1 Write an Email Task

Main Review — 24 minutes

Week 1, Day 3 — Planning Ahead and Other Resources — 78 minutes

The goal of today is to assess what kinds of additional study resources will be most helpful for you. Alongside TOEFL lessons and TOEFL practice questions, Magoosh also has English Grammar lessons as well as TOEFL Flashcards to help strengthen your vocabulary.

For the Grammar lessons, you'll work through part of the Sentence Basics module. We're starting here because the TOEFL is largely about being able to construct complete sentences. If you already understand these lessons, you can probably skip the grammar lessons in this study schedule. But if the material is new to you (or useful as a refresher), we do recommend that you complete the Grammar lessons throughout this study schedule.

For the Flashcards, you'll first determine which level is appropriate for you. (See specific instructions in the 'Flashcards' section below.)

Main Lessons — 27 minutes

- [Overview of the TOEFL](#)
- [How the TOEFL is Scored](#)
- [Studying for the TOEFL](#)
- [TOEFL Skills](#)

Grammar Lessons — 26 minutes

- [Using the Grammar Lessons](#)
- [Subject](#)
- [Subject and Verb](#)
- [Direct Object](#)

Flashcards — 25 minutes

- [Magoosh TOEFL Flashcards](#): Start with the 'Medium Words 1' deck. After the first dozen words, if you know some of the words but don't know others, stay at the Medium level. However, if you already know most or all of the words, jump up to 'Hard Words 1' to see if that's a better level for you. On the other hand, if you don't know most of those first dozen words, jump down to 'Easy Words 1' to see if that's a better level for you. The main goal is to determine what's a good starting point. Once you've found that level, work through 20 words today.

Week 1, Day 4 — Take a Practice Test — 90 minutes

Now that you've gotten a feel for what the test is like, you'll be taking a full practice test today. This will give you good experience for what taking the whole test is like and, most importantly, provide you with a baseline score so that you know where you currently stand.

Main Practice — 90 minutes

- [Take the first reserved practice test on Magoosh](#)

Week 1, Day 5 — Review your Practice Test — 90 minutes

You'll be spending a lot of time today reviewing your practice test. Why? Now is the time to learn what your strengths and weaknesses are. The better you understand where you struggle, the better you can focus your studies on that area. With that in mind, for any question you get wrong, be sure to read the Text Explanation and, when there is one, watch the Video Explanation as well. Additionally, it's a good idea to keep an error log so that you can spot patterns in the kinds of errors that you make.

Main Review — 90 minutes

Week 2

Week 2, Day 1 — Speaking: Listen and Repeat — 91 minutes

We've included extra review time because you can get your speaking instantly evaluated on Magoosh. You'll receive a report that analyzes different aspects of your speech, such as accuracy, pace, and pronunciation. So, when you do one Listen and Repeat task, you'll want to do it again (likely multiple times!) to specifically work on the categories that you didn't score as high in.

Main Lessons — 36 minutes

- Speaking Task – Listen and Repeat
- Listen & Repeat: Chunking and Anticipation
- Listen & Repeat: Scoring and Common Mistakes
- Speaking Skill: Pronunciation
- Other People Talking at the Test Center

Main Practice — 5 minutes

- 1 Listen and Repeat Task

Main Review — 15 minutes

Grammar Lessons — 15 minutes

- Prepositional Phrases
- Fragments vs. Sentences

- [Dependent Clauses](#)

Flashcards — 20 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 2, Day 2 — Writing: Write an Email — 87 minutes

As with Speaking, your Writing essays will be instantly evaluated on Magoosh. Afterwards, you'll receive a report on where your writing could be improved. Be sure to look over that commentary and note common issues and patterns that you struggle with.

