

## 30 Day Lesson Plan for the Online Course "The 7-Step System to Pass the TOEFL iBT"

Instructor Michael Buckhoff

<http://stealth.bettertoeflscores.com/course/view.php?id=2>  
[mbuckhoff@aol.com](mailto:mbuckhoff@aol.com), [michael@csusb.edu](mailto:michael@csusb.edu)

This lesson plan is recommended if:

- Your TOEFL score is above 90, and you need to improve your score by 5-10 points.
- You only have 30 days to study TOEFL.
- Michael has recommended that you follow this study plan.

Welcome to my Online TOEFL Course called "The 7-Step System to Pass the TOEFL iBT." This outline contains clickable links directing you to the vocabulary, pronunciation, grammar, listening, reading, writing, and speaking parts of my course, all of which are designed to help you perform optimally during the reading, listening, speaking, and writing sections of the actual TOEFL iBT. If you want to work on other lessons other than the lessons in this outline, you can view all 630 lessons by going to this web page:

<http://stealth.bettertoeflscores.com/course/view.php?id=2>

Please note your subscription to my Online TOEFL course entitles you to complete, unlimited access to all of my TOEFL lessons 24 hours a day 7 days a week.

**Day 1: Taking care of technical stuff so that you will be able to use my web site to view web pages, videos, and pdf files correctly and be able to post pronunciation and speaking responses at my Voxopop Discussion Groups:**

[Join this course](#) by creating your Pay Pal account and creating your subscription

Download the latest version of [Javascript](#), [Adobe Acrobat](#), and [Apple Quicktime](#)

Create [password and username](#) for Voxopop Discussion Group

Join [Better TOEFL Scores Voxopop Discussion Group](#) (This is where you can post unlimited/ungraded pronunciation, independent and integrated speaking practice tests.) and make a test recording with your microphone.

Join [The 7-Step System Voxopop Discussion Group](#) (You can post 1 pronunciation pre-test/post-test or 1 independent or integrated speaking practice test per day. These will be graded by a TOEFL speaking and pronunciation specialist in about 24 hours after your having submitted them.)

[Understand your subscription](#) that you created at your Pay Pal account

## Day 2: Vocabulary and Pronunciation Practice

Vocabulary Practice: Lessons [1](#), [2](#)

Pronunciation Practice: Complete [pre-test for vowel and consonant](#) sounds

[Sign up](#) to get free weekly e-mail tips to improve your speaking and pronunciation

Learn about Michael's [Diagnostic/Corrective Feedback](#) Service Offered for Speak Clearly Lessons 7-24 and 26-47

Read out loud, a process called tracking, with Michael as you practice all Speak Clearly lessons; this will help you to improve your intelligibility

[See and hear](#) how all consonant and vowel sounds are produced.

## Day 3: Vocabulary, Reading, and Speaking Practice

Grammar practice: Lessons [1](#), [1.1](#), [2.0](#)

As you work through the grammar and writing exercises, write down the correct versions of the sentences, a study habit which will reinforce the grammar that you are studying.

Find opportunities to use the grammar your study as you complete the writing and speaking practice tests in this course.

Reading practice: Lessons [1.0](#), [1.1](#), [7.0](#), [21](#); Speed Reading Practice Tests [250](#), [255](#), [260](#)

During this 30 day course, work hard to increase your reading speed from 250 to 350 words per minute. If you can not score 80% on the 250 word reading passage, then move down until you can score at least 80%. These reading practice tests are NOT TOEFL iBT reading practice tests; thus, they do not include all the iBT reading question types you will see on the actual exam. They are designed to help you increase your basic comprehension of academic reading passages while increasing your reading speed five words at a time.

There are NO TOEFL iBT reading practice tests in this course. However, periodically, using your TOEFL book (Cambridge, Longman, Kaplan, Barron, and so on), you should complete a reading practice test and review all the incorrect answers so that you understand your mistakes.

In addition, you should engage in a regular routine of extensive reading for about 45 minutes a day several days during the week. Choose a non-fiction or fiction book or your choice, preferably one that is at least 350 pages or more, and read regularly from that book. Do NOT worry about trying to understand every word on the page. Your goal is to understand the gist of the book while maintaining optimal concentration.

Speaking Lesson [1.0](#), [2.0](#)

Complete independent speaking practice tests [31-33](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete independent speaking practice test [1](#) at [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.

#### Day 4: Listening Practice

Listening Practice: Lessons [1.0](#), [1.1](#), [2.0](#)

Make an effort to take notes during all the listening practice tests in this course. Then use your notes to answer the questions. To practice integrated writing and speaking skills, you can use your notes to write or make oral summaries of what you have listened to. If you make oral summaries of the lectures, you can post them Online at my [Better TOEFL Scores Voxopop Discussion Group](#).

Furthermore, since most of the instruction in this course is delivered by video, make an effort to take notes on all content you are taught in this course. Using your notes, make written and oral summaries of everything you learn.

Also spend time at [National Public Radio](#) and [Randall's Cyber Listening Lab](#) at which you can practice more listening. Aim to spend about two hours a week at both of these web sites.

### Day 5: Vocabulary and Pronunciation Practice

Vocabulary practice: [Quiz 1-150 A-E](#), [Quiz 151-300 A-E](#)

Write down the unfamiliar words in the quizzes onto to 4 x 6 note cards with the sample words onto one side and a sample sentence + definition and study the words regularly

Aim to score 85% or higher on these quizzes.

These vocabulary words will reappear in the pronunciation, listening, reading, and integrated writing sections of the course.

Pronunciation practice: Complete Speak Clearly lessons [2](#), [3](#), [4](#), [5](#), [6](#), [7](#)

### Day 6: Grammar, Reading, and Speaking Practice

Grammar Practice: Lessons [3](#), [4](#)

Reading Practice: Lessons [8](#), [9](#), [10](#) ; Speed Reading Practice Tests [265](#), [270](#), [275](#)

Speaking Lesson [2.1](#), [7.0](#)

Complete independent speaking practice tests [34-37](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete independent speaking practice test [2](#) at [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.

### Day 7: Listening and Writing Practice

Listening Practice: Lessons [7](#), [8](#), [9](#), [10](#), [11](#), [12](#)

Writing Practice: Lessons [1.0](#), [1.1](#), [2.0](#), [3.0](#); Independent Writing Practice Test [1](#)

Learn about Michael's [Error Correction Service](#) for the Independent and Integrated Writing Practice Tests that you will complete.

Remember to only post 1 Independent or 1 integrated Writing Practice Test per day while you are one of my students.

**Day 8: Vocabulary and Pronunciation Practice**

Vocabulary Practice: [Quiz 301-400 A-E](#), [Quiz 401-500 A-E](#), [Final Exam 1-500 A-E](#)

Pronunciation Practice: Complete Speak Clearly lessons [8](#), [9](#), [10](#), [11](#), [12](#), [13](#), [14](#)

**Day 9: Grammar and Reading Practice**

Grammar Practice: Lessons [7](#)

Reading Practice: Lessons [11](#), [12](#), [13](#); Speed Reading Practice Tests [280](#), [285](#), [290](#);  
Take a reading practice test from your TOEFL book and review answers.

**Day 10: Writing and Speaking Practice**

Writing Practice: Lessons [4.0](#), [4.1](#), [5.0](#), [5.1](#); Independent Writing Practice Test [2](#)

Speaking Practice: Lesson [3](#)

Complete independent speaking practice tests [38-40](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete integrated speaking practice tests [2](#), [3](#), [4](#), [5](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete integrated speaking practice test [1](#) at [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.

**Day 11: Listening and Speaking Practice**

Listening Practice: Lessons [13](#), [14](#), [15](#), [16](#)

Speaking Lesson [4.2](#), [6.0](#), [6.1](#)

Complete independent speaking practice tests [41-43](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete integrated speaking practice tests [7](#), [8](#), [9](#), [10](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete integrated speaking practice test [6](#) at [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.

**Day 12: Vocabulary and Pronunciation Practice**

Vocabulary Practice: [Quiz 1-150 E-P](#), [Quiz 151-300 E-P](#)

Pronunciation Practice: Complete Speak Clearly lessons [15](#), [16](#), [17](#), [18](#), [19](#), [20](#)

**Day 13: Grammar and Reading Practice**

Grammar Practice: Lessons [7](#)

Reading Practice: Lessons [14](#), [15](#), [16](#); Speed Reading Practice Tests [295](#), [300](#), [305](#)

**Day 14: Listening and Writing Practice**

Listening Practice Tests [1](#), [2](#), [3](#), [4](#)

Writing Practice: Lessons [5.2](#), [5.3](#), [6.0](#), [7.0](#); Independent Writing Practice Test [3](#)

