

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

**Complete this course, finish the TOEFL,  
and move on with your life!**

Instructor Michael Buckhoff

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

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This lesson plan is recommended if:

- 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 700 lessons by going to this web page:

<http://stealth.michaelbuckhoff.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.

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

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

## Day 2: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Study tip for vocabulary lessons: Your goal is to learn some of the 1,700 words in the vocabulary section of my course, so you should use a note-card system in which 1) You write one word on a note-card in large bolded dark letters, 2) On the other side, write a definition, a sample sentence, synonyms, and antonyms of the word you are studying.

Review these note-cards regularly so that they get into your long-term memory forever.

As you complete the speaking and writing practice tests, your TOEFL mentor will provide your feedback about your word usage. Write down into your speaking and writing journal any words that you are misusing and that you should be using so that you can learn from your mistakes.

Complete Pronunciation [Pre-Test for Vowel and Consonant Sounds](#) and e-mail parts A-B to [mbuckhoff@aol.com](mailto:mbuckhoff@aol.com)

Study tip for pronunciation lessons: Using a habit called tracking, you should read out loud with me everything that I say in the videos.

This will help you get used to the vowel and consonant sounds of American English and to become more comfortable with syllable division and grammatical word endings, word stress, sentence rhythm, intonation, and thought groups and blending.

It will not be easy for you to read out loud with me; in fact, in the beginning, your mouth will get tired, and you will feel like I am talking too fast. However, in time, you will be able to keep up with me in an intelligible manner.

Write down into your speaking journal any words that you are mispronouncing and practice making audio recordings of the troublesome words based on my corrections.

Complete [grammar pre-test](#), write three new sentences in your grammar journal.

Study tip for grammar lessons: Keep a grammar journal so you can write down new structures that you are learning. Also, correlate any grammar problems that you are having with your writing and speaking feedback

and match those problems to the lessons in these sections of the course. For example, if your TOEFL writing mentor tells you that you are having some trouble forming or using adjective clauses, then you should make it a point to review that lesson in this part of my course.

### Day 3: Writing and Speaking Practice

Complete any [independent writing practice test topic 1-40](#) or any [integrated writing practice test topic 1-43](#) at my web site, after which you should send me an email so that I know that your practice test needs to be scored (mbuckhoff@aol.com).

Study tip for writing practice: You MUST send me writing practice if you want to improve. Be brave and do not be afraid to read/hear my comments. Remember, as your TOEFL writing mentor, you are paying me to help you improve your writing proficiency, and it is impossible for me to help you if you do not send me regular writing practice. "Hearing is good, seeing is better, but doing is best," says a famous educator. You must DO things in my course if you want to get better! Therefore, send me writing practice, read my comments, follow my suggestions, and you will get better.

Choose any ONE [independent speaking topic 1-300](#) or any ONE integrated speaking practice test and e-mail your 45 or 60 second response to mbuckhoff@aol.com for evaluation. Complete any TWO [independent speaking topic 1-300](#) and make 45 second audio recordings for self-evaluation. You can also send me integrated speaking practice from other web sites such as Magoosh, TestDen, Notefull, and so on, and I will also listen to and score those as well.

Study tip for speaking practice: You MUST send me speaking practice if you want to improve. Be brave and do not be afraid to hear my comments. Remember, as your TOEFL speaking mentor, you are paying me to help you improve your speaking, and it is impossible for me to help you if you do not send me regular speaking practice. "Hearing is good, seeing is better, but doing is best," says a famous educator. You must do things in my course if you want to get better! Therefore, send me your speaking practice, listen to my comments, follow my suggestions, and you will get better.

## Day 4: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Takes notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any ONE [reading lesson or practice test](#). Takes notes on the lesson and write a 250 word response of the main and important support points. Self-evaluate your response using the [integrated writing rubrics](#).

Study tip for listening and reading practice: Focus on taking notes on the main and most important supporting points of these passages. Then, use your notes to answer the comprehension questions to measure your listening or reading comprehension. Most importantly, use your notes to write 250 word summaries weekly and evaluate your responses for self-study purposes using these [independent](#) and [integrated](#) writing rubrics. In addition, use your notes to make 60-second oral summaries of what you read or listen to so you can evaluate your responses for self-study purposes using these [independent](#) and [integrated](#) speaking rubrics.

## Day 5: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Study pronunciation lessons for [vowel and consonants](#), especially focusing on the lessons I recommended in your pre-test feedback.

Study any [grammar lesson](#), especially focusing on the problem areas as indicated by your [grammar pre-test](#). Write three new sentences in your grammar journal.

## Day 6: Writing and Speaking Practice

Choose any ONE [writing lesson](#). Take notes and write a 125 word summary of the lesson so that you master the content being taught and so that you practice your integrated writing skills.

Choose any ONE [speaking lesson](#). Take notes and record yourself giving a 60-second summary of the lesson so that you master the content being taught and so that you practice your integrated writing skills.

## Day 7: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Takes notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any ONE [reading lesson or practice test](#). Takes notes on the lesson and write a 250 word response of the main and important support points. Self-evaluate your response using the [integrated writing rubrics](#).

## Day 8: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Study pronunciation lessons for [vowel and consonants](#), especially focusing on the lessons I recommended in your pre-test feedback.

Study any [grammar lesson](#), especially focusing on the problem areas as indicated by your [grammar pre-test](#). Write three new sentences in your grammar journal.

## Day 9: Writing and Speaking Practice

Complete any [independent writing practice test topic 1-40](#) or any [integrated writing practice test topic 1-43](#) at my web site, after which you should send me an email so that I know that your practice test needs to be scored (mbuckhoff@aol.com).

Choose any ONE [independent speaking topic 1-300](#) or any ONE integrated speaking practice test and e-mail your 45 or 60 second response to mbuckhoff@aol.com for evaluation. Complete any TWO [independent speaking topic 1-300](#) and make 45 second audio recordings for self-evaluation. You can also send me integrated speaking practice from other web sites such as Magoosh, TestDen, Notefull, and so on, and I will also listen to and score those as well.

## Day 10: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Takes notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any ONE [reading lesson or practice test](#). Takes notes on the lesson and write a 250 word response of the main and important support points. Self-

evaluate your response using the [integrated writing rubrics](#).

#### Day 11: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Study pronunciation lessons for [vowel and consonants](#), especially focusing on the lessons I recommended in your pre-test feedback.

Study any [grammar lesson](#), especially focusing on the problem areas as indicated by your [grammar pre-test](#). Write three new sentences in your grammar journal.

#### Day 12: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Takes notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any [ONE reading lesson or practice test](#). Takes notes on the lesson and write a 250 word response of the main and important support points. Self-evaluate your response using the [integrated writing rubrics](#).

#### Day 13: Writing and Speaking Practice

Choose any ONE [writing lesson](#). Take notes and write a 125 word summary of the lesson so that you master the content being taught and so that your practice your integrated writing skills.

Choose any ONE [speaking lesson](#). Take notes and record yourself giving a 60-second summary of the lesson so that you master the content being taught and so that your practice your integrated writing skills.

#### Day 14: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Complete Pronunciation [Pre-Test for Syllable Division and Grammatical Word Endings, Word Stress, Sentence Rhythm, Intonation, Thought Groups, and Blending](#) and e-mail parts A-B to [mbuckhoff@aol.com](mailto:mbuckhoff@aol.com)

Study any [grammar lesson](#), especially focusing on the problem areas as indicated by your [grammar pre-test](#). Write three new sentences in your grammar journal.

## Day 15: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Takes notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any [ONE reading lesson or practice test](#). Takes notes on the lesson and write a 250 word response of the main and important support points. Self-evaluate your response using the [integrated writing rubrics](#).

## Day 16: Writing and Speaking Practice

Complete any [independent writing practice test topic 1-40](#) or any [integrated writing practice test topic 1-43](#) at my web site, after which you should send me an email so that I know that your practice test needs to be scored (mbuckhoff@aol.com).

Choose any ONE [independent speaking topic 1-300](#) or any ONE integrated speaking practice test and e-mail your 45 or 60 second response to mbuckhoff@aol.com for evaluation. Complete any TWO [independent speaking topic 1-300](#) and make 45 second audio recordings for self-evaluation. You can also send me integrated speaking practice from other web sites such as Magoosh, TestDen, Notefull, and so on, and I will also listen to and score those as well.

## Day 17: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Study pronunciation lessons for [syllable division](#), [grammatical word endings](#)...., especially focusing on the lessons I recommended in your pre-test feedback.

Study any [grammar lesson](#), especially focusing on the problem areas as indicated by your [grammar pre-test](#). Write three new sentences in your grammar journal.

## Day 18: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Takes notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any [ONE reading lesson or practice test](#). Takes notes on the lesson and

write a 250 word response of the main and important support points. Self-evaluate your response using the [integrated writing rubrics](#).

#### Day 19: Writing and Speaking Practice

Choose any ONE [writing lesson](#). Take notes and write a 125 word summary of the lesson so that you master the content being taught and so that you practice your integrated writing skills.

Choose any ONE [speaking lesson](#). Take notes and record yourself giving a 60-second summary of the lesson so that you master the content being taught and so that you practice your integrated writing skills.

#### Day 20: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Study pronunciation lessons for [syllable division](#), [grammatical word endings](#)...., especially focusing on the lessons I recommended in your pre-test feedback.

Study any [grammar lesson](#), especially focusing on the problem areas as indicated by your [grammar pre-test](#). Write three new sentences in your grammar journal.

#### Day 21: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Take notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any ONE [reading lesson or practice test](#). Take notes on the lesson and write a 250 word response of the main and important support points. Self-evaluate your response using the [integrated writing rubrics](#).

#### Day 22: Writing and Speaking Practice

Complete any [independent writing practice test topic 1-40](#) or any [integrated writing practice test topic 1-43](#) at my web site, after which you should send me an email so that I know that your practice test needs to be scored (mbuckhoff@aol.com).

Choose any ONE [independent speaking topic 1-300](#) or any ONE integrated speaking practice test and e-mail your 45 or 60 second response to mbuckhoff@aol.com for evaluation. Complete any TWO [independent speaking](#)



[topic 1-300](#) and make 45 second audio recordings for self-evaluation. You can also send me integrated speaking practice from other web sites such as Magoosh, TestDen, Notefull, and so on, and I will also listen to and score those as well.

#### Day 23: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Study pronunciation lessons for [syllable division](#), [grammatical word endings](#)...., especially focusing on the lessons I recommended in your pre-test feedback.

Study any [grammar lesson](#), especially focusing on the problem areas as indicated by your [grammar pre-test](#). Write three new sentences in your grammar journal.

#### Day 24: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Takes notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any [ONE reading lesson or practice test](#). Takes notes on the lesson and write a 250 word response of the main and important support points. Self-evaluate your response using the [integrated writing rubrics](#).

#### Day 25: Writing and Speaking Practice

Choose any ONE [writing lesson](#). Take notes and write a 125 word summary of the lesson so that you master the content being taught and so that your practice your integrated writing skills.

Choose any ONE [speaking lesson](#). Take notes and record yourself giving a 60-second summary of the lesson so that you master the content being taught and so that your practice your integrated writing skills.

#### Day 26: Vocabulary, Pronunciation, and Grammar Practice

Choose any [vocabulary lesson](#) or quiz and put 37 new words onto note-cards.

Complete Pronunciation [Post-Test](#) and e-mail parts A-B to mbuckhoff@aol.com.

Complete [grammar post-test](#) and review answers. Write three new sentences in

your grammar journal.

#### Day 27: Listening and Reading Practice

Choose any ONE [listening lesson or practice test](#). Takes notes on the lesson and give a 60-second recorded response of the main and important support points. Self-evaluate your response using the [integrated speaking rubrics](#).

Choose any ONE [reading lesson or practice test](#). Takes notes on the lesson and write a 250 word response of the main and important support points. Self-evaluate your response using the [integrated writing rubrics](#).

#### Day 28: Writing and Speaking Practice

Complete any [independent writing practice test topic 1-40](#) or any [integrated writing practice test topic 1-43](#) at my web site, after which you should send me an email so that I know that your practice test needs to be scored (mbuckhoff@aol.com).

Choose any ONE [independent speaking topic 1-300](#) or any ONE integrated speaking practice test and e-mail your 45 or 60 second response to mbuckhoff@aol.com for evaluation. Complete any TWO [independent speaking topic 1-300](#) and make 45 second audio recordings for self-evaluation. You can also send me integrated speaking practice from other web sites such as Magoosh, TestDen, Notefull, and so on, and I will also listen to and score those as well.

#### Day 29: Full-length TOEFL iBT Practice Test

Take a [Score Nexus TOEFL iBT full-length four hour practice test](#) at to mark your progress. If your practice test score is close to your target TOEFL score, you should register to take the official TOEFL exam.

#### Day 30: Register to take the official TOEFL iBT exam