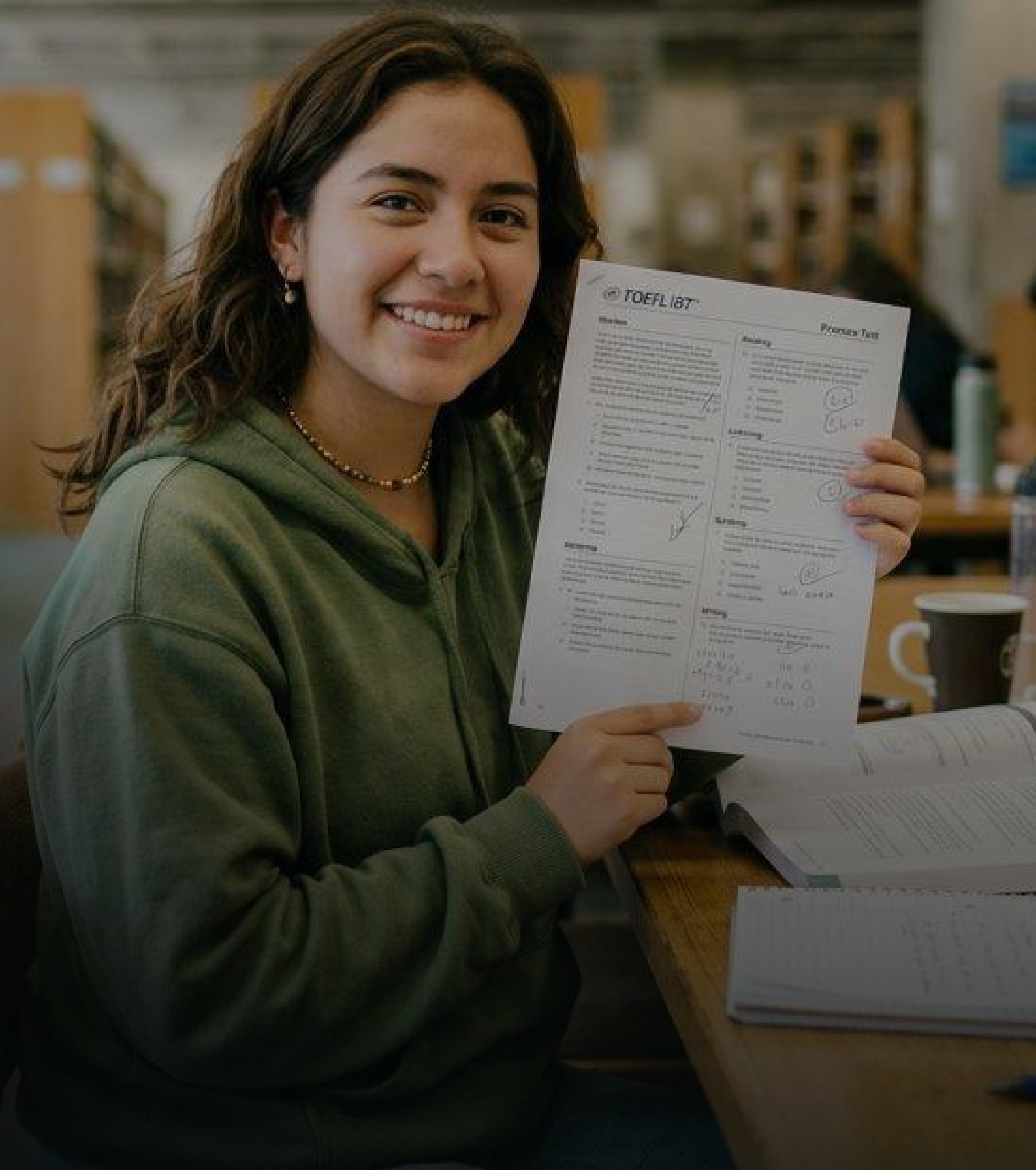
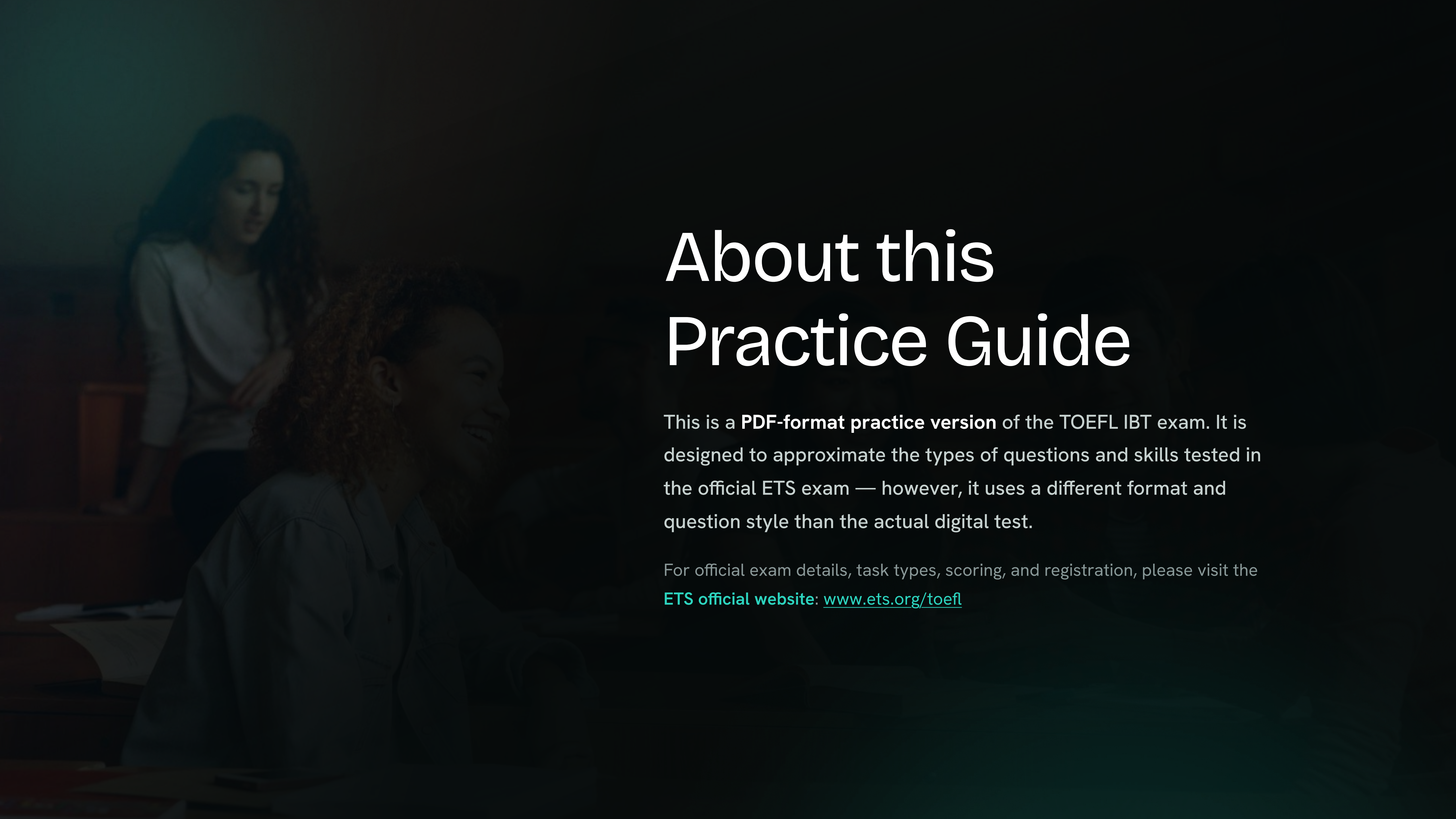


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A dark, moody background image showing two students in a classroom setting. In the foreground, a young woman with curly hair is smiling and looking towards the right. In the background, another student is visible, looking down at something in their hands. The overall tone is educational and positive.

About this Practice Guide

This is a **PDF-format practice version** of the TOEFL IBT exam. It is designed to approximate the types of questions and skills tested in the official ETS exam — however, it uses a different format and question style than the actual digital test.

For official exam details, task types, scoring, and registration, please visit the **ETS official website:** www.ets.org/toefl

SECTION 1

Reading

This is the first section of the exam. Read each text carefully and answer the questions before moving on.

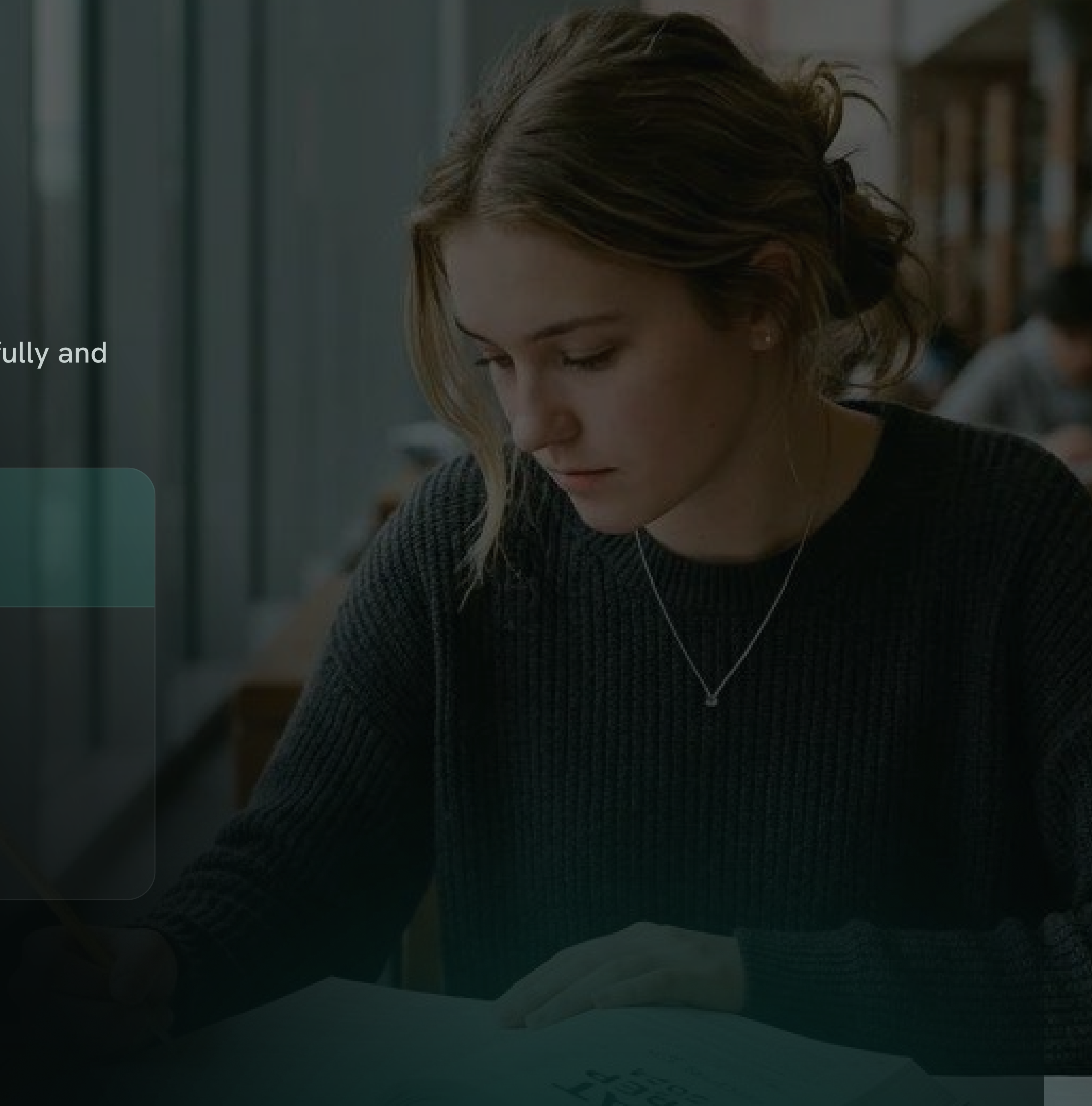
DURATION

~60 min

TASKS

2 Modules / 4 parts

- 1 Fill in the Missing Letters
- 2 Read a Notice
- 3 Read a Social Media Post
- 4 Read an Article



Type the missing letters to complete each word in the paragraph.

The global **confla** _____ was a devastating period that transformed the world. It is **evi** _____ that **nat** _____ conflict caused such extreme **suf** _____. History **reco** _____ that **mil** _____ forces **fou** _____ bravely, while **civil** _____ faced immense **hards** _____. Ultimately, this **tra** _____ event altered the political course of many nations for generations.

NOTICE **Library Updates**

Subscribe to digital newsletters today.

Sign up for our electronic newsletter to receive monthly community reading lists in a convenient PDF format. Access your Library Updates profile through the official website and select notification settings in the upper right-hand corner to enroll.



Q11. What is the primary purpose of the Library Updates announcement?

- ☐ A To invite community members to visit the library in person.
- ☐ B To promote a new mobile application for library members.
- ☐ C To encourage users to enroll in a digital newsletter service.
- ☐ D To explain how to pay library fines electronically.

Q12. According to the text, how can a user enroll in the newsletter?

- ☐ A By accessing their profile through the official website and selecting notification settings in the upper right-hand corner.
- ☐ B By downloading the mobile app and selecting account preferences in the upper right-hand corner.
- ☐ C By responding directly to the monthly electronic PDF document sent to their email.
- ☐ D By updating their Library Updates profile at the front desk of the local library.

SOCIAL MEDIA

Grace Smith's Social Media Post

Every Sunday, our neighborhood park is the place to be! Games, races, homemade picnic snacks, and festive crafts await you. The Garcia family's joyful setup is a must-try, known for its energy and warm spirit. Their booth is always bustling with neighbors eager to enjoy fun, laughter-filled activities from the welcoming team.

Don't miss the activity zone—get there early for the best prizes and contests, including relay games and dance options. The sound of cheerful music fills the air, and these prizes run out fast!

In addition to games, the festival sells lovely items like face-paint, ribbons, and banners. These cute favors make perfect mementos and support local groups. Plus, enjoy live games while you play. Talented local parents help create a vibrant atmosphere, and the family spirit makes it a delightful experience for all. See you there!

Q13. What is the main purpose of this post?

- A** To organize a professional meeting for parents.
- B** To invite the community to a family day festival.
- C** To sell handmade jewelry and pottery online.
- D** To complain about the noise in the local park.

Q15. What helps create a vibrant atmosphere at the park during the event?

- A** The sound of local musicians.
- B** The sale of homemade picnic snacks.
- C** Professional face-painting services.
- D** Talented local parents participating in activities.

Q14. What are visitors encouraged to do early at the festival?

- A** Buy fresh, pesticide-free vegetables.
- B** Join the Garcia family's booth.
- C** Get the best prizes and contest entries.
- D** Purchase handmade textiles and banners.

ARTICLE **The Dunning-Kruger Effect**

Many people overestimate their own competence in various fields; they usually reach this conclusion when they have very little actual knowledge. The tendency to overestimate one's own ability is considered to be a key component of cognitive bias and lack of self-awareness in humans. But what about experts?

For many years, psychologists have known that individuals with low ability often struggle to recognize their own incompetence. They measured this by the "Dunning-Kruger effect," which involved testing a person's skill in a specific area, and then asking that person to estimate their own performance. If the person greatly overestimated their rank, the researchers knew that the person was lacking the metacognitive skills to recognize their own error.

Novices are prone to this bias, but in recent years, researchers have discovered that even competent people may experience the opposite effect. Highly skilled individuals often underestimate their relative competence. But in a more recent study, a group of scholars found that as people gain true expertise, their confidence often aligns more accurately with their actual performance. This suggests that achieving mastery may reduce the overconfidence gap more than previously suspected.

Q16. In the phrase "achieving mastery may reduce the overconfidence gap," what does the word "mastery" most likely mean?

- A** Basic understanding of a topic.
- B** A minor mistake in judgment.
- C** A high level of skill or knowledge.
- D** The act of guessing correctly.

Q18. According to the text, what happens when people with low ability evaluate their own performance?

- A** They accurately estimate their rank compared to others.
- B** They often overestimate their own competence.
- C** They seek out experts to help them improve.
- D** They realize they lack metacognitive skills immediately.

Q17. What is the primary purpose of the second paragraph?

- A** To define the Dunning-Kruger effect and explain how it was measured.
- B** To argue that novices are better than experts at self-assessment.
- C** To describe the historical origin of the mirror test.
- D** To suggest that confidence is not related to competence.

Q19. What do researchers often observe in highly skilled individuals regarding their self-assessment?

- A** They tend to overestimate their performance significantly.
- B** They ignore their performance and focus only on confidence.
- C** They are unable to gain true expertise over time.
- D** They often underestimate their relative competence.

Q20. Based on the text, what can be inferred about the relationship between knowledge and self-awareness?

- ☐ A People always become less confident as they learn more.
- ☐ B Gaining true expertise can lead to a more accurate perception of one's own abilities.
- ☐ C Self-awareness is only possible for those who have never overestimated their skills.
- ☐ D The Dunning-Kruger effect only applies to people who are completely unskilled.

Type the missing letters to complete each word in the paragraph.

Defining beauty is a **com** _____ task because it **rel** _____ on individual **per** _____. What one **per** _____ perceives as **appea** _____, another might view as **qui** _____ unappealing. This **sub** _____ concept **exp** _____ that aesthetic **tas** _____ are not universal. Every person forms their own unique **underst** _____ of what they consider to be true visual pleasure.

EMAIL **Course Registration Reminder Email**

To: student.services@university.edu
From: registrar@university.edu
Date: 07/02/2026
Subject: Course registration deadline reminder

Dear Student,

The registration request for your fall courses that you submitted on July 1st has been processed. The final deadline to finalize your schedule is July 10th at 5:00 PM. All necessary prerequisite documents must be uploaded, but please bring your original identification card if required.

Best regards,
Academic Registrar Office



Q11. What is the primary purpose of this email?

- A** To confirm that the student's course registration is complete.
- B** To remind the student of the upcoming deadline to finalize their course schedule.
- C** To inform the student that their registration request was denied.
- D** To ask the student to submit new prerequisite documents.

Q12. According to the email, what must the student do by the final deadline?

- A** Submit a new request for fall courses.
- B** Visit the Academic Registrar Office in person with their schedule.
- C** Reply to the email confirming they received the reminder.
- D** Finalize their schedule and upload all necessary prerequisite documents.

EMAIL **Museum VR Exhibit Invitation**

To: history.buff@dmal.com
From: museum.events@dmal.com
Subject: You're Invited - Explore Cold War History in VR!

Dear History Enthusiast,

We're excited to invite you—and your friends and family—to the grand opening of our new virtual reality exhibit at 10 Heritage Avenue, happening next Monday. This event is a great opportunity to explore our state-of-the-art technology, featuring immersive headsets, engaging historical simulations, and expert educational guides.

This celebration, exclusively for our valued members and their guests, will include guided walkthroughs, live VR demonstrations, and complimentary refreshments. It's the perfect chance to experience our history-focused approach to the Cold War and introduce others to a space designed for all learning levels.

Bring your friends and family! We're offering a special one-day-only discount on annual museum passes for all attendees.

For questions or to RSVP, contact our customer service team at 555-1234.
Warm regards, John Parker

Q13. Based on the text, what can be inferred about the museum's new exhibit?

- ☐ A It is designed only for professional historians.
- ☐ B It relies on interactive technology to educate visitors.
- ☐ C It focuses primarily on modern conflicts rather than the Cold War.
- ☐ D It does not allow guests to attend with members.

Q14. What benefit is offered to attendees of the event on the day of the opening?

- ☐ A A special discount on annual museum passes.
- ☐ B A free lifetime membership to the museum.
- ☐ C A private meeting with the museum director.
- ☐ D Access to an exclusive virtual reality headset to take home.

Q15. What is the primary function of the final line of the email?

- ☐ A To list the history of the Cold War exhibit.
- ☐ B To explain how to use the virtual reality headsets.
- ☐ C To announce the closing time of the museum branch.
- ☐ D To provide contact details for inquiries and reservations.

ARTICLE **The Evolution of Streaming Platforms**

Many viewers underestimate the complexity of content delivery in digital entertainment; they usually reach this conclusion when they consider streaming a simple "on-demand" service. The rapid transition of traditional cable content to digital formats is considered to be a key component of the modern media landscape. But what about the technology behind it?

For many years, developers have known that maintaining high-quality video for millions of users simultaneously is a significant technical challenge. They measured this by "latency and buffering rates," which involved testing a platform's infrastructure during peak traffic, and then asking users to report their viewing experience. If the user encountered significant delays, the engineers knew that the platform was lacking the server capacity to handle the regional demand.

Early adopters were prone to these interruptions, but in recent years, companies have discovered that even massive platforms may experience unexpected congestion. High-traffic events often overwhelm traditional delivery networks. But in a more recent study, a group of developers found that as platforms move toward hybrid infrastructures, their performance often aligns more accurately with viewer expectations. This suggests that achieving optimized content delivery may reduce the buffering gap more than previously suspected.

Q16. In the first paragraph, what does the word "transition" most likely mean?

- A** A sudden stop in development.
- B** The process of changing from one state to another.
- C** The increase in cost for the consumer.
- D** A technical failure in software.

Q18. According to the text, what did developers use to measure the technical challenges of streaming?

- A** The number of new shows released per month.
- B** User feedback regarding subscription prices.
- C** Latency and buffering rates.
- D** The total number of subscribers in a specific region.

Q17. In the phrase "achieving optimized content delivery," what does the word "optimized" mean?

- A** Made as effective or functional as possible.
- B** Made more expensive for the company.
- C** Converted to an outdated system.
- D** Reduced in quality to save energy.

Q19. What is the primary purpose of the second paragraph?

- A** To explain the history of cable television.
- B** To argue that streaming is superior to all other forms of media.
- C** To list the prices of different streaming platforms.
- D** To describe how engineers identify and measure streaming service issues.

Q20. Based on the text, what can be inferred about the future of streaming performance?

- A** Platforms will likely continue to struggle with buffering regardless of infrastructure.
- B** Adopting hybrid infrastructures is a strategy to improve user viewing experiences.
- C** Most viewers prefer cable television over digital streaming platforms.
- D** The complexity of streaming will eventually cause all platforms to shut down.

SECTION 2

Listening

Great work! Now get ready for the Listening section. You will hear audio recordings — pay close attention to tone and the speaker's purpose.

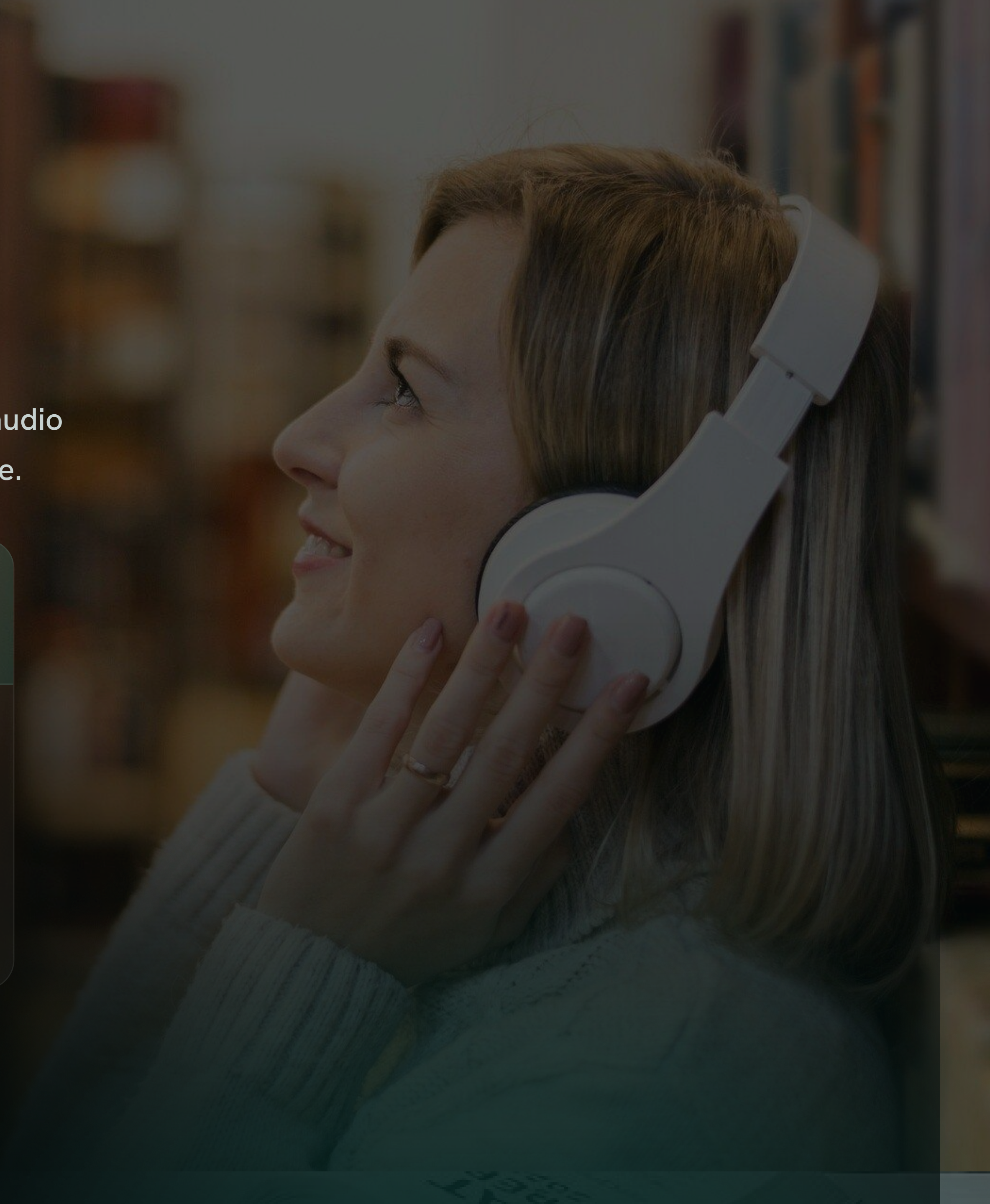
DURATION

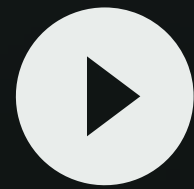
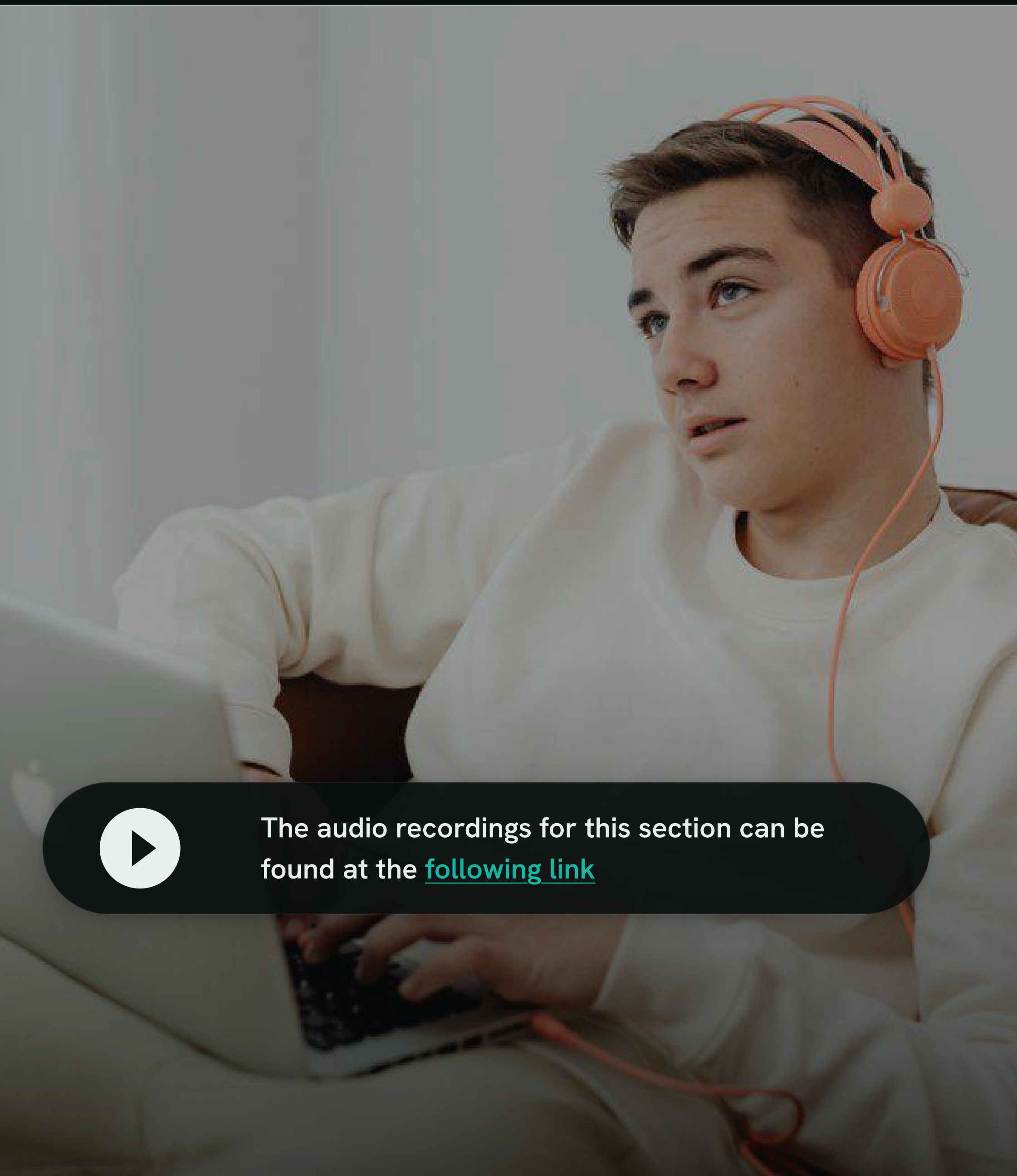
~35 min

TASKS

2 Modules / 4 parts

- 1 Choose the Best Response
- 2 Listen to a Conversation
- 3 Listen to an Announcement
- 4 Listen to a Podcast





The audio recordings for this section can be found at the [following link](#)

Listen to each phrase and select the option that best fits the context.