Main Lessons — 54 minutes

- [Writing Task – Write an Email](#)
- [Write an Email: Organization & Timing](#)
- [Write an Email: Templates](#)
- [Write an Email: Inventing Details](#)
- [Write an Email: Tone and Register](#)
- [Writing an Email: Putting It All Together](#)

Main Practice — 7 minutes

- 1 Write an Email Task

Main Review — 14 minutes

Grammar Lessons — 12 minutes

- Intransitive Verbs
- Linking Verbs
- Indirect Object

Week 2, Day 3 — Listening: Conversation — 83 minutes

Main Lessons — 30 minutes

- Listening Task – Daily Life Conversation
- Listening Question Type: Detail
- Wrong Answer Trap: The Wrong Detail
- Listening Question Type: Attitude
- Wrong Answer Trap: Strong Emotions

Main Practice — 6 minutes

- 5 Conversation Tasks

Main Review — 8 minutes

Grammar Lessons — 19 minutes

- [Present Tense](#)
- [Past Tense](#)
- [Past Tense Irregular](#)
- [Future Tense](#)

Flashcards — 20 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 2, Day 4 — Listening: Announcement — 80 minutes

Main Lessons — 25 minutes

- [Listening Task – Daily Life Announcement](#)
- [Listening Question Type: Purpose](#)
- [Listening Question Type: Inference](#)
- [Wrong Answer Trap: Don't Go Too Far](#)

Main Practice — 5 minutes

- [4 Announcement Tasks](#)

Main Review — 6 minutes

Grammar Lessons — 24 minutes

- [Intro to Parts of Speech](#)
- [Nouns](#)
- [Verbs](#)

Flashcards — 20 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 2, Day 5 — Reading: Complete the Words — 74 minutes

Main Lessons — 23 minutes

- [Reading Section – Structure and Timing](#)
- [Reading Task – Complete the Words](#)
- [Using Clues in 'Complete the Words'](#)

Main Practice — 12 minutes

- [2 Complete the Words Tasks](#)

Main Review — 20 minutes

Grammar Lessons — 19 minutes

- [Adjectives](#)
- [Adverbs](#)
- [Prepositions](#)

Week 3

Week 3, Day 1 — Speaking: Interview Part 1 — 81 minutes

Today focuses on a new Speaking task: the Interview Task. Again, reviewing and redoing your interview will be a worthwhile exercise.

Starting this week, the schedule now includes ‘Additional Practice and Review.’ This is content outside of the current day’s focus. (For example, this is a Speaking day, but you’ll also do Reading practice.) This is to help keep your skills in other areas and question types sharp. Plus, on test day, you’ll be answering questions from all 4 areas, so it’s good to get used to context switching now.

Main Lessons — 24 minutes

- [Speaking Task – Interview](#)

- [Interview: Organization and Timing](#)
- [Interview: Speaking Templates](#)

Main Practice — 5 minutes

- [1 Interview Task](#)

Main Review — 15 minutes

Grammar Lessons — 11 minutes

- [Introduction to Modal Verbs](#)
- [Would](#)

Additional Practice — 6 minutes

- [Reading: 1 Complete the Words Task](#)

Additional Review — 10 minutes

Flashcards — 10 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 3, Day 2 — Reading: Read in Daily Life — Short — 82 minutes

Main Lessons — 27 minutes

- [Reading Task – Daily Life Passages](#)
- [Reading Question Type: Detail](#)
- [Wrong Answer Trap: The Wrong Detail](#)
- [Wrong Answer Trap: Not in the Text](#)

Main Practice — 5 minutes

- [3 Read in Daily Life – Short Tasks](#)

Main Review — 12 minutes

Grammar Lessons — 12 minutes

- [Can and Could](#)
- [May and Might](#)
- [Should vs. Must](#)

Additional Practice — 5 minutes

- [Listening: 4 Announcement Tasks](#)

Additional Review — 6 minutes

Flashcards — 15 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 3, Day 3 — Writing: Academic Discussion Part 1 — 88 minutes

Remember what you learned in the ‘How to Practice Writing’ lesson: set aside a time next week to return to your essay and edit it.

