

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

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

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This lesson plan is recommended if:

- Your TOEFL score is above 50, and you need to improve your score by 20-30 points.
- You have 90 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 Practice: Lesson [1](#)

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.

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 3:

Vocabulary Practice: Lesson [2](#)

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 Lesson 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:

Vocabulary Practice: [Lesson 3 Chapter 1](#)

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 Practice: [Lesson 3 Chapter 2](#)

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

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

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

Day 6:

Vocabulary Practice: [Lesson 3 Chapter 3](#)

Reading practice: Lessons [1.0](#), [1.1](#), [7.0](#), [21](#); Speed Reading Practice Tests [100](#), [105](#)

During this 90 day course, work hard to increase your reading speed from 100 to 350 words per minute. 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 Voxpop Discussion Group](#). Evaluate yourself using this [rubric](#).

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

Day 7:

Vocabulary Practice: [Lesson 3 Unit Test Chapters 1-3](#)

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

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

Day 8:

Vocabulary Practice: [Lesson 3 Chapter 4](#)

Reading Practice: Lessons [8](#), [9](#), [10](#) ; Speed Reading Practice Tests [110](#), [115](#), [120](#)

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

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:

Vocabulary Practice: [Lesson 3 Chapter 5](#)

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

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

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

Day 11:

Vocabulary Practice: [Lesson 3 Chapter 6](#)

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

Reading Practice: Lessons [11](#), [12](#), [13](#); Speed Reading Practice Tests [125](#), [130](#), [135](#)
Take a reading practice test from your TOEFL book and review answers.

Day 12:

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 13:

Vocabulary Practice: [Lesson 3 Unit Test Chapters 4-6](#)

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 14:

Vocabulary Practice: [Lesson 3 Chapter 7](#)

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

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

Day 15:

Vocabulary Practice: [Lesson 3 Chapter 8](#)

Reading Practice: Lessons [14](#), [15](#), [16](#); Speed Reading Practice Tests [140](#), [145](#), [150](#)

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 16:

Vocabulary Practice: [Lesson 3 Chapter 9](#)

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

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

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

Day 17:

Vocabulary Practice: [Lesson 3 Chapter 10](#)

Reading Practice: Lessons [17](#), [18](#), [19](#); Speed Reading Practice Tests [155](#), [160](#), [165](#), [170](#)

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 Practice: [Lesson 3 Unit Test Chapters 7-10](#)

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

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

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

Day 19:

Vocabulary Practice: [Lesson 3 Midterm Exam Chapters 1-10](#)

Reading Practice: Lessons [20](#), [2](#); Speed Reading Tests [175](#), [180](#), [185](#); Take a reading practice test from your TOEFL book and review answers.

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 20:

Vocabulary Practice: [Lesson 3 Chapter 11](#)

Grammar Practice: [Lesson 7](#)

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

Day 21:

Vocabulary Practice: [Lesson 3 Chapter 12](#)

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

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

Reading Practice: Lessons [4](#); Speed Reading Tests [190](#), [195](#), [200](#)

Day 22:

Vocabulary Practice: [Lesson 3 Chapter 13](#)

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

Reading Practice: Speed Reading Test [205](#)

Independent Writing Practice Test [5](#)

Day 23:

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 24:

Vocabulary Practice: [Lesson 3 Unit Test Chapters 11-13](#)

Day 25:

Vocabulary Practice: [Lesson 3 Chapter 14](#)

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.

Reading Practice: Speed Reading Test [210](#)

Day 26:

Integrated Writing Practice Test [23](#)

Day 27:

Vocabulary Practice: [Lesson 3 Chapter 15](#)

Reading Practice: Speed Reading Test [215](#)

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

Day 28:

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 29:

Vocabulary Practice: [Lesson 3 Chapter 16](#)

Reading Practice: Speed Reading Test [220](#)

Independent Writing Practice Test [6](#)

Day 30:

Vocabulary Practice: [Lesson 3 Unit Test 14-16](#)

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](#))

Reading Practice: Speed Reading Test [225](#)

Day 31:

Vocabulary Practice: [Lesson 3 Chapter 17](#)

Grammar Practice: [Lesson 7](#)

Reading Practice: Speed Reading Test [230](#)

Day 32:

Integrated Writing Practice Test [24](#)

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 33:

Vocabulary Practice: [Lesson 3 Chapter 18](#)

Reading Practice: Speed Reading Test [235](#)

Day 34:

Vocabulary Practice: [Lesson 3 Chapter 19](#)

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

Reading Practice: Speed Reading Test [240](#)

Day 35:

Independent Writing Practice Test [7](#)

Day 36:

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 37:

Vocabulary Practice: [Lesson 3 Chapter 20](#)

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 38:

Reading Practice: Speed Reading Test [245](#)

Integrated Writing Practice Test [25](#)

Day 39:

Vocabulary Practice: [Lesson 3 Unit Test 17-20](#)

Reading Practice: Speed Reading Test [250](#)

Day 40:

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 41:

Vocabulary Practice: [Lesson 3 Midterm Exam Chapters 11-20](#)

Reading Practice: Speed Reading Test [255](#)

Independent Writing Practice Test [8](#)

Day 42:

Vocabulary Practice: [Lesson 4](#)

Reading Practice: Speed Reading Test [260](#)

