

6. Using official TOEFL practice materials is essential to ensure that you get accurate and up-to-date test information.

The test makers develop these materials, so you can be confident that they represent the content and format of the actual test. This will help you familiarize yourself with the test format and get a feel for the types of questions you will encounter on test day.

Here are some examples of official TOEFL practice materials:

Official TOEFL Practice Tests: The official TOEFL website offers several practice tests that you can use to familiarize yourself with the test format and content. These tests are designed to be as similar as possible to the actual test, so they are an excellent resource for preparing.

TOEFL iBT Test Preparation: The official TOEFL website also offers several resources and tools to help you prepare for the test, including online practice tests, sample questions, and study materials.

Official TOEFL Study Guides: There are several official study guides available from the test makers that provide information about the test format, timing, and scoring, as well as sample questions and strategies for improvement.

Here are some use cases for using official TOEFL practice materials:

Students: Students preparing for the TOEFL can use these materials to familiarize themselves with the test format and get a feel for the types of questions they will encounter on test day.

Non-native English speakers: Non-native English speakers preparing for the TOEFL can use these materials to improve their language skills and better understand the test format.

13. Staying motivated is crucial for adequate preparation for the TOEFL.

You can stay motivated by setting achievable goals and rewarding yourself when you reach them. For example, you can set a goal to score a certain number of points on a practice test and reward yourself with a movie or a treat when you reach that goal. This will help you stay focused and motivated throughout the preparation process.

14. Getting adequate sleep and exercise is essential for your well-being and performance on test day.

It would be best to get at least 8 hours of sleep each night and engage in physical activity for at least 30 minutes daily. This will help you feel refreshed and energized on test day, improving your performance.

15. Staying calm on test day is essential for adequate preparation for the TOEFL.

You can stay relaxed by following your pre-test routine and taking deep breaths. For example, you can meditate, exercise, or listen to music before the test to help you stay calm and focused. It would be best if you also arrived at the test center early to give yourself plenty of time to settle and prepare for the test.