Q1.

- ☐ A I already submitted my RSVP to the committee.
- ☐ B I'm not sure, the park is quite a long drive.
- ☐ C We usually have picnics whenever the weather is nice.
- ☐ D Actually, I have a conflict that day, so I won't be going.

Q2.

- ☐ A I try to leave early to avoid the heaviest traffic.
- ☐ B The office is located right in the business district.
- ☐ C I prefer taking the train because I can read during the commute.
- ☐ D My manager is very strict about our arrival times.

Q3.

- A** I think there is a smaller one in the back room.
- B** I'm sorry, I have a meeting I need to get to right now.
- C** You should probably use the rolling cart for that.
- D** The delivery arrived at the front desk this morning.

Q5.

- A** It's actually supposed to stop raining very soon.
- B** I'm sorry, I left it in my car this morning.
- C** I bought this umbrella at the airport gift shop.
- D** You can probably find one at the lost and found.

Q4.

- A** 'm leaning towards the new French bistro downtown.
- B** I think the reservation for Friday is already set.
- C** We usually host our parties at the local community hall.
- D** Dinner is typically served around seven o'clock.

Q6.

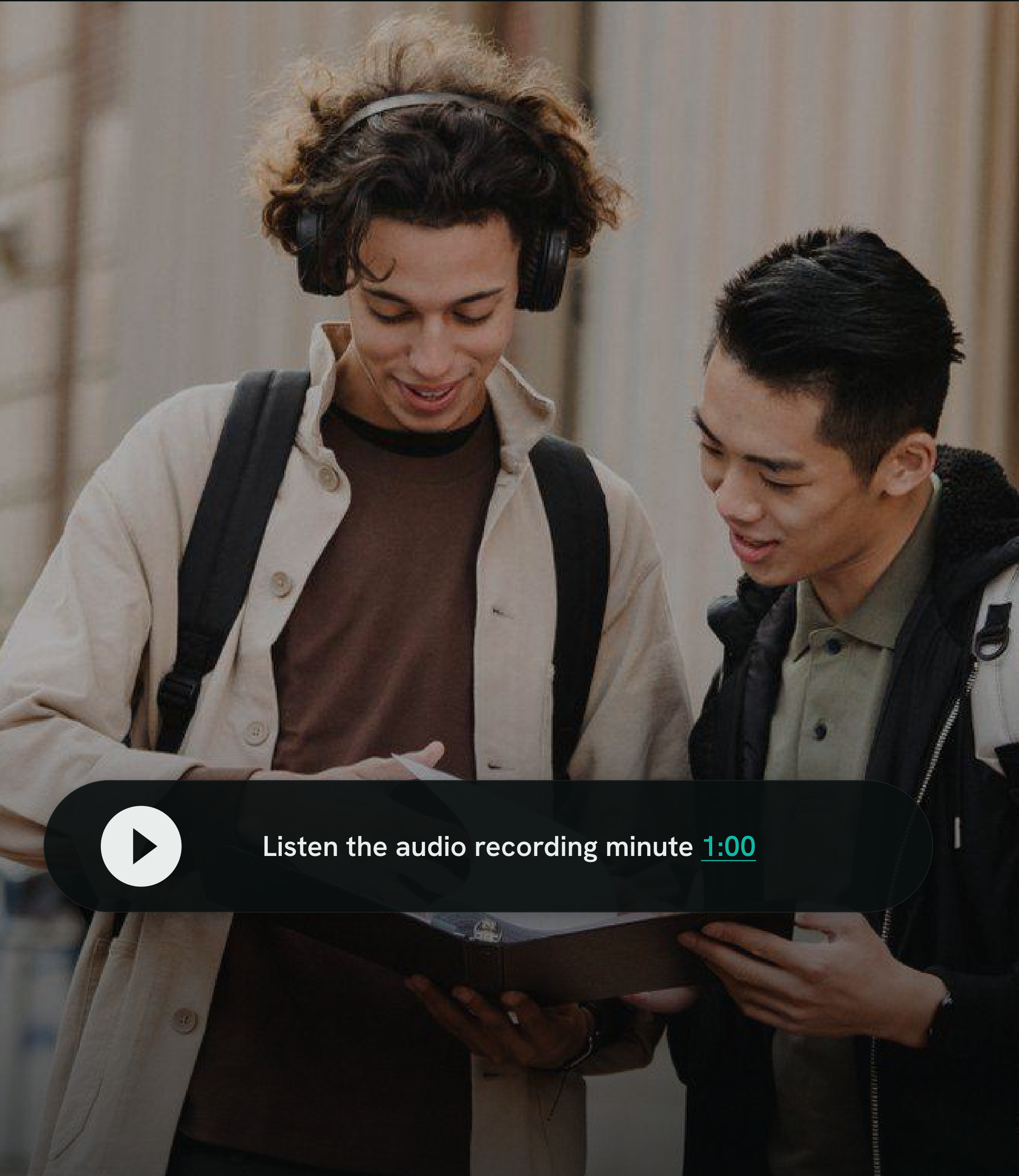
- A** The airline has a very strict check-in policy.
- B** There were not some technical issues with the boarding gate.
- C** Due to severe weather, all departures were grounded.
- D** I think the pilot needed to arrive a bit earlier.

Q7.

- ☐ A I believe the clinic on Main Street is open until nine.
- ☐ B I usually buy my medicine at the supermarket.
- ☐ C You should ask the receptionist for a local recommendation.
- ☐ D There is one right across the street, next to the bank.

Q8.

- ☐ A I heard they are completely sold out for tonight's show.
- ☐ B The ticket office closes at five in the afternoon.
- ☐ C You can purchase them online through the theater's website.
- ☐ D I wasn't aware there was a concert scheduled for this week.



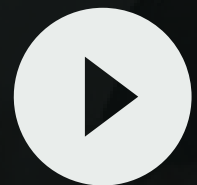
Listen to each audio carefully and answer the questions that follow.

Q9. Based on the conversation, what is the pharmacist's role in this interaction?

- ☐ A To personally stock the shelves with new medication.
- ☐ B To provide professional verification of medication safety for the customer.
- ☐ C To process the customer's payment at the counter.
- ☐ D To explain how to use the store's aisle navigation system.

Q10. What is the function of the woman's final sentence: "Great, he's finishing with a customer and will be right there"?

- ☐ A To dismiss the customer from the store.
- ☐ B To express frustration with the pharmacist.
- ☐ C To manage the customer's expectations regarding their wait time.
- ☐ D To apologize for the store's lack of stock.



Listen the audio recording minute **1:00**

Q11. According to the woman, where can the student find the information for the research workshops?

- ☐ A In the online student portal.
- ☐ B At the library circulation desk.
- ☐ C By calling the research department.
- ☐ D By going to the library on Saturday.

Q12. What can be inferred about the man's plan to visit the library on Saturday?

- ☐ A It is the best way to get the most updated information.
- ☐ B He is likely to meet the workshop instructor there.
- ☐ C He will have a productive morning completing his sign-up.
- ☐ D It would have been an unsuccessful effort to achieve his goal.

Listen to each audio carefully and answer the questions that follow.

Q13. What is the announcement about?

- ☐ A An open house event at a fraternity house
- ☐ B A new housing policy for university students
- ☐ C Requirements for joining a residential program
- ☐ D A scheduled maintenance update for a campus building

Q14. Why does the speaker mention the limited space at the fraternity house?

- ☐ A To inform students about the size of the study halls
- ☐ B To explain why students need to register for the event in advance
- ☐ C To compare the fraternity house to other residential options
- ☐ D To discourage students from bringing guests to the tour



Listen the audio recording minute [2:20](#)



Listen the audio recording minute [3:12](#)

Listen to each audio carefully and answer the questions that follow.

Q15. What is the primary function of the second paragraph in this talk?

- ☐ A To argue that high-end restaurants are a waste of money.
- ☐ B To contrast "sensory fascination" with a more relaxed approach to dining.
- ☐ C To provide a history of how culinary trends have evolved over time.
- ☐ D To list the ingredients necessary to prepare a home-cooked meal.

Q16. What is the speaker's attitude toward the experience of "casual dining"?

- ☐ A Critical and dismissive.
- ☐ B Admiring but hesitant.
- ☐ C Appreciative and balanced.
- ☐ D Indifferent and uncertain.

Q17. Based on the talk, what can be inferred about the speaker's view on "sensory fascination"?

- ☐ A It is the only way to truly enjoy the quality of a meal.
- ☐ B It is a professional technique that should be mastered by all home cooks.
- ☐ C It is an outdated concept that is being replaced by fast food.
- ☐ D It can lead to a less enjoyable dining experience if overused.

Q18. According to the speaker, what is a potential negative consequence of "sensory fascination" during a meal?

- ☐ A It can cause the palate to feel overwhelmed or tired.
- ☐ B The meal becomes too expensive.
- ☐ C The food loses its nutritional value.
- ☐ D The atmosphere of the restaurant becomes too loud.

Listen to each phrase and select the option that best fits the context.

Q1.

- ☐ A I believe she posted a notice on the department bulletin board.
- ☐ B The office is located in the west wing of the building.
- ☐ C You can find her syllabus online in the student portal.
- ☐ D I haven't checked my email since yesterday morning.

Q2.

- ☐ A The lab sessions are always held on Friday afternoons.
- ☐ B You need to do that through the online course dashboard.
- ☐ C I think the science building is under renovation right now.
- ☐ D There are only five spots remaining for that class.



The audio recordings for this section can be found at the [following link](#)

Q3.

- ☐ A The sociology department is hosting a lecture tomorrow.
- ☐ B I'm still waiting for the other members to send their parts.
- ☐ C The assignment was due at the beginning of the semester.
- ☐ D Sociology is one of the most popular majors on campus.

Q5.

- ☐ A The bookstore has a long line of students right now.
- ☐ B I have already purchased all my supplies for the semester.
- ☐ C The textbook costs more than I initially budgeted for.
- ☐ D The professor mentioned that the digital version is sufficient.

Q4.

- ☐ A The library staff is very helpful with research queries.
- ☐ B You should definitely reserve a study room in advance.
- ☐ C Yes, they are extending the hours until midnight all week.
- ☐ D Finals week is always the busiest time of the semester.

Q6.

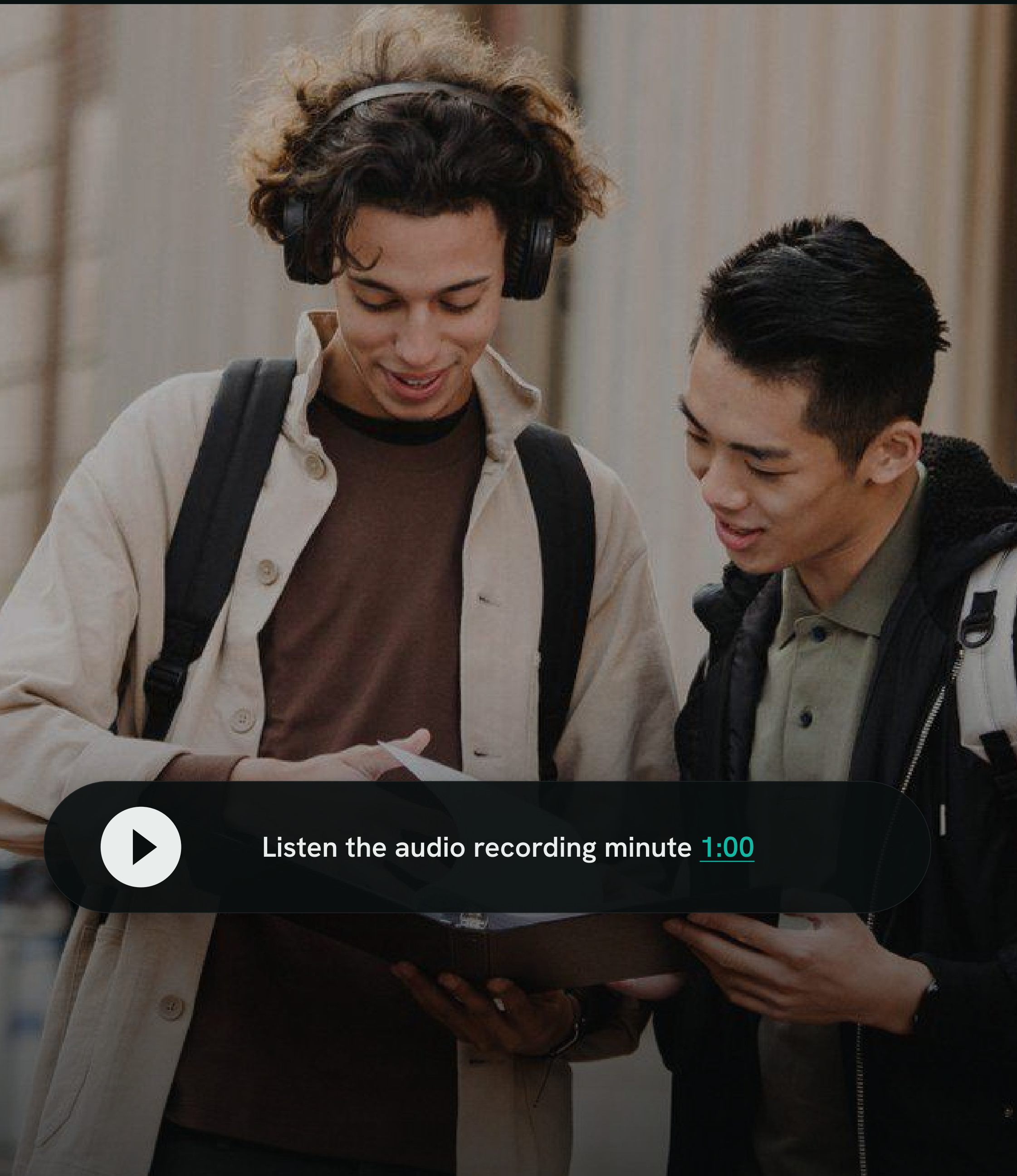
- ☐ A The tour guide will be waiting by the main fountain.
- ☐ B I think the campus map is available on the university app.
- ☐ C The tour lasts for approximately two hours.
- ☐ D We have a class in the main building right after this.

Q7.

- ☐ A I usually eat lunch at the student union building.
- ☐ B The cafeteria menu changes every single day.
- ☐ C They usually start serving hot food at eleven o'clock.
- ☐ D I prefer to bring my own lunch from home.

Q8.

- ☐ A The orientation covers all the important campus policies.
- ☐ B It takes about thirty minutes to watch the entire video.
- ☐ C I am also attending the orientation for the first time.
- ☐ D You should have received it in the welcome packet email.



Listen the audio recording minute [1:00](#)

Listen to each audio carefully and answer the questions that follow.

Q9. What is the man's main reason for wanting to order food?

- ☐ A He is feeling exhausted from his morning work.
- ☐ B He wants to try a new culinary trend.
- ☐ C He has a meeting at the Mediterranean restaurant.
- ☐ D He is hosting a dinner for friends.

Q10. What is the purpose of the woman's sentence: "I've been craving something fresher than pizza, and their salads are supposed to be excellent"?

- ☐ A To complain about the quality of local pizza.
- ☐ B To justify her preference for the Mediterranean restaurant.
- ☐ C To ask the man to cook a salad at home.
- ☐ D To suggest that they should order both pizza and salad.

Listen to each audio carefully and answer the questions that follow.

Q11. What is the main purpose of the announcement?

- ☐ A To notify guests about a change in pool availability
- ☐ B To announce a new fitness center schedule
- ☐ C To inform guests of a special event on the terrace
- ☐ D To encourage guests to use the rooftop more often

Q12. What are guests advised to do during the closure?

- ☐ A Wait near the pool area
- ☐ B Assist with the cleaning process
- ☐ C Utilize alternative hotel facilities
- ☐ D Contact the reception for a full refund



Listen the audio recording minute [1:43](#)



Listen the audio recording minute **2:25**

Listen to each phrase and select the option that best fits the context.

Q13. What is the primary focus of this podcast episode?

- A** The economic benefits of modernizing city water infrastructure.
- B** Strategies and the urgency of water conservation in urban settings.
- C** The history of water usage in major metropolitan areas.
- D** How to calculate the daily water footprint of an average household.

Q14. What is the speaker's attitude toward current water consumption habits?

- A** Indifferent; they believe the problem will eventually solve itself.
- B** Optimistic; they feel that technology will soon eliminate water scarcity.
- C** Urgent and serious; they emphasize the gravity of the current situation.
- D** Skeptical; they doubt that individual actions can have a meaningful impact.

Q15. What can be inferred from the speaker's mention of "catastrophic" costs in the coming decade?

- ☐ A They believe that water will become the most expensive liquid on the planet.
- ☐ B They imply that the consequences of inaction will extend beyond just environmental damage.
- ☐ C They suggest that the government will implement strict water rationing very soon.
- ☐ D They believe that the solution is to completely stop using tap water.

Q16. What is the main purpose of the host's final call to action, "It is time to act with intention and mindfulness before our taps run dry"?

- ☐ A To inform the audience about the technical engineering of faucets.
- ☐ B To criticize the personal habits of the podcast listeners.
- ☐ C To persuade the listeners to adopt more responsible water-saving behaviors.
- ☐ D To ask the listeners to donate money to environmental organizations.

SECTION 3

Writing

Excellent work! Time for the Writing section. Express your ideas clearly and support them with relevant details.

DURATION

~29 min

TASKS

3 parts

- 1 Build a Sentence
- 2 Write an Email
- 3 Write for an Academic Discussion

Write the words in the correct order to form grammatical sentences.

Q1. Do you have any plans for the weekend?

I'm _____ is nice.

Words: about / thinking / if / the / going / weather / to / the / beach

Q2. Could you give me a hand with this report?

Sure, _____ this _____ I will _____ there.

Words: finish / let / email / right / be / me / and

Q3. How was your trip to the city last week?

_____, but _____ from _____ we did.

Words: walking / It / definitely / was / all / the / great / am / I / tired

Q4. Are you coming to the team lunch today?

I would _____ I _____ 2:00 PM.

Words: but / have / love / meeting / until / that / a / runs / to

Q5. I'm not sure what to order for dinner

Why _____ cooking?

Words: don't / of / we / instead / just / pizza / some / get

Q6. Do you know if the library is still open?

_____ 8:00 PM _____, so you should hurry.

Words: fridays / sure / I'm / on / pretty / close / at / they

Q7. I think I left my umbrella on the bus.

That is a shame! _____.

Words: check / the / tomorrow / office / and / You / should / lost / found

Q9. What time should we start getting ready for the party?

Let's aim for 7:00 PM _____.

Words: minute / last / at / the / so / are / we / rushing / not

Q8. How do you feel about the new office layout?

Honestly, _____.

Words: properly / it / concentrate / is / to / a / me / bit / me / for / noisy / too

Q10. Did you hear that Sarah got a new job in London?

I did! I'm _____, _____.

Words: here / we / her / miss / will / though / even / really / her / for / happy

You will review some provided details and use that information to compose an email. Set a timer for 7 minutes to complete this task.

You are a member of a university fraternity, and you are planning an upcoming charity event. However, the venue you reserved for the party has suddenly cancelled your booking, and you need to find a new location on campus.

Write an email to the university's Event Coordinator. In your email, do the following:

- Explain the purpose of your fraternity's event.
- Describe the situation regarding the venue cancellation.
- Ask about the availability of alternative rooms or halls for the requested date.

Write as much as you can and in complete sentences.