Main Lessons — 23 minutes

- [Writing Task – Academic Discussion](#)
- [Academic Discussion: Organization](#)
- [Academic Discussion: Templates](#)

Main Practice — 10 minutes

- [1 Academic Discussion Task](#)

Main Review — 18 minutes

Grammar Lessons — 11 minutes

- [Intro to Conjunctions](#)

Additional Practice — 6 minutes

- [Reading: 1 Complete the Words Task](#)

Additional Review — 10 minutes

Flashcards — 10 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 3, Day 4 — Take a Practice Test — 90 minutes

Main Practice — 90 minutes

- [Take the second reserved practice test on Magoosh](#)

Week 3, Day 5 — Review your Practice Test — 90 minutes

Main Review — 90 minutes

Week 4

Week 4 Day 1 — Listening: Academic Talk Part 1 — 82 minutes

Main Lessons — 24 minutes

- Listening Task – Academic Talk
- Listening Question Type: Main Idea
- Listening Skill – Taking Notes

Main Practice — 7 minutes

- 2 Academic Talk Tasks

Main Review — 9 minutes

Grammar Lessons — 10 minutes

- Coordinating Conjunctions/FANBOYS
- Subordinating Conjunctions

Additional Practice — 12 minutes

- Reading: 2 Complete the Words Tasks

Additional Review — 20 minutes

Week 4, Day 2 — Speaking: Interview Part 2 — 88 minutes

Main Lessons — 20 minutes

- [Interview: Choosing the Easiest Answer](#)
- [Interview: Giving Examples](#)
- [Interview: Using Transition Words](#)
- [Interview: Conversational Tone and Vocabulary](#)

Main Practice — 5 minutes

- [1 Interview Task](#)

Main Review — 15 minutes

Grammar Lessons — 19 minutes

- [Past Perfect](#)
- [Present Perfect](#)
- [Future Perfect](#)
- [Participles](#)

Additional Practice — 6 minutes

- [Listening: 5 Conversation Tasks](#)

Additional Review — 8 minutes

Flashcards — 15 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 4, Day 3 — Reading: Academic Passage

Part 1 — 80 minutes

Main Lessons — 28 minutes

- [Reading Task – Academic Passage](#)
- [Reading Question Type: Main Idea](#)
- [Reading Skill – Skimming and Scanning](#)
- [Reading Skill – Difficult Sentences](#)

Main Practice — 7 minutes

- [2 Academic Passage Tasks](#)

Main Review — 14 minutes

Grammar Lessons — 11 minutes

- [Period](#)
- [Comma](#)

Additional Practice — 5 minutes

- Speaking: 1 Listen and Repeat Task

Additional Review — 15 minutes

Week 4, Day 4 — Writing: Build a Sentence

Part 1 — 81 minutes

Main Lessons — 18 minutes

- Writing Task – Building Sentences
- Building Sentences: Using the Clues

Main Practice — 7 minutes

- 7 Build a Sentence Tasks

Main Review — 15 minutes

Grammar Lessons — 10 minutes

- Past Continuous
- Present Progressive
- Future Continuous

Additional Practice — 6 minutes

- Reading: 1 Complete the Words Task

Additional Review — 10 minutes

Flashcards — 15 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 4, Day 5 — Listening: Choose a Response — 81 minutes

Main Lessons — 23 minutes

- [Listening Task – Choose a Response](#)
- [Choose a Response: Using Question Words](#)
- [Choose a Response: Content and Tone](#)

Main Practice — 8 minutes

- [20 Choose a Response Tasks](#)

Main Review — 10 minutes

Grammar Lessons — 9 minutes

- [Complex Sentences](#)
- [Compound Sentences](#)

Additional Practice — 7 minutes

- Writing: 1 Write an Email Task

Additional Review — 14 minutes

Flashcards — 10 minutes

- Keep working on flashcards; once you've mastered a deck, move on to the next.