**Day 15: Vocabulary and Pronunciation Practice**

Vocabulary Practice: [Quiz 301-400 E-P](#), [Quiz 401-500 E-P](#), [Final Exam 1-500 E-P](#)

Pronunciation Practice: Complete Speak Clearly lessons [21](#), [22](#), [23](#), [24](#)

**Day 16: Grammar and Reading Practice**

Grammar Practice: Lessons [7](#)

Reading Practice: Lessons [17](#), [18](#), [19](#); Speed Reading Practice Tests [310](#), [315](#), [320](#)

**Day 17: Listening, Writing, and Speaking Practice**

Listening Practice Tests [5](#), [6](#), [7](#), [8](#)

Writing Practice: Lessons [7.1](#), [8.0](#); Independent Writing Practice Test [4](#)

Speaking Lesson [5.0](#), [9.0](#), [10](#)

Complete independent speaking practice tests [44-46](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete integrated speaking practice tests [12](#), [13](#), [14](#), [15](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete integrated speaking practice test [11](#) at [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.

### Day 18: Vocabulary and Pronunciation Practice

Vocabulary Practice: [Quiz 1-150 P-Z](#), [Quiz 151-300 P-Z](#)

Pronunciation Practice: Complete [Speak Clearly](#) Pretest for Syllable division and lessons [26](#), [27](#), [28](#), [29](#), [30](#)

### Day 19: Grammar and Reading Practice

Grammar Practice: Lessons [7](#)

Reading Practice: Lessons [20](#), [2](#); Speed Reading Tests [325](#), [330](#), [335](#); Take a reading practice test from your TOEFL book and review answers.

### Day 20: Listening and Writing Practice

Listening Practice Tests [9](#), [10](#), [11](#), [12](#)

Writing Practice: Lessons [9.0](#), [9.1](#); Integrated Writing Practice Test [1](#)

### Day 21: Vocabulary and Pronunciation Practice

Vocabulary Practice: [Quiz 301-400 P-Z](#), [Quiz 401-500 P-Z](#) , [Final Exam 1-500 P-Z](#)

Pronunciation Practice: Complete [Speak Clearly](#) lessons [31](#), [32](#), [33](#), [34](#), [35](#), [36](#)

### Day 22: Grammar and Reading Practice

Grammar Practice: Lessons [7](#)

Reading Practice: Lessons [3](#); Speed Reading Tests [340](#), [345](#), [350](#)

Speaking Lesson [6.0](#)

Complete independent speaking practice tests [47-50](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete integrated speaking practice tests [17](#), [18](#), [19](#), [20](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete integrated speaking practice test [16](#) at [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.

### Day 23: Listening and Writing Practice

Listening Practice Tests [13](#), [14](#), [15](#), [16](#)

Writing Practice: Lessons [9.2](#), [9.3](#); Integrated Writing Practice Test [2](#)

### Day 24: Vocabulary and Pronunciation Practice

Vocabulary Practice: [Final Exam A-E 1-1,500](#)

Pronunciation Practice: Complete Speak Clearly lessons [37](#), [38](#), [39](#), [40](#), [41](#), [42](#)

### Day 25: Grammar and Reading Practice

Grammar Practice: Lessons [7](#)

Reading Practice: Lessons [4](#)

### Day 26: Listening and Writing Practice

Listening Practice Tests [17](#), [18](#), [19](#), [20](#)

Writing Practice: Lessons [10](#), [11](#); Integrated Writing Practice Test [13](#)

### Day 27: Speaking Practice

Complete independent speaking practice tests [51-53](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete an independent or integrated practice test from The 7-Step System to Pass the TOEFL iBT. Post it at [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.



**Day 28: Grammar and Reading Practice**

Grammar Practice: Lessons [7](#)

Reading Practice: Take a reading practice test from your TOEFL book and review answers.

**Day 29: Vocabulary and Pronunciation Practice**

Vocabulary Practice: Retake [Final Exam A-E](#), [Final Exam E-P](#), [Final Exam P-Z](#), and [Final Exam 1-1,500](#)

Pronunciation Practice: Complete Speak Clearly lessons [43](#), [44](#), [45](#), [46](#), [47](#), [48](#), and [Post-Test](#)

**Day 30: Writing and Speaking Practice**

Writing Practice: Lessons [12](#), [13](#), [14](#); Integrated Writing Practice Test [22](#)

Speaking Practice

Complete independent speaking practice tests [54-57](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Complete an independent or integrated practice test from The 7-Step System to Pass the TOEFL iBT. Post it at [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.