

Three-Month TOEFL Study Plan

Looking for a three-month TOEFL study plan? This comprehensive schedule gives you a day-by-day breakdown for twelve 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 three months right for you? Three months is a great timeframe for TOEFL preparation if you want a more relaxed pace or if you're starting from a beginner-to-intermediate English level. This schedule is designed for 4 days per week—with flexibility in mind—giving you plenty of rest days to absorb what you've learned. If you already have strong English skills and can commit to more intensive study, you may want to check out our [Two-Month TOEFL Study Plan](#) instead.

Practice English outside of test prep, too. While this three-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. See our [Best Free TOEFL Resources](#) for ideas on what kind of general English prep can be added to your schedule as well.

Take your rest days. This schedule covers four days per week, leaving three 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 three-month TOEFL study plan is designed:

- **Balanced skill coverage:** This schedule assumes you need practice in each skill area—Reading, Listening, Speaking, Writing—so you'll work on a variety of skills each week.
- **Task-focused days:** Each day is generally structured around a specific task type. However, starting in Week 2, you'll also start doing "Additional Practice," which is practice in an area that's not the day's focus. (For example, on a Speaking day, you may also have a Reading practice set.) Additionally, weeks without a practice test generally have a day devoted to Mixed Practice.
- **Manageable daily workload:** Days are designed to take between 1.25 and 1.5 hours, for 4 days a week—which is roughly around 5.5 total hours per week.
- **Practice tests roughly every two weeks:** You'll take a full practice test in Weeks 1, 3, 5, 8, 10, and 12 to build up stamina and assess your improvement in specific task types.
- **Grammar and vocabulary integration:** This three-month schedule includes English Grammar lessons and TOEFL Flashcards to help strengthen your foundational skills alongside test-specific strategies.

- **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
- 100% of ETS student-response prompts in Custom Practice (e.g., Speaking: Interview Task, Writing: Academic Discussion Task)
- Roughly 85% of ETS multiple-choice prompts in Custom Practice
- Magoosh TOEFL Flashcards
- 1 ETS Interactive Sample question set
- 2 ETS Full-Length TOEFL Practice Tests

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 2 free practice tests 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 three-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 Weeks 7, 8, and 12:

- [ETS TOEFL Interactive Sample](#) — Official practice questions from ETS
- [ETS Full-Length Practice Test 1](#) — Free full-length test on the ETS website
- [ETS Full-Length Practice Test 2](#) — 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.

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 — 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 4 — 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 — 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 2, Day 2 — Reading: Complete the Words — 79 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 — 9 minutes

- Intransitive Verbs
- Linking Verbs

Flashcards — 15 minutes

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

Week 2, Day 3 — Listening: Choose a Response — 80 minutes

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 — 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 — 8 minutes

- [Indirect Object](#)
- [Prepositional Phrases](#)

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 2, Day 4 — Writing: Write an Email Part 1 — 82 minutes

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 — 27 minutes

- [Writing Task – Write an Email](#)
- [Write an Email: Organization & Timing](#)
- [Write an Email: Templates](#)

Main Practice — 7 minutes

- [1 Write an Email Task](#)

Main Review — 14 minutes

Grammar Lessons — 10 minutes

- [Fragments vs. Sentences](#)
- [Dependent Clauses](#)

Additional Practice — 4 minutes

- [Listening: 10 Choose a Response Tasks](#)

Additional Review — 5 minutes

Flashcards — 15 minutes

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

Week 3

Week 3, Day 1 — Speaking: Listen and Repeat — 94 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 — 27 minutes

- Speaking Task – Listen and Repeat
- Listen & Repeat: Chunking and Anticipation
- Listen & Repeat: Scoring and Common Mistakes

Main Practice — 5 minutes

- 1 Listen and Repeat Task

Main Review — 15 minutes

Grammar Lessons — 17 minutes

- Intro to Parts of Speech
- Nouns

Additional Practice — 12 minutes

- Reading: 2 Complete the Words Tasks

Additional Review — 18 minutes

Week 3, Day 2 — Reading: Read in Daily Life — Short Part 1 — 73 minutes

Main Lessons — 16 minutes

- Reading Task – Daily Life Passages
- Reading Question Type: Detail

Main Practice — 5 minutes

- 3 Read in Daily Life – Short Tasks

Main Review — 12 minutes

Grammar Lessons — 16 minutes

- Verbs
- Adjectives

Additional Practice — 4 minutes

- Listening: 10 Choose a Response Tasks

Additional Review — 5 minutes

Flashcards — 15 minutes

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

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

Main Practice — 90 minutes

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

Week 3, Day 4 — Review your Practice Test — 90 minutes

Main Review — 90 minutes

Week 4

Week 4, Day 1 — Listening: Conversation Part 1 — 79 minutes

Main Lessons — 19 minutes

- [Listening Task – Daily Life Conversation](#)
- [Listening Question Type: Detail](#)
- [Wrong Answer Trap: The Wrong Detail](#)