Day 43:

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 44:

Vocabulary Practice: [Lesson 4 1-150 A-E](#)

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](#))

Reading Practice: Speed Reading Test [265](#)

Day 45:

Integrated Writing Practice Test [26](#)

Day 46:

Vocabulary Practice: [Quiz 1-150 A-E](#)

Grammar Practice: [Lesson 7](#)

Reading Practice: Speed Reading Test [270](#)

Day 47:

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 48:

Vocabulary Practice: [Lesson 4 151-300 A-E](#)

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

Day 49:

Reading Practice: Speed Reading Test [275](#)

Independent Writing Practice Test [9](#)

Day 50:

Vocabulary Practice: [Quiz 151-300 A-E](#)

Reading Practice: Speed Reading Test [280](#)

Integrated Writing Practice Test [27](#)

Day 51:

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 52:

Vocabulary Practice: [Lesson 4 301-400 A-E](#)

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](#))

Reading Practice: Speed Reading Test [285](#)

Day 53:

Vocabulary Practice: [Quiz 301-400 A-E](#)

Reading Practice: Speed Reading Test [290](#)

Independent Writing Practice Test [10](#)

Day 54:

Vocabulary Practice: [Lesson 4 401-500 A-E](#)

Reading Practice: Speed Reading Test [295](#)

Day 55:

Complete independent speaking practice tests [81-84](#) 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 56:

Vocabulary Practice: [Quiz 401-500 A-E](#)

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

Reading Practice: Speed Reading Test [300](#)

Day 57:

Integrated Writing Practice Test [28](#)

Day 58:

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

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 59:

Reading Practice: Speed Reading Test [305](#)

Complete independent speaking practice tests [85-88](#) 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 60:

Vocabulary Practice: [Lesson 5 1-150 E-P](#)

Grammar Practice: [Lesson 7](#)

Day 61:

Reading Practice: Speed Reading Test [310](#)

Independent Writing Practice Test [11](#)

Day 62:

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

Reading Practice: Speed Reading Test [315](#)

Complete independent speaking practice tests [89-93](#) 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 63:

Vocabulary Practice: [Lesson 5 151-300 E-P](#)

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](#).)

Reading Practice: Speed Reading Test [320](#)

Day 64:

Integrated Writing Practice Test [29](#)

Day 65:

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

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

Reading Practice: Speed Reading Test [325](#)

Day 66:

Complete independent speaking practice tests [94-97](#) 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 67:

Vocabulary Practice: [Lesson 5 301-400 E-P](#)

Reading Practice: Speed Reading Test [330](#)

Independent Writing Practice Test [12](#)

Day 68:

Vocabulary Practice: [Quiz 301-400 E-P](#)

Reading Practice: Speed Reading Test [335](#)

Day 69:

Vocabulary Practice: [Lesson 5 401-500 E-P](#)

Reading Practice: Speed Reading Test [340](#)

Integrated Writing Practice Test [30](#)

Day 70:

Vocabulary Practice: [Quiz 401-500 E-P](#)

Grammar Practice: [Lesson 7](#)

Reading Practice: Speed Reading Test [345](#)

Complete independent speaking practice tests [98-101](#) at Michael's [Better TOEFL Scores Voxopop Discussion Group](#). Evaluate yourself using this [rubric](#).

Day 71:

Complete an independent or integrated speaking 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 72:

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

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

Reading Practice: Speed Reading Test [350](#)

Day 73:

Independent Writing Practice Test [13](#)

Day 74:

Vocabulary Practice: [Lesson 6: 1-150 P-Z](#)

Complete independent speaking practice tests [102-105](#) 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 75:

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

Integrated Writing Practice Test [31](#)

Day 76:

Complete independent speaking practice tests [102-105](#) 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 77:

Vocabulary Practice: [Lesson 6 151-300 P-Z](#)

Complete independent speaking practice tests [106-109](#) 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 78:

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

Independent Writing Practice Test [14](#)

Day 79:

Vocabulary Practice: [Lesson 6 301-400 P-Z](#)

Listening Practice Tests [21](#), [22](#), [23](#), [24](#)

Day 80:

Complete independent speaking practice tests [110-113](#) 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 81:

Vocabulary Practice: [Quiz 301-400 P-Z](#)

Integrated Writing Practice Test [32](#)

Day 82:

Vocabulary Practice: [Lesson 6 401-515 P-Z](#)

Grammar Practice: [Lesson 7](#)

Day 83:

Complete independent speaking practice tests [114-117](#) 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 84:

Vocabulary Practice: [Quiz 401-515 P-Z](#)

Listening Practice Tests [25](#), [26](#), [27](#), [28](#)

Day 85:

Independent Writing Practice Test [15](#)

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 86:

Vocabulary Practice: [Final Exam 1-515 P-Z](#)

Complete independent speaking practice tests [118-121](#) 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 87:

Vocabulary Practice: [Final Exam 1-1,515 A-Z](#)

Integrated Writing Practice Test [33](#)

Day 88:

Complete independent speaking practice tests [122-125](#) 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.

Independent Writing Practice Test [17](#)

Day 89:

Listening Practice Tests [29](#), [30](#), [31](#), [32](#)

Complete independent speaking practice tests [126-129](#) 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 90:

Integrated Writing Practice Test [34](#)