

"How Do I Do The TOEFL[®]?"

A Step-By-Step
Guide For The Entire
TOEFL Process

*"The part that all other TOEFL courses
forget to mention"*

(2026 & Beyond)

www.TOEX.GiveMeSomeEnglish.com

“How Do I Do The TOEFL?”

Everything You Need To Know About The Entire TOEFL Exam
Process

From First Learning That You Need To Take The Exam

To Planning When You Will Schedule It
And How You Will Prepare



Part Of

The TOEFL Excellence Training System

By

GiveMeSomeEnglish!!!

Written By

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a.k.a.

“The Teacher”



founder of

TOEFL Excellence

&

GiveMeSomeEnglish!!!

Greetings Champion!!!

Thank you for taking the time to download & read this VERY important Document. I am confident that it will be very helpful in your quest to find the answer to the question...

“How Do I Do The TOEFL?”

First Of All...

When most people talk about “*doing*” The TOEFL – they are usually referring to actually “taking” the exam itself. But there is SO much more that is involved with “*doing*” The TOEFL. In fact – taking the exam is actually the shortest part of the entire process!

And MOST of what a person needs to “do” are the other – VERY IMPORTANT – things which almost no one even thinks about – and which no other TOEFL course teaches.

THAT is what this document is all about. When it comes to actually learning [HOW To Answer Every Question & Fulfill Every Task On The TOEFL iBT Exam](#) – ALL of that is covered COMPLETELY in [TOEFL Excellence Training System](#).

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This important document, that you are reading now, will explain to you – in great detail – everything else that you need to know about the entire TOEFL PROCESS. From first hearing about **The TOEFL Exam** – to planning your exam date, and getting started with [A Proper TOEFL Preparation Course](#).

Each chapter explains the steps of the process, in-order. And there are check-lists at the end of each chapter to help you figure-out where you are in the process – and what you need to do to get to the next step.

You may find that you have completed some or many of the steps already. And you will probably also find that there were necessary and VITAL steps that you did not even know about! (*Which would have been disastrous if you had missed them.*) So Do Not Skip Anything!

Finally...

Before going any further – I must tell you that I am not in-any-way affiliated with, nor am I endorsed by **ETS** – the organization which created & administers the exam. Nor am I associated with any of the Official TOEFL Testing Centers or Universities around the world. I just like to help people to succeed on **The TOEFL Exam**.

I AM a Teacher who has been specializing in helping people achieve success on **The TOEFL Exam** for over 12 years. And I am the ONLY person in the world who provides this VITALLY important information. (*None of the other so-called “experts” even mention it!*)

My students have consistently scored between 10-15 points *MORE* than they needed to on **The TOEFL Exam** (*when they followed my instructions*). And it was the students of my first few TOEFL classes who told me that I should write my own text-book on The TOEFL.

I did something better... I created **TOEFL Excellence** (*of-which this document is a part*).

So Now That We’ve Got That Covered...

Let’s Get Into It!!!



(“The Teacher” with his first TOEFL class in Plovdiv, Bulgaria – 2012)

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If you have any Questions, Comments, or Concerns at any time – you can email “The Teacher” at:

theteacher@givemesomeenglish.com

...or you can contact me through any of the social media accounts in the “Other Helpful Resources” Section at the end of this document

Now "Get Yer Ass To Class!!!"

:D

Phase One

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First Hearing That There Is Such A Thing As “**The TOEFL**” – And Finding-Out If You Need To Take It

According to the [Wikipedia page about The TOEFL Exam](#) – there are about 2.3 Million people that take the exam every year. And since you are reading this, there is a pretty good chance that you just learned that you will be one of them.

However – it is also possible that you are one of the many people who has simply heard (*somewhere, or from someone*) that you *MAY* need to take something called “**The TOEFL**” – but now you need to find-out what the heck it is, and how to “*do it*”.

If you have learned from a university or scholarship organization that you are applying to, that they require **The TOEFL Exam** – then you are already past the first step. The same is true if you have discovered that you need to take **The TOEFL Exam** for immigration purposes, or to obtain a job.

In those cases – the next step is to speak with the same person that gave you that information, in-order-to know: “What Score You Need To Achieve”.

This is vital information to have because **The TOEFL Exam** is not what is often referred-to a “Pass/Fail Exam”. In other words – the “Passing” score is determined by the organization that requires you to take it. And that score is different for everyone.

Possible Reasons For Needing To Take The TOEFL Exam?

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#1 – For University

Many people already know that they need to take **The TOEFL Exam** to get into the university that they want to attend.

Many others have only heard that they *MAY* need to take **The TOEFL Exam** for the same purpose. Since I am not affiliated with any of the universities around the world – and because they all have different requirements, I can not give you that information.

You Need To Speak With The Admissions Department Of The University You Are Applying To

The Admissions Department (*of any university around the world*) is who you need to speak with to get this information. Otherwise – they will put you in contact with whichever department or person that *WILL* have that information.

When you speak to the appropriate person – ask them to send you ALL The Requirements by email. That way you have documentation that you can reference. Be sure to ask them What Score You Need To Achieve, and also The Deadline For Scores To Be Submitted.

#2 – For A Scholarship

If you need to take **The TOEFL Exam** for a scholarship – then you have probably already been told this. But if you have not – and you want to know for sure – then...

You Need To Speak With The Contact Person For That Scholarship Organization

Ask them What Score You Need TO Achieve on **The TOEFL Exam**, and If There Is A Deadline for submitting your scores

#3 – For Immigration Purposes

If you need to take **The TOEFL Exam** for immigration purposes – then you have probably already been told this. But if you have not – and you want to know for sure – then...

You Need To Speak With The Embassy Of Whatever Country You Are Wishing To Emigrate To

Ask them If They Require **The TOEFL Exam**, What Score You Need To Achieve, and What Other Information They Can Provide so that you do everything correctly.

(Similar to with the universities & scholarship organizations – I do not have contact information for any of the Embassies around the world. You need to find that information on your own.)

#4 – For A Job

Although this is the least common reason to be required to take **The TOEFL Exam** – it does happen. Also – in this case – you have probably already been told all the information that you need to know from the people at the company. But if not...

**You Need To Speak With The HR Department Of The Company That
You Need To Take The TOEFL Exam For**

Ask them What Score You Need To Achieve, and When You Need To Submit The Scores.

Check-List

1. Do You Know For Sure That You Need To Take The TOEFL iBT Exam?

✓ If The Answer Is: “Yes”

- Excellent! – Move To The Next Step

✓ If The Answer Is: “No”

- Have You Been Told That You May Choose Between The TOEFL or Some Other Exam?

✓ If The Answer Is: “Yes”

- Then Choose **The TOEFL** & Continue With This Guide

Or...

- Choose The Other Exam & Give This Guide To Someone Who Will Be Taking **The TOEFL Exam**

✓ If The Answer Is: “No”

- Then Move To The Next Step

2. Do You Need To Take The TOEFL Exam For Entering A University?

✓ If The Answer Is: “Yes”

- Perfect! – Contact The Admissions Department At That University To Find Out What Score You Must Achieve On The Exam, And When Your Scores Must Be Received

✓ If The Answer Is: “No”

- Then It Must Be For A Scholarship, Immigration Purposