

Reading: Read a variety of materials in English, including news articles, academic texts, and fiction books.

Practice skimming and scanning text to identify important information quickly.

Take notes and summarize what you've read to help improve your comprehension.

Writing: Write in English as often as possible, such as keeping a journal or writing emails.

Practice writing essays in response to prompts, focusing on clarity and organization.

Get feedback from native English speakers or teachers on your writing to identify areas for improvement.

Speaking: Speak with native English speakers as much as possible, either in person or online.

Participate in conversation groups or English language exchanges.

Record yourself speaking and listen to identify areas for improvement, such as pronunciation or pacing.

Listening: Listen to English-language media regularly, such as TV shows, podcasts, or audiobooks.

Practice taking notes while listening to understand a lecture's or conversation's main points.

Watch English-language movies with subtitles and try to understand the dialogue without looking at the subtitles.

By regularly practicing these skills, you will not only improve your overall English proficiency but also increase your chances of performing well on the TOEFL iBT test.

3. Practice writing essays and speaking responses in English.

Practice writing essays and speaking responses in English: One of the most important components of the TOEFL iBT test is the Writing and Speaking sections, so it's important to practice these skills. Writing essays and speaking responses in English can help you become more comfortable and confident in these areas. You can practice writing essays by brainstorming ideas and outlining your arguments before writing a response. For speaking, you can practice by giving presentations, participating in discussions, or speaking with a tutor or teacher.

Writing essays and speaking responses in English is an important part of preparing for the TOEFL iBT test, as the Writing and Speaking sections are crucial components. Here's how you can practice these skills: