Getting You to Test Day
An 8-Week Prep Plan for the TOEFL iBT® Test

8 weeks to go
- Determine your target scores
- Familiarize yourself with the test using the TOEFL iBT® Free Practice Test at ets.org/toefl/ibt/prepare
- Take a complete TOEFL Practice Online test to determine your weaker skills
- Purchase The Official Guide to the TOEFL iBT® Test

7 weeks to go
- Learn about the Speaking section
- View and experience sample Speaking tasks
- Practice your speaking skills

6 weeks to go
- Learn about the Reading section
- View and experience sample Reading questions
- Practice your reading skills

5 weeks to go
- Learn about the Listening section
- View and experience sample Listening questions
- Practice your listening skills

4 weeks to go
- Learn about the Writing section
- View and experience sample Writing tasks
- Practice your writing skills

3 weeks to go
- Take a complete TOEFL Practice Online test to measure your progress
- View and experience sample Speaking tasks
- Practice your speaking skills

2 weeks to go
- Take another complete TOEFL Practice Online test to establish your readiness for test day

1 week to go
- Take another practice test
- Review the Test-Day Checklist
- Gather the documents you’ll need for test day, such as your photo identification and your registration confirmation

See all official prep materials at ets.org/toefl
Test-Day Checklist

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

2 days to go

☐ Log in to your ETS account to confirm the time and location of your test.

☐ Be sure you have valid identification (ID) to bring with you to the test. It must match the name you used when you registered.

☐ Plan your route to the test center so that you will arrive on time. If you are testing at home, make sure your testing room is ready.

☐ Get enough rest, especially the night before.

Test Day

☐ The TOEFL iBT test is 3 hours long with a 10-minute break after the Listening section.

☐ Don’t be late. For a test center, arrive at least 30 minutes early. For at home testing, be ready to check in at your scheduled time.

☐ Present your valid ID that matches the name you used when you registered for the test.

☐ Mobile devices, personal items and food are not allowed in the testing room. See complete rules at ets.org/toefl/ibt/testday.

GOOD LUCK ON TEST DAY!