Your response:

To: events@university.edu

Subject: Venue change request for upcoming charity fundraiser

[illegible]

A professor has posted a question for an online class discussion, and students have shared their varying perspectives. Your task is to contribute to this ongoing conversation.

In your response, you should do the following:

- Express and support your own opinion on the matter.
- Make a meaningful contribution to the existing discussion using your own words.
- An effective response will contain at least 100 words.

Please set a timer for 10 minutes before you begin writing to ensure you complete this task within the allotted time.



Professor

With the rapid advancement of technology, many cities are moving toward becoming 'smart cities,' where data and technology are used to manage resources and services efficiently. However, this often raises concerns regarding privacy and data security. Do you believe the benefits of living in a smart city outweigh the potential privacy risks? Why or why not?

Student 1:

I think the benefits definitely outweigh the risks. Smart cities can optimize traffic flow, reduce energy consumption, and make public services more accessible. While privacy is important, I believe we can develop strong security protocols to protect citizen data while enjoying a more sustainable urban life.



Student 2:

I have to disagree. I think the level of surveillance required for a city to be truly 'smart' is dangerous. Giving local governments or private corporations access to our real-time location and behavioral data is an invasion of privacy that could be abused. I prefer traditional cities where my daily movements aren't tracked by algorithms.

Your response:



SECTION 4

Speaking

Almost there! The final section is Speaking. Record your responses if possible so you can review them afterward.

DURATION

~17 min

TASKS

2 parts

1 Listen and Repeat

2 Take an Interview



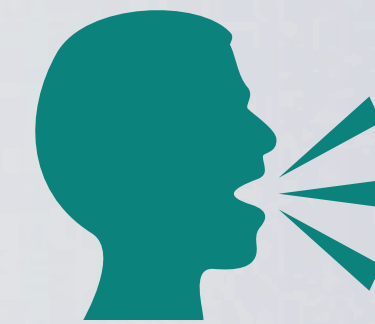
You will hear someone speaking to you. Listen attentively and repeat exactly what you hear. You will not have any time to prepare before responding.

Imagine you are training to greet visitors at the aquarium. Listen to your manager's instructions and repeat them exactly as spoken. You should repeat the message only once.



The audio recordings for this section can be found at the [following link](#)

Your response:



An interviewer will ask you a series of questions. Provide as much detail as possible in your responses within the time provided.

Please note that no preparation time will be allowed.

You have agreed to participate in a research study regarding urban mobility. You will have a brief online interview with a researcher who will ask you several questions.



The audio recordings for this section can be found at the [following link](#)

Your response:



Hoja de respuestas del diagnóstico

Compara la opción de respuesta que escribiste o seleccionaste con la clave de respuestas que aparece a continuación.





Reading — Hoja de Respuestas

Module 1: 20 questions · Module 2: 20 questions

	Módulo 1	Módulo 2
Q1	conflagration	complex
Q2	evident	relies
Q3	nations	perception
Q4	suffering	person
Q5	records	appealing
Q6	military	quite
Q7	fought	subjective
Q8	civilians	explains
Q9	hardship	tastes
Q10	tragic	understanding
Q11	B	B
Q12	A	D
Q13	B	B
Q14	C	A
Q15	D	D
Q16	C	B
Q17	A	A
Q18	B	C
Q19	D	D
Q20	B	B

Scores are reported on a 0–6 scale, with 6 representing the highest level of performance

The score conversion table is not official. It is an estimated guide designed for practice tests and score simulations. Because the TOEFL iBT 2026 uses an adaptive testing system and statistical scoring models to calculate final scores, ETS does not publish an exact conversion from the number of correct answers to the reported score.

Reading Score Conversion

Correct Answers	Estimated Score
39–40	6.0
36–38	5.5
32–35	5.0
29–31	4.5
24–28	4.0
16–23	3.5
8–15	3.0
5–7	2.5
3–4	2.0
2	1.5
0–1	1.0



Listening — Hoja de Respuestas

Module 1: 18 questions · Module 2: 16 questions

	Módulo 1	Módulo 2
Q1	D	A
Q2	C	B
Q3	B	B
Q4	A	C
Q5	B	D
Q6	C	A
Q7	D	C
Q8	A	D
Q9	B	A
Q10	C	B
Q11	A	A
Q12	D	C
Q13	A	B
Q14	B	C
Q15	B	B
Q16	C	C
Q17	D	
Q18	A	

Scores are reported on a 0–6 scale, with 6 representing the highest level of performance

Because the TOEFL iBT 2026 uses an adaptive testing system and statistical scoring models to calculate final scores, ETS does not publish an exact conversion from the number of correct answers to the reported score.

Listening Score Conversion

Correct Answers	Estimated Score
33–34	6.0
30–32	5.5
27–29	5.0
24–26	4.5
20–23	4.0
14–19	3.5
7–13	3.0
4–6	2.5
3	2.0
2	1.5
0–1	1.0



Writing — Build a Sentence

10 sentences · correct answers

- 1 I'm thinking about going to the beach if the weather is nice.
- 2 Sure, let me just finish this email and I will be right there.
- 3 It was great, but I am definitely tired from all the walking we did.
- 4 I would love to but I have a meeting that runs until 2:00 PM.
- 5 Why don't we just get some pizza instead of cooking?
- 6 I'm pretty sure they close at 8:00 PM on Fridays, so you should hurry.
- 7 You should check the lost and found office tomorrow.
- 8 Honestly, it is a bit too noisy for me to concentrate properly.
- 9 Let's aim for 7:00 PM so we are not rushing at the last minute.
- 10 I did! I'm really happy for her, even though we will miss her here.

Scores are reported on a 0–6 scale, with 6 representing the highest level of performance

Writing score = (Build a sentence × 0.30) + (Email × 0.35) + (Academic discussion × 0.35)

Writing Score Estimation

Task	Questions	How it is scored (Estimated)	Weight
Build a Sentence	10 questions	Each correct sentence = 1 point. 10/10 = 6.08-9/10 = 5.0-5.56-7/10 = 4.0-4.54-5/10 = 3.0-3.52-3/10 = 2.0-2.50-1/10 = 0-1.5	30%
Write an Email	1 task	6: Fully completes the task, clear organization, appropriate tone, strong grammar and vocabulary. 5: Completes the task well with minor errors. 4: Adequate response with some errors or limited development. 3: Partially completes the task; frequent errors affect clarity. 2: Limited response with weak organization and many errors. 1: Minimal response with major problems. 0: Blank, irrelevant, or off-topic.	35%
Academic Discussion	1 task	6: Provides a relevant, well-developed contribution with clear ideas and strong language control. 5: Relevant response with good development and minor mistakes. 4: Understandable response with some limitations. 3: Basic ideas with noticeable language errors. 2: Limited contribution with weak support. 1: Very unclear or minimally related response. 0: No meaningful response.	35%
Final Writing Score	All tasks	The three tasks are combined to produce a reported score on a 0–6 scale.	100%



Writing — Write and email

Compare the email you wrote with the three sample responses below. Choose the one that most closely matches your response to estimate your score.

Scored 1 on TOEFL IBT 2026 scale

Dear Event Coordinator,

I am write this email because my fraternity have a charity event. The event is for help people and collect money. We have a place but the place cancel our reservation suddenly.

We need find another room in the university. The date is coming and we need a new place. Can you tell me if there is a room available? We need a big hall for the students.

Thank you for your help.
Sincerely,
John

Explanation

This response received a score of 1 because it only communicates the basic idea of the situation but has many grammar, vocabulary, and sentence structure problems. The writer uses simple words and repetitive phrases, and some sentences are incomplete or incorrect. Although the email mentions the charity event and the need for a new location, it does not provide enough details or a clear explanation of the problem. The response shows limited control of English and may be difficult to understand in some parts.

Scored 3 on TOEFL IBT 2026 scale

Dear Event Coordinator,

I am contacting you because my fraternity is organizing a charity event at the university. The purpose of this event is to raise money for a local organization and encourage students to help the community. Unfortunately, the venue we reserved for the event cancelled our booking unexpectedly. Because of this problem, we need to find another location on campus as soon as possible.

I would like to ask if there are any available rooms or halls for our event on the requested date. We need a space that can accommodate many students and allow us to organize our activities.

Thank you for your assistance. I look forward to your response.
Sincerely,
John

Explanation

This response received a score of 3 because it addresses all parts of the task and provides relevant details about the event, the cancellation, and the request for another venue. The organization is clear, and the meaning is generally easy to understand. However, the language is somewhat basic, and there may be some minor grammar or word choice issues. The ideas are developed, but the response lacks the sophistication and variety expected from a higher-level answer.

Scored 6 on TOEFL IBT 2026 scale

Dear Event Coordinator,

I am writing on behalf of my fraternity to request assistance with finding a new venue for our upcoming charity fundraiser. The purpose of this event is to raise funds for a community organization and encourage students to participate in volunteer efforts.

Unfortunately, the location we originally reserved cancelled our booking unexpectedly, leaving us without a place to hold the event. Since the fundraiser is approaching, we would appreciate your help in finding an alternative room or hall available on campus for the same date.

Could you please let us know if there are any suitable spaces available? We would be grateful for any recommendations you can provide.

Thank you for your time and support. Sincerely, John

Explanation

This response received a score of 6 because it fully addresses the task with a clear purpose, detailed explanation, and an appropriate request. The email is well organized, professional, and easy to follow. It uses a variety of sentence structures and vocabulary accurately, with strong control of grammar and tone. The response effectively communicates the situation while maintaining a natural and polite style suitable for an email to a university official.



Writing — Write for an Academic Discussion

Compare the text you wrote with the three sample responses below. Choose the one that most closely matches your response to estimate your score.

Scored 1 on TOEFL IBT 2026 scale

I think smart cities are good. Technology can help people. It can make cities better and help with traffic. But privacy is a problem. People can lose their information. I think we need technology, but we need be careful. Smart cities have good things and bad things. I agree with the students because they have different ideas about this topic.

Explanation

This response received a score of 1 because it only gives a very simple opinion with limited support. The ideas are repetitive and not fully explained. The response uses basic vocabulary and simple sentence structures, with noticeable grammar errors such as “we need be careful.” Although the writer addresses the topic, the development is minimal.