Main Practice — 8 minutes

- [6 Conversation Tasks](#)

Main Review — 10 minutes

Grammar Lessons — 11 minutes

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

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 2 — Speaking: Interview Part 1 — 93 minutes

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

Main Lessons — 30 minutes

- [Speaking Task – Interview](#)
- [Interview: Organization and Timing](#)
- [Interview: Speaking Templates](#)
- [Speaking Skill: Pronunciation](#)

Main Practice — 5 minutes

- [1 Interview Task](#)

Main Review — 15 minutes

Grammar Lessons — 11 minutes

- [Intro to Conjunctions](#)

Additional Practice — 5 minutes

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

Additional Review — 12 minutes

Flashcards — 15 minutes

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

Week 4, Day 3 — Writing: Academic Discussion Part 1 — 86 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 — 24 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 — 10 minutes

- [Coordinating Conjunctions/FANBOYS](#)

- [Subordinating Conjunctions](#)

Additional Practice — 4 minutes

- [Listening: 10 Choose a Response Tasks](#)

Additional Review — 5 minutes

Flashcards — 15 minutes

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

Week 4, Day 4 — Mixed Practice — 79 minutes

Main Practice — 28 minutes

- [Reading: 3 Read in Daily Life – Short Tasks](#)
- [Reading: 1 Complete the Words Task](#)
- [Listening: 10 Choose a Response Tasks](#)
- [Listening: 6 Conversation Tasks](#)
- [Speaking: 1 Listen and Repeat Task](#)

Main Review — 42 minutes

Grammar Lessons — 9 minutes

- [Complex Sentences](#)

- Compound Sentences

Week 5

Week 5, Day 1 — Reading: Read in Daily Life – Long — 73 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 — 9 minutes

- Compound Complex Sentences
- Comma Splice

Additional Practice — 8 minutes

- Listening: 6 Conversation Tasks

Additional Review — 10 minutes

Flashcards — 15 minutes

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

Week 5, Day 2 — Listening: Academic Talk

Part 1 — 72 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 — 11 minutes

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

Additional Practice — 7 minutes

- Writing: 1 Write an Email Task

Additional Review — 14 minutes

Week 5, Day 3 — Take a Practice Test — 90 minutes

Main Practice — 90 minutes

- Take the third reserved practice test on Magoosh

Week 5, Day 4 — Review your Practice Test — 90 minutes

Main Review — 90 minutes

Week 6

Week 6, Day 1 — Speaking: Interview Part 2 — 92 minutes

Main Lessons — 23 minutes

- Interview: Choosing the Easiest Answer
- Interview: Giving Examples
- Interview: Using Transition Words
- Interview: Conversational Tone and Vocabulary
- Other People Talking at the Test Center

Main Practice — 5 minutes

- 1 Interview Task

Main Review — 15 minutes

Grammar Lessons — 9 minutes

- Present Tense
- Past Tense

Additional Practice — 12 minutes

- Reading: 2 Complete the Words Tasks

Additional Review — 18 minutes

Flashcards — 10 minutes

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

Week 6, Day 2 — Writing: Build a Sentence

Part 1 — 83 minutes

Main Lessons — 18 minutes

- [Writing Task – Building Sentences](#)
- [Building Sentences: Using the Clues](#)

Main Practice — 10 minutes

- [10 Build a Sentence Tasks](#)

Main Review — 20 minutes

Grammar Lessons — 11 minutes

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

Additional Practice — 4 minutes

- [Listening: 1 Academic Talk Task](#)

Additional Review — 5 minutes

Flashcards — 15 minutes

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

Week 6, Day 3 — Reading: Academic Passage Part 1 — 85 minutes

Main Lessons — 23 minutes

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

Main Practice — 7 minutes

- [2 Academic Passage Tasks](#)