Week 5

Week 5, Day 1 — Reading: Academic Passage Part 2 — 80 minutes

Main Lessons — 29 minutes

- Reading Question Type: Inference
- Wrong Answer Trap: Too Extreme
- Reading Question Type: 'Except'
- Wrong Answer Trap: Distorted Meaning

Main Practice — 7 minutes

- 2 Academic Passage Tasks

Main Review — 14 minutes

Grammar Lessons — 9 minutes

- [Compound Complex Sentences](#)
- [Comma Splice](#)

Additional Practice — 5 minutes

- [Listening: 4 Announcement Tasks](#)

Additional Review — 6 minutes

Flashcards — 10 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 5, Day 2 — Listening: Academic Talk Part 2 — 82 minutes

Main Lessons — 29 minutes

- [Listening Skill – Notes: Abbreviations and Symbols](#)
- [Main Purpose vs Main Idea](#)
- [Listening Question Type: Function](#)

- [Wrong Answer Trap – Watch Out for Idioms](#)

Main Practice — 7 minutes

- [2 Academic Talk Tasks](#)

Main Review — 9 minutes

Additional Practice — 7 minutes

- [Writing: 7 Build a Sentence Tasks](#)

Additional Review — 15 minutes

Flashcards — 15 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 5, Day 3 — Writing: Academic Discussion Part 2 — 86 minutes

Main Lessons — 12 minutes

- [Academic Discussion: Picking a Side](#)
- [Academic Discussion: Contributing to the Discussion](#)

Main Practice — 10 minutes

- 1 Academic Discussion Task

Main Review — 18 minutes

Additional Practice — 11 minutes

- Reading: 3 Read in Daily Life – Short Tasks
- Reading: 1 Complete the Words Task

Additional Review — 20 minutes

Flashcards — 15 minutes

- Keep working on flashcards; once you've mastered a deck, move on to the next.

Week 5, Day 4 — Take a Practice Test — 90 minutes

Main Practice — 90 minutes

- Take the third reserved practice test on Magoosh

Week 5, Day 5 — Review your Practice Test — 90 minutes

Main Review — 90 minutes

Week 6

Week 6, Day 1 — Reading: Read in Daily Life – Long — 76 minutes

Main Lessons — 16 minutes

- Reading Question Type: Purpose
- Big Picture Purpose

Main Practice — 5 minutes

- 2 Read in Daily Life – Long Tasks

Main Review — 10 minutes

Grammar Lessons — 12 minutes

- Active vs. Passive
- Adverbial Phrases

- [Noun Phrases](#)

Additional Practice — 8 minutes

- [Listening: 20 Choose a Response Tasks](#)

Additional Review — 10 minutes

Flashcards — 15 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 6, Day 2 — Speaking: Interview (Review) — 87 minutes

The Interview lessons today are optional. You have already watched these if you've been following the schedule. However, these lessons can be great to review, especially if you've been struggling with the Interview Task.

Main Lessons — 24 minutes

- [Interview: Giving Examples](#)
- [Interview: Organization and Timing](#)
- [Interview: Speaking Templates](#)
- [Interview: Using Transition Words](#)

Main Practice — 5 minutes

- [1 Interview Task](#)

Main Review — 15 minutes

Grammar Lessons — 7 minutes

- [More on Prepositional Phrases](#)
- [Verbals](#)

Additional Practice — 7 minutes

- [Reading: 3 Read in Daily Life – Long Tasks](#)

Additional Review — 14 minutes

Flashcards — 15 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 6, Day 3 — Writing: Build a Sentence

Part 2 — 90 minutes

Main Lessons — 28 minutes

- [Building Sentences: SVO Ordering](#)

- [Building Sentences: Word Agreement](#)
- [Building Sentences: The Roles of "That"](#)
- [Building Sentences: Complex Sentences](#)

Main Practice — 7 minutes

- [7 Build a Sentence Tasks](#)

Main Review — 15 minutes

Grammar Lessons — 11 minutes

- [Participle Phrases](#)
- [Gerund Phrases](#)

Additional Practice — 6 minutes

- [Listening: 5 Conversation Tasks](#)

Additional Review — 8 minutes

Flashcards — 15 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 6, Day 4 — Reading: Academic Passage

Part 3 — 80 minutes

Main Lessons — 25 minutes

- Reading Question Type: Vocabulary in Context
- Reading Question Type: Reference
- Reading Question Type: 'Insert Text'