Scored 3 on TOEFL IBT 2026 scale

I think smart cities have more benefits than risks because they can make life easier for many people. Technology can help improve transportation, save energy, and provide better services. I agree with Student 1 because these changes can help cities work more efficiently.

However, I also understand Student 2’s concerns about privacy. If companies or governments collect too much information, people may feel uncomfortable. Cities should have rules to protect personal data. In my opinion, smart cities are a good idea, but they need to be developed carefully to avoid privacy problems.

Explanation

This response received a score of 3 because it clearly expresses an opinion and provides some support. It addresses the discussion and mentions both perspectives, but the ideas are still general and predictable. The vocabulary and sentence structures are adequate but not advanced, and the explanation lacks deeper analysis.

Scored 6 on TOEFL IBT 2026 scale

I believe the benefits of smart cities outweigh the potential privacy risks because technology can help solve many urban challenges. As Student 1 explained, smart systems can improve transportation, reduce energy waste, and make public services more efficient. These advantages can create healthier and more sustainable communities.

At the same time, Student 2 highlights a serious concern: personal data can be misused if there are not clear regulations. However, I think the solution is stronger privacy laws rather than avoiding technological progress. With responsible management, cybersecurity protections, and transparency, smart cities can provide valuable benefits while still respecting citizens’ rights.

Explanation

This response received a score of 6 because it presents a clear position, develops ideas with relevant explanations, and contributes meaningfully to the discussion. It effectively connects to the other students’ opinions while adding original reasoning. The language is accurate, varied, and appropriate for an academic context.



Speaking — Listen and repeat

7 sentences · correct answers

Each of the 7 sentences is scored on a scale from 1 to 6. Your final score for this task is calculated by taking the average score of all your responses.

To estimate your performance, listen to your recordings carefully and consider the following evaluation criteria:

Accuracy

Did you repeat exactly what you heard? Avoid adding, changing, or omitting words from the original sentence.

Pronunciation

How clear and understandable is your pronunciation? Pay special attention to pronouncing word endings clearly.

Fluency

Did you speak at a natural pace with appropriate pauses? Avoid hesitations, unnecessary stops, or breaking the sentence in the middle.

Scores are reported on a 0–6 scale, with 6 representing the highest level of performance

Final Speaking score = (Listen and Repeat × 0.50) + (Take an Interview × 0.50)

Speaking Score Estimation

Task	Questions	How it is scored (Estimated)	Weight
Listen and Repeat	7 sentences	Each sentence is scored from 1–6 based on accuracy, pronunciation, fluency, and clarity. The final score is calculated by averaging the 7 responses. 6: Accurately repeats the sentence with clear pronunciation, natural rhythm, and minimal errors. 5: Mostly accurate repetition with minor pronunciation or fluency issues. 4: Understandable repetition with some errors, pauses, or missing words. 3: Partial repetition with noticeable errors that affect accuracy. 2: Limited repetition with many errors and difficulty producing the sentence. 1: Unable to repeat the sentence or response is mostly unintelligible.	50%
Take an Interview	4 questions	Each response is scored from 1–6 based on task completion, development of ideas, fluency, vocabulary, grammar, and clarity. 6: Fully answers the question with well-developed ideas, relevant details, strong language control, and effective use of the available time. 5: Provides a clear and developed response with minor language errors. 4: Answers the question adequately but with limited development or some noticeable errors. 3: Provides basic ideas with limited support and frequent language mistakes. 2: Gives a very limited response with weak organization and difficulty expressing ideas. 1: Minimal, unclear, or unrelated response.	50%
Final speaking score	All tasks	The two tasks are combined to produce an estimated reported score on a 1–6 scale.	100%



Speaking — Take an interview Question 1

Compare your response with the three sample responses below. Choose the one that most closely matches your response to estimate your score.

Scored 1 on TOEFL IBT 2026 scale

I usually use the bus. I go by bus to school and other places. Sometimes I walk. The bus is good because it is cheap. I like transportation in my city.

Explanation

This response receives a score of 1 because it gives only basic information and does not provide enough details. The ideas are repetitive, and the speaker uses simple vocabulary and sentence structures. The response answers the question but shows limited ability to expand or explain ideas.

Scored 3 on TOEFL IBT 2026 scale

I usually use buses to get around my city because they are affordable and easy to find. I also walk when I need to travel short distances. Sometimes I use a taxi when I am late or when I need to arrive somewhere faster. I think these transportation methods are useful because they help me save money and time. However, public transportation can sometimes be crowded, especially during busy hours.

Explanation

This response receives a score of 3 because it provides a clear answer with some supporting details. The speaker explains different transportation methods and gives reasons. However, the response is still somewhat simple and lacks more developed ideas, specific examples, and advanced language.

Scored 6 on TOEFL IBT 2026 scale

On a regular basis, I mainly use public transportation, especially buses, because they are convenient and affordable. I usually take them when I need to go to work, run errands, or travel to different areas of the city. I also walk whenever the distance is short because it saves money and allows me to stay active. Occasionally, I use a taxi or ride-sharing service if I need a faster option. Overall, my transportation choices depend on factors like cost, distance, and time, but I prefer options that are practical and environmentally friendly.

Explanation

This response receives a score of 6 because it fully answers the question and uses the available time effectively. The speaker provides details, examples, and explanations while maintaining a natural flow. It demonstrates strong vocabulary, varied sentence structures, and accurate grammar.



Speaking — Take an interview Question 2

Compare your response with the three sample responses below. Choose the one that most closely matches your response to estimate your score.

Scored 1 on TOEFL IBT 2026 scale

I think public transportation is okay. Sometimes it is good, sometimes it is bad. The buses are crowded and sometimes late. But people use it every day.

Explanation

The response gives a basic opinion but does not explain it in detail. The ideas are short and repetitive, with limited vocabulary and little development.

Scored 3 on TOEFL IBT 2026 scale

My opinion about public transportation is mixed. I think it is helpful because many people need it to travel every day. However, I have experienced problems like delays and crowded buses. These situations have affected my opinion because they can make traveling stressful. Even though there are problems, I believe public transportation is important because it provides an affordable option for many residents.

Explanation

The response is clear and organized, and it explains personal experiences. However, the ideas are predictable and not deeply developed. The language is adequate but not highly sophisticated.

Scored 6 on TOEFL IBT 2026 scale

My impression of the public transit system is positive overall, although I think there is room for improvement. I appreciate that it provides an affordable way for many people to move around the city, especially those who do not have access to a private vehicle. However, factors such as overcrowding, delays, and limited schedules have sometimes created difficulties. My opinion has been shaped by both my personal experiences and the impact transportation has on the entire community. In my view, a successful transit system needs to be not only accessible but also reliable and efficient.

Explanation

The speaker develops a balanced response, explains the factors that shaped the opinion, and connects personal experience with broader ideas. The response uses the 45 seconds effectively without unnecessary repetition.



Speaking — Take an interview Question 3

Compare your response with the three sample responses below. Choose the one that most closely matches your response to estimate your score.

Scored 1 on TOEFL IBT 2026 scale

Yes, I agree. Transportation is important for cities. Good buses and trains help people. Cities need good transportation.

Explanation

The answer gives an opinion but provides minimal support. The ideas are repetitive and do not explain why transportation affects a city's success.

Scored 3 on TOEFL IBT 2026 scale

I think public transportation is an important part of a successful city, but it is not the only factor. Good transportation helps people travel easily, reduces traffic, and can lower pollution. However, a city also needs good education, healthcare, and job opportunities. Therefore, transportation is important, but other areas also influence a city's success.

Explanation

The response answers the question and includes supporting reasons. However, the explanation is general and lacks deeper analysis or more specific examples.

Scored 6 on TOEFL IBT 2026 scale

I believe the quality of public transportation is one of the most important factors that defines a successful city, although it is not the only one. An efficient transportation system improves accessibility, reduces traffic, and allows people from different backgrounds to participate more easily in economic and social activities. For example, reliable buses and trains can help workers and students reach important destinations without depending on expensive private vehicles. However, cities also need strong education, healthcare, and safety systems. In my opinion, transportation is a foundation that supports many other aspects of urban development.

Explanation

The speaker presents a clear position, develops multiple supporting points, provides an example, and connects ideas logically. The response shows advanced language control and effective use of the speaking time.



Speaking — Take an interview Question 4

Compare your response with the three sample responses below. Choose the one that most closely matches your response to estimate your score.

Scored 1 on TOEFL IBT 2026 scale

I think public transportation should be free because it helps people. Some people need buses. But taxes can be a problem.

Explanation

The response states an opinion but provides very limited explanation. The ideas are simple and not developed.

Scored 3 on TOEFL IBT 2026 scale

I think free public transportation could be a good idea because more people might use buses and trains instead of cars. This could reduce traffic and pollution. However, I understand that higher taxes could be difficult for some people. Governments should think carefully about the cost before making this decision.

Explanation

The response discusses both sides and provides reasonable support. However, it remains general and does not explore the issue deeply.

Scored 6 on TOEFL IBT 2026 scale

I think eliminating transit fares could improve urban mobility, but governments should evaluate the financial impact carefully. Free transportation could encourage more people to use public systems, which may reduce traffic congestion and environmental problems. It could also provide greater opportunities for low-income residents who depend on public transit to access jobs and education. However, completely removing fares may create funding challenges and affect service quality. In my opinion, a balanced approach would be more effective, such as offering free or discounted transportation to people who need it while maintaining enough revenue to keep the system reliable.

Explanation

The speaker uses the full response time effectively by presenting a clear opinion, discussing advantages and disadvantages, and offering a practical solution. The language is precise, organized, and demonstrates strong speaking proficiency.

Audio Transcripts

The following pages contain the **full written transcripts** for all audio exercises in the Listening and Speaking sections of this practice guide.

Use these transcripts to review vocabulary, check your comprehension, and identify the key details and main ideas from each recording.



Listen and choose

Listening - Module 1

1. Are you planning to attend the company picnic this weekend?
2. How do you usually get to the office every morning?
3. Could you please help me move this heavy box?
4. Have you decided which restaurant to choose for the dinner party?
5. Would you mind if I borrowed your umbrella for a moment?
6. Why was the flight delayed for two hours?
7. Is there a pharmacy nearby where I can buy aspirin?
8. Do you know if the concert tickets are still available?