Main Review — 14 minutes

Grammar Lessons — 11 minutes

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

Additional Practice — 10 minutes

- Writing: 10 Build a Sentence Tasks

Additional Review — 20 minutes

Week 6, Day 4 — Mixed Practice — 80 minutes

Main Practice — 28 minutes

- Reading: 1 Complete the Words Task
- Listening: 2 Academic Talk Tasks
- Speaking: 1 Listen and Repeat Task
- Writing: 1 Academic Discussion

Main Review — 44 minutes

Grammar Lessons — 8 minutes

- Future Perfect
- Participles

Week 7

Week 7, Day 1 — Listening: Announcement

Part 1 — 75 minutes

Main Lessons — 12 minutes

- Listening Task – Daily Life Announcement
- Listening Question Type: Purpose

Main Practice — 7 minutes

- 6 Announcement Tasks

Main Review — 9 minutes

Grammar Lessons — 10 minutes

- Past Continuous
- Present Progressive
- Future Continuous

Additional Practice — 8 minutes

- Reading: 2 Academic Passage Tasks

Additional Review — 14 minutes

Flashcards — 15 minutes

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

Week 7, Day 2 — Writing: Write an Email Part 2 — 87 minutes

Main Lessons — 27 minutes

- [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 — 11 minutes

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

Additional Practice — 8 minutes

- [Listening: 6 Conversation 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 3 — Reading: Academic Passage Part 2 — 82 minutes

Main Lessons — 19 minutes

- [Reading Question Type: Inference](#)
- [Wrong Answer Trap: Too Extreme](#)
- [Reading Skill – Difficult Sentences](#)

Main Practice — 7 minutes

- [2 Academic Passage Tasks](#)

Main Review — 14 minutes

Grammar Lessons — 12 minutes

- [Can and Could](#)
- [May and Might](#)

- [Should vs. Must](#)

Additional Practice — 5 minutes

- [Speaking: 1 Listen and Repeat Task](#)

Additional Review — 15 minutes

Flashcards — 10 minutes

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

Week 7, Day 4 — Test-Day Interface Preview — 87 minutes

At the end of next week, you'll be taking a practice test on the ETS website.

To prepare for that, you'll do the free ETS Interactive Sample today 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

Grammar Lessons — 9 minutes

- [The Infinitive](#)
- [Active vs. Passive](#)

Additional Practice — 6 minutes

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

Additional Review — 12 minutes

Week 8

Week 8, Day 1 — Writing: Academic Discussion Part 2 — 74 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

Grammar Lessons — 7 minutes

- [Adjective Clauses](#)

Additional Practice — 5 minutes

- [Listening: 4 Announcement Tasks](#)

Additional Review — 7 minutes

Flashcards — 15 minutes

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

Week 8, Day 2 — Listening: Announcement

Part 2 — 68 minutes

Main Lessons — 13 minutes

- Listening Question Type: Inference
- Wrong Answer Trap: Don't Go Too Far

Main Practice — 7 minutes

- 6 Announcement Tasks

Main Review — 9 minutes

Grammar Lessons — 9 minutes

- Essential vs. Non-essential Clauses

Additional Practice — 5 minutes

- Reading: 2 Read in Daily Life – Long Tasks

Additional Review — 10 minutes

Flashcards — 15 minutes

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

Week 8, Day 3 — Take an 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 4 — Review your ETS Practice Test — 90 minutes

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

Week 9

Week 9, Day 1 — Reading: Academic Passage

Part 3 — 71 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 — 7 minutes

- That vs. Which
- Zero Relative Pronoun

Additional Practice — 8 minutes

- Listening: 20 Choose a Response Tasks

Additional Review — 10 minutes

Week 9, Day 2 — Writing: Build a Sentence Part 2 — 96 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 — 10 minutes

- 10 Build a Sentence Tasks

Main Review — 20 minutes

Grammar Lessons — 8 minutes

- Adverbial Phrases
- Noun Phrases

Additional Practice — 5 minutes

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

Additional Review — 10 minutes

Flashcards — 15 minutes

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

Week 9, Day 3 — Listening: Academic Talk Part 2 — 77 minutes

Main Lessons — 14 minutes

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

Main Practice — 7 minutes

- [2 Academic Talk Tasks](#)

Main Review — 9 minutes

Grammar Lessons — 7 minutes

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

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 9, Day 4 — Mixed Practice — 81 minutes