Main Practice — 7 minutes

- 2 Academic Passage Tasks

Main Review — 14 minutes

Grammar Lessons — 14 minutes

- The Infinitive
- Infinitive Phrases

Additional Practice — 5 minutes

- Speaking: 1 Listen and Repeat Task

Additional Review — 15 minutes

Week 6, Day 5 — Writing: Academic Discussion Part 3 — 84 minutes

Main Lessons — 33 minutes

- Academic Discussion: Supporting Opinions
- Academic Discussion: Putting It All Together
- Writing Skill – General vs Specific Structure

Main Practice — 10 minutes

- 1 Academic Discussion Task

Main Review — 18 minutes

Grammar Lessons — 7 minutes

- Adjective Clauses

Additional Practice — 7 minutes

- Listening: 2 Academic Talk Tasks

Additional Review — 9 minutes

Week 7

Week 7, Day 1 — Speaking: Listen and Repeat (Review) — 85 minutes

The Listen and Repeat lessons today are optional. You have already watched these if you've been following the schedule. However, these lessons can be great to review, especially if you've been struggling with the Listen and Repeat Task.

Main Lessons — 24 minutes

- Listen & Repeat: Chunking and Anticipation
- Listen & Repeat: Scoring and Common Mistakes
- Speaking Skill: Pronunciation

Main Practice — 5 minutes

- 1 Listen and Repeat Task

Main Review — 15 minutes

Grammar Lessons — 16 minutes

- Essential vs. Non-essential Clauses
- That vs. Which
- Zero Relative Pronoun

Additional Practice — 5 minutes

- [Reading: 2 Read in Daily Life – Long Tasks](#)

Additional Review — 10 minutes

Flashcards — 10 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 7, Day 2 — Listening: Academic Talk (Review) — 86 minutes

The Academic Talk lessons today are optional. You have already watched these if you've been following the schedule. However, these lessons can be great to review, especially if you've struggled to follow or take notes during the Academic Talks.

Main Lessons — 18 minutes

- [Listening Question Type: Main Idea](#)
- [Listening Skill – Taking Notes](#)
- [Listening Skill – Notes: Abbreviations and Symbols](#)

Main Practice — 7 minutes

- [2 Academic Talk Tasks](#)

Main Review — 9 minutes

Grammar Lessons — 12 minutes

- [Subject Case](#)
- [Object Case](#)

Additional Practice — 10 minutes

- [Writing: 10 Build a Sentence Tasks](#)

Additional Review — 20 minutes

Flashcards — 10 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 7, Day 3 — Writing: Write an Email (Review) — 74 minutes

The Write an Email lessons today are optional. You have already watched these if you've been following the schedule. However, these lessons can be great to review, especially if you've struggled with the Write an Email Task.

Main Lessons — 12 minutes

- [Write an Email: Inventing Details](#)
- [Write an Email: Tone and Register](#)

Main Practice — 7 minutes

- [1 Write an Email Task](#)

Main Review — 14 minutes

Grammar Lessons — 12 minutes

- [Singular vs. Plural](#)
- [Possessive](#)

Additional Practice — 6 minutes

- [Listening: 5 Conversation Tasks](#)

Additional Review — 8 minutes

Flashcards — 15 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 7, Day 4 — Take a Practice Test — 90 minutes

Main Practice — 90 minutes

- Take the fourth practice test on Magoosh

Week 7, Day 5 — Review your Practice Test — 90 minutes

Main Review — 90 minutes

Week 8

Week 8, Day 1 — All Skills Review and Test Day Preview — 78 minutes

At the end of this week, you'll be taking one final mock test. However, this time, you'll be taking it on the ETS website. For today, you'll do the free ETS Interactive Sample so that you can experience every question type on ETS's official interface. (Magoosh's interface is similar, but not identical, so it's a good idea to preview what your test day will be like.) To start the Interactive Sample, click on the link, then scroll down to 'Free Products' and click 'Try It Now!' underneath the Interactive Sample.

Once you finish the Interactive Sample, there will be a PDF that you can download. We've included [the ETS TOEFL Overview PDF](#) here since it's basically the same document. Note that either document only has answers to SOME of the questions. It also contains sample responses for Speaking and Writing, so we recommend that you look over those and compare them to your own.