Listen to a conversation

Listening - Module 1

Man: Excuse me, do you have something for a bad headache?

Woman: Yes, you can find pain relievers in the aisle right behind you, on the left.

Man: Thanks. Are they safe to take with a multivitamin?

Woman: Usually yes, but let me have the pharmacist double-check your medication list just to be safe.

Man: That would be great, I appreciate the help.

Woman: No problem, he'll be with you in just a moment.

Man: Perfect, I'll wait right here.

Woman: Great, he's finishing with a customer and will be right there.



Listen to an announcement

Listening - Module 1

Man: Good morning, students. I'd like to announce that the Alpha Beta fraternity house will be hosting an open house event this Saturday at 10:00 AM for anyone interested in learning more about their residential programs. The event will take place at their main house on 12 Oak Street, and they will be providing guided tours of the facility, including their study halls and communal living areas. Due to limited space and high interest in their community-focused programs, please make sure to sign up on their website by Friday afternoon to confirm your attendance.



Listen to a podcast

Listening - Module 1

Podcast Host: Have you ever noticed how the presentation of a meal completely changes your appetite? I had dinner at a high-end restaurant recently, and the way the chef arranged the components—the colors, the textures—it made the dish feel like a work of art. I was completely engaged, analyzing every flavor profile. What I experienced is what food scientists call "sensory fascination." Sensory fascination means an intense focus on the aesthetics and composition of food. Whether it's plating techniques, complex ingredient pairings... sensory fascination is becoming increasingly popular in the modern culinary world.

There's another type of food experience—casual dining. There's still enjoyment, meaning that no special effort is required for you to appreciate the meal, but there's still room for casual conversation. When I eat a simple home-cooked meal with friends, for example, I might be thinking in the back of my mind about my plans for the rest of the evening.

Now, one thing to know is that overly complex "sensory fascination" dining can sometimes cause sensory fatigue. The palate is so intensely focused on analyzing every nuance that it gets overwhelmed fast. What follows sensory fatigue? You might find yourself losing interest in the food, feeling indifferent, or even bored. Casual dining, in contrast, engages a different part of the dining experience—the social and comfort aspect—which soothes the appetite and helps combat sensory fatigue. So next time you feel like your palate is on overload, skip the multi-course tasting menu. Order a comfort dish, or simply enjoy a quiet meal at home.



Listen and choose

Listening - Module 2

1. Do you know if Professor Smith's office hours have changed this week?
2. Could you tell me where I can register for the optional lab session?
3. Have you finished the group project for the sociology class yet?
4. Is the library going to be open late for finals week?
5. Do you know if we need to buy the physical textbook for this course?
6. Where is the meeting point for the campus tour today?
7. Have you heard if the cafeteria is serving lunch yet?
8. Can you help me find the link for the virtual orientation?



Listen to a conversation

Listening - Module 2

Man: I'm completely drained from this morning's meetings and have no energy to cook, so should we just order some pizza or try that new Mediterranean spot downtown?

Woman: I think the Mediterranean place is a better choice; I've been craving something fresher than pizza, and their salads are supposed to be excellent.

Man: That sounds perfect to me, so let's go with that and I'll place the order online right now to avoid the wait.



Listen to an announcement

Listening - Module 2

Man: Attention, guests! Please be advised that the main swimming pool will be closed tomorrow from 9:00 AM to 1:00 PM for scheduled cleaning and chemical balancing. We apologize for any disruption to your relaxation plans. Please plan your morning accordingly and feel free to use the fitness center or the rooftop terrace if you are looking for alternative areas to enjoy the sunshine.



Listen to a podcast

Listening - Module 2

Host: Today, we are discussing the critical issue of water conservation in urban areas. Many of us turn on the tap without a second thought, but our current consumption levels are rapidly depleting local reservoirs. It's not just about taking shorter showers; it's about shifting our entire relationship with water. Small changes, like fixing minor leaks or installing low-flow fixtures, add up to massive savings. We need to stop viewing water as an infinite resource and start treating it as the precious, finite commodity that it truly is. If we don't change our habits now, the environmental and economic costs in the coming decade will be catastrophic. It is time to act with intention and mindfulness before our taps run dry.



Listen and repeat

Speaking section

Trainer: Welcome to our underwater world; we have thousands of species on display today.

Trainer: The touch pools are currently open for all our younger visitors.

Trainer: You will find the jellyfish gallery and the deep-sea tunnel at the end of the corridor.

Trainer: Remember to keep your voices low so you don't startle the sea creatures.

Trainer: Personal cameras are permitted, but please deactivate your flash to protect the animals' eyes.

Trainer: We host a live feeding demonstration in the main reef tank every hour.

Trainer: If you need assistance with your membership pass, please head over to the guest services kiosk.



Take an interview

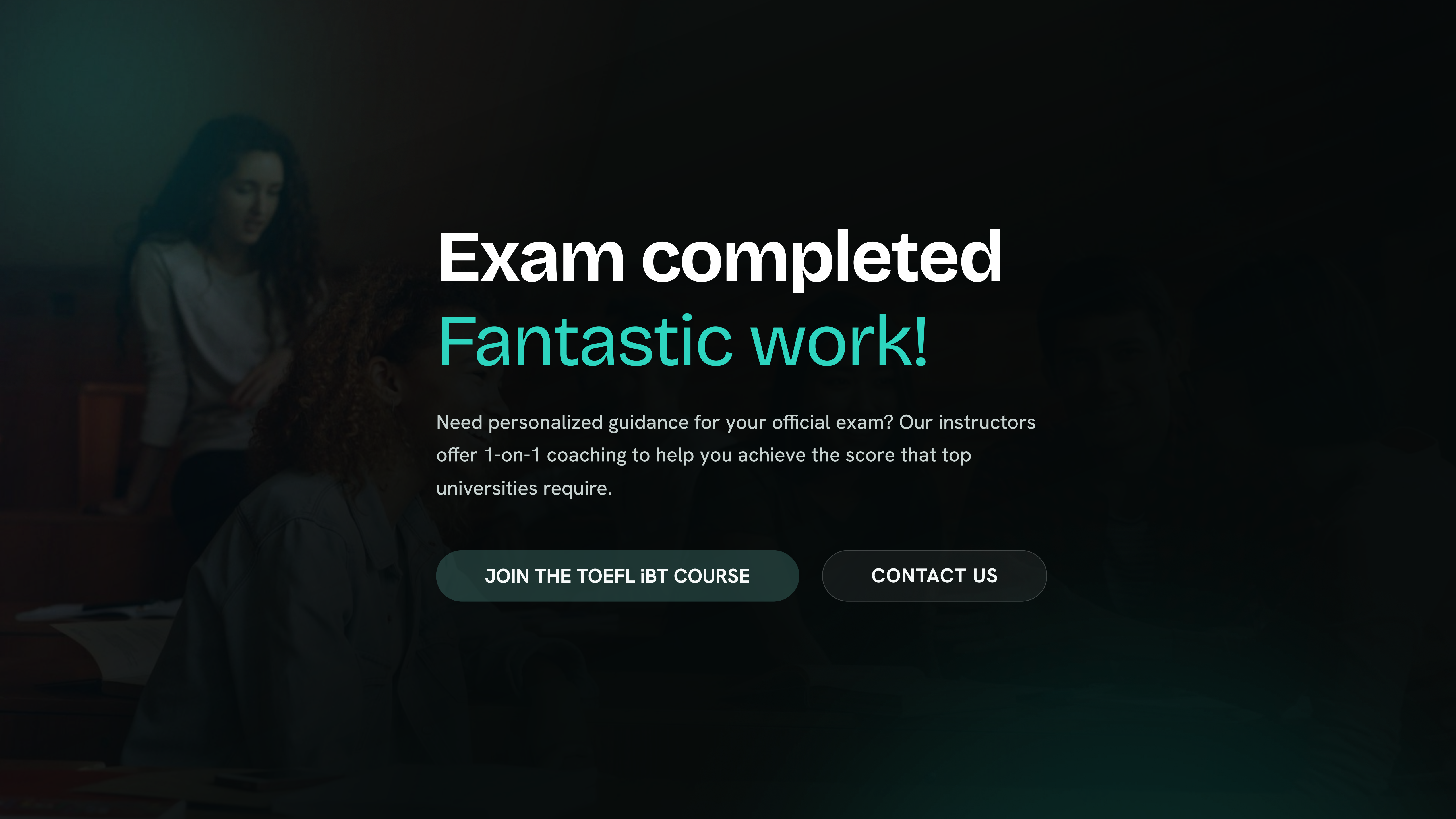
Speaking section

Interviewer: Thank you for speaking with me today. I am conducting a study on how people experience and perceive public transportation in their daily lives. I would like to ask you some questions. To start, could you describe the primary methods of transportation you use to get around your city on a regular basis?

Interviewer: Great. Public transportation systems can be viewed in many different ways; some residents find them efficient and essential for city life, while others find them unreliable or crowded. What is your general impression of the public transit system where you live, and what factors have shaped that opinion?

Interviewer: OK. Next, I'd like to ask your opinion. Many argue that a robust public transportation network is the hallmark of a "world-class" city because it promotes equality and reduces environmental impact. Do you agree that the quality of a city's public transport defines its overall success? Why or why not?

Interviewer: Good points. Let me ask you one final question. Some city planners propose making public transportation completely free of charge to encourage higher usage. Do you believe that local governments should eliminate transit fares to improve urban mobility, even if it requires higher taxes to maintain the service? Why or why not?

The background of the entire page is a dark, moody photograph of two young women sitting at a wooden desk. One woman, with long dark hair, is leaning forward and looking at a laptop screen. The other woman, with curly reddish-brown hair, is sitting next to her, also looking towards the screen. The lighting is soft and focused on the desk area, creating a studious atmosphere.

Exam completed Fantastic work!

Need personalized guidance for your official exam? Our instructors offer 1-on-1 coaching to help you achieve the score that top universities require.

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