Main Practice — 28 minutes

- [Reading: 2 Read in Daily Life – Long Tasks](#)
- [Listening: 2 Academic Talk Tasks](#)
- [Listening: 10 Choose a Response Tasks](#)
- [Speaking: 1 Interview Task](#)
- [Writing: 1 Write an Email Task](#)

Main Review — 53 minutes

Week 10

Week 10, Day 1 — Reading: Read in Daily Life – Short Part 2 — 70 minutes

Main Lessons — 11 minutes

- 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 — 11 minutes

- Participle Phrases
- Gerund Phrases

Additional Practice — 7 minutes

- Listening: 2 Academic Talk Tasks

Additional Review — 9 minutes

Flashcards — 15 minutes

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

Week 10, Day 2 — Listening: Conversation

Part 2 — 73 minutes

Main Lessons — 11 minutes

- [Listening Question Type: Attitude](#)
- [Wrong Answer Trap: Strong Emotions](#)

Main Practice — 8 minutes

- [6 Conversation Tasks](#)

Main Review — 10 minutes

Grammar Lessons — 9 minutes

- [Infinitive Phrases](#)

Additional Practice — 5 minutes

- [Speaking: 1 Listen and Repeat Task](#)

Additional Review — 15 minutes

Flashcards — 15 minutes

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

Week 10, Day 3 — Take a Practice Test — 90 minutes

Main Practice — 90 minutes

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

Week 10, Day 4 — Review your Practice Test — 90 minutes

Main Review — 90 minutes

Week 11

Week 11, Day 1 — Writing: Academic Discussion Part 3 — 86 minutes

Main Lessons — 32 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

- [Subject Case](#)

Additional Practice — 4 minutes

- [Listening: 10 Choose a Response Tasks](#)

Additional Review — 5 minutes

Flashcards — 10 minutes

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

Week 11, Day 2 — Listening: Academic Talk

Part 3 — 76 minutes

Main Lessons — 15 minutes

- [Listening Question Type: Function](#)
- [Wrong Answer Trap – Watch Out for Idioms](#)

Main Practice — 7 minutes

- [2 Academic Talk Tasks](#)

Main Review — 9 minutes

Grammar Lessons — 5 minutes

- [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 11, Day 3 — Reading: Academic

Passage Part 4 — 73 minutes

Main Lessons — 15 minutes

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

Main Practice — 7 minutes

- 2 Academic Passage Tasks

Main Review — 14 minutes

Grammar Lessons — 6 minutes

- Singular vs. Plural

Additional Practice — 7 minutes

- Listening: 6 Announcement Tasks

Additional Review — 9 minutes

Flashcards — 15 minutes

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

Week 11, Day 4 — Mixed Practice — 86 minutes

Main Practice — 31 minutes

- [Reading: 2 Complete the Words](#)
- [Listening: 2 Academic Talk Tasks](#)
- [Speaking: 1 Interview Task](#)
- [Writing: 1 Write an Email Task](#)

Main Review — 48 minutes

Grammar Lessons — 7 minutes

- [Possessive](#)

Week 12

Week 12, Day 1 — Speaking: Interview (Review) — 81 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 this task type. If you don't want to review any lessons, you can swap in some mixed practice using the remaining Multiple Choice questions in Custom Practice.

Main Lessons — 31 minutes

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

Main Practice — 5 minutes

- [1 Interview Task](#)

Main Review — 15 minutes

Additional Practice — 5 minutes

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

Additional Review — 10 minutes

Flashcards — 15 minutes

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

Week 12, Day 2 — Reading: Complete the Words (Review) — 93 minutes

The Complete the Words 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 this task type. If you don't want to review any lessons, you can swap in some mixed practice using the remaining Multiple Choice questions in Custom Practice.

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

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 12, Day 3 — Take an 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 2', click the 'Try it now!' button to start your test.

Main Practice — 90 minutes

- [Take Full-Length Practice Test 2 on the ETS Website](#)

Week 12, Day 4 — Review your ETS Practice Test — 90 minutes

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 three-month TOEFL study plan is designed to work for most beginner-to-intermediate English learners who want a more relaxed pace, 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 outside English practice. Check out our [Best Free TOEFL Resources](#) for ideas on how to augment your practice in Reading, Listening, Speaking, and Writing. Since this schedule uses most but not all of the Custom Practice content, you can also add more practice sets if you have extra time (and this may particularly be a good idea in Week 12).

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 than just 4 per week.

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.