

60-Day Lesson Plan for the Online Course
"The 7-Step System to Pass the TOEFL iBT"
with an emphasis on writing and speaking

Instructor Michael Buckhoff

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

This lesson plan is recommended if:

- Your TOEFL score is above 75, and you need to improve your writing score by 3-6 points and your speaking by 2 to 5 points.
- You have passing marks on all sections of the exam except writing and speaking.
- You current score is 21 points or higher on the writing section.
- Your current score is 22 points or higher on the speaking section.
- You have 60 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" with an emphasis on writing and speaking. This outline contains clickable links directing you to the grammar, writing, speaking, and pronunciation parts of my course, all of which are designed to help you 24+ and 26+ points or higher on the writing and speaking 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 ONE 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.)

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

Day 2: 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.

Day 3: Pronunciation Practice

Pronunciation practice: Complete [pre-test for vowel and consonant](#) sounds at [The 7-Step System Voxopop Discussion Group](#).

[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. This additional service is recommended especially for those wanting to score above 26/30 on the speaking section of the TOEFL iBT.

Read out loud, a process called tracking, with Michael as you practice all Speak Clearly lessons; this will help you to improve your intelligibility. In addition, since there is a reading passage near the end of each pronunciation video, you can also practice your integrated speaking skills by making oral summaries of what you read or listen to. You can post your oral summaries at Michael's [Better TOEFL Scores Voxopop Discussion Group](#).

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

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

Day 5: 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 6: 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.

While you are one of my students, engage in a regular routine of reading magazines, newspapers, and books for about 45 minutes each day. Likewise, spend about the same time each day listening to the radio and watching news, documentaries, and other informative programs of your choice.

Day 7: Speak Clearly lessons [2](#), [3](#), [4](#)

(Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 8: Grammar Practice: Lessons [7](#)**Day 9:** 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 10: Writing Practice: Lessons [4.0](#), [4.1](#), [5.0](#), [5.1](#); Independent Writing Practice Test [2](#)

Day 11: Speak Clearly lessons [5](#), [6](#), [7](#)

(Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 12: Grammar Practice: Lessons [7](#)

Day 13: Speaking 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 14: Writing Practice: Lessons [5.2](#), [5.3](#), [6.0](#), [7.0](#); Independent Writing Practice Test [3](#)

Day 15: Speak Clearly lessons [8](#), [9](#), [10](#)

(Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 16: Grammar Practice: Lesson [7](#)

Day 17: 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 18: Writing Practice: Lessons [7.1](#), [8.0](#); Independent Writing Practice Test [4](#)

Day 19: Speak Clearly lessons [11](#), [12](#), [13](#), [14](#)

(Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 20: Grammar Practice: Lesson [7](#)

Day 21: 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 22: Writing Practice: Lessons [9.0](#), [9.1](#); Integrated Writing Practice Test [1](#)

Day 23: Speak Clearly lessons [15](#), [16](#), [17](#)

(Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 24: Grammar Practice: Lesson [7](#)

Day 25: 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 26: Writing Practice: Lessons [9.2](#), [9.3](#); Integrated Writing Practice Test [2](#)

Day 27: Speak Clearly lessons [18](#), [19](#), [20](#)

(Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 28: Grammar Practice: Lesson [7](#)

Day 29: 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 30: Writing Practice: Lessons [10](#), [11](#); Integrated Writing Practice Test [13](#)

Day 31: Speak Clearly lessons [21](#), [22](#), [23](#), [24](#)

(Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 32: Grammar Practice: Lesson [7](#)

Day 33: 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.

Day 34: Writing Practice: Lessons [12](#), [13](#), [14](#); Integrated Writing Practice Test [22](#)

Day 35: Pronunciation Practice

[Speak Clearly](#) Pretest for Syllable Division, Grammatical Word Endings, Word Stress, Sentence Rhythm, Intonation, Thought Groups, and Blending. 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 36: Grammar Practice: Lesson [7](#)

Day 37: Speaking Practice

Complete independent speaking practice tests [58-61](#) 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 38: Independent Writing Practice Test [5](#)

Day 39: Pronunciation Practice

Speak Clearly lessons [26](#), [27](#), [28](#), [29](#), [30](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 40: Grammar Practice: Lesson [7](#)

Day 41: Speaking Practice

Complete independent speaking practice tests [62-65](#) 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 42: Integrated Writing Practice Test [23](#)

Day 43: Pronunciation Practice

Speak Clearly lessons [31](#), [32](#), [33](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 44: Grammar Practice: Lesson [7](#)

Day 45: Speaking Practice

Complete independent speaking practice tests [66-69](#) 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 46: Independent Writing Practice Test [6](#)**Day 47: Pronunciation Practice**

Speak Clearly lessons [34](#), [35](#), [36](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 48: Grammar Practice: Lesson [7](#)**Day 49: Speaking Practice**

Complete independent speaking practice tests [70-73](#) 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 50: Grammar Practice: Lesson [7](#)**Day 51: Pronunciation Practice**

Speak Clearly lessons [37](#), [38](#), [39](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 52: Integrated Writing Practice Test [24](#)**Day 53: Speaking Practice**

Complete independent speaking practice tests [74-76](#) 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 54: Grammar Practice: Lesson [7](#)

Day 55: Pronunciation Practice

Speak Clearly lessons [40](#), [41](#), [42](#), [43](#), [44](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 56: Independent Writing Practice Test [7](#)

Day 57: Speaking Practice

Complete independent speaking practice tests [77-80](#) 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 t [The 7-Step System Voxopop Discussion Group](#). A TOEFL iBT speaking specialist will evaluate and score it within about 24 hours.

Day 58: Grammar Practice: Lesson [7](#)

Day 59: **Pronunciation** Practice

Speak Clearly lessons [45](#), [46](#), [47](#), [48](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#)) and [Post-Test](#) (Post at [The 7-Step System Voxopop Discussion Group](#).)

Day 60: Integrated Writing Practice Test [25](#)