Main Practice — 45 minutes

- [The ETS TOEFL Interactive Sample](#)

Main Review — 15 minutes

Additional Practice — 6 minutes

- [Reading: 1 Complete the Words Task](#)

Additional Review — 12 minutes

Week 8, Day 2 — Reading: Academic Review — 78 minutes

The Reading – Academic lessons today are optional. You have already watched these if you've been following the schedule. However, these lessons

can be great to review, especially if you've been struggling with the longer and denser passages.

Additionally, if you're feeling very strong in Reading, feel free to practice and review a different area today.

Main Lessons — 19 minutes

- [Reading Question Type: Main Idea](#)
- [Reading Skill – Skimming and Scanning](#)
- [Reading Skill – Difficult Sentences](#)

Main Practice — 7 minutes

- [2 Academic Passage Tasks](#)

Main Review — 14 minutes

Additional Practice — 10 minutes

- [Writing: 1 Academic Discussion Task](#)

Additional Review — 18 minutes

Flashcards — 10 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 8, Day 3 — Final Review — 88 minutes

Spend 1 hour today specifically targeting the area that you're weakest in. That can mean reviewing any lessons for question types that you've struggled with, doing additional practice of that question type, and/or reviewing past practice that you've done to remind yourself of what to watch out for on test day.

Additional Practice — 8 minutes

- [Listening: 20 Choose a Response Tasks](#)

Additional Review — 10 minutes

Flashcards — 10 minutes

- [Keep working on flashcards](#); once you've mastered a deck, move on to the next.

Week 8, Day 4 — Take the ETS Practice Test — 90 minutes

Today, you'll be taking a full, free practice test on ETS's website. In addition to the normal value that you get from taking a mock test, you'll be answering every question type through ETS's interface, so you'll also get a feel for what exactly to expect on test day. To start the test, scroll down to the 'Free

Products' area. Underneath 'Full-Length Practice Test 1', click the 'Try it now!' button to start your test.

Main Practice — 90 minutes

- [Take Full-Length Practice Test 1 on the ETS Website](#)

Week 8, Day 5 — Review your ETS Practice Test — 90 minutes

For this final day on the schedule, look over your results from the ETS practice test. For any area that you did well in, pause for a moment and congratulate yourself! For any area that you struggled with or wish that you had performed better in, spend today focusing on that area. That can mean reviewing related lessons or past practice that you've done, and/or doing additional practice sets.

Main Review — 90 minutes

Personalizing Your Schedule

This two-month TOEFL study plan is designed to work for most intermediate-to-advanced English learners, but you may need to adjust it based on your own needs.

If you're getting through the days faster than the estimated times: You may want to supplement your days with additional Custom Practice. Since this schedule does not use all of the Custom Practice content, you can easily increase the amount of practice you do. We recommend that you practice content from a different skill area than what the day already includes (for example, if it's a Speaking day with Additional Reading practice, you could choose to add some Listening sets). However, keep in mind that what's most important is the quality of study you do, not the quantity. It's far better to spend time in careful review of your practice than to blitz through as much practice as possible.

Additionally, if you have extra time available to study, it's important to work on your general English skills, too. Check out our [Best Free TOEFL Resources](#) for ideas on how to augment your practice in Reading, Listening, Speaking, and Writing.

If it's taking you longer to get through the days than the estimated time: That's okay! If you're limited on time, you may want to scale back on some of the lessons (particularly the Grammar lessons) or even the amount of practice. However, if your test is further down the road, keep in mind that you can space this schedule out over more days (for example, taking two days in real life for each day on the schedule) or follow a longer-term study schedule, such as our [Three-Month Study Schedule](#).

Adapting based on your strengths and weaknesses: Though this schedule focuses on each skill area every week, that may not be what's best for you! You'll learn a lot about your strengths and weaknesses during the first week. And from that, you may want to alter what you do and when. For example, if you're really strong in Listening but weak in Writing, you may want to skip some of the Listening lessons and Listening practice so that you can do the Writing lessons sooner and work in more Writing practice.

Pro tip: After your first practice test in Week 1, take a few minutes to write down your three biggest weaknesses. Then, as you go through the schedule, look for opportunities to give those areas extra attention. Small adjustments can make a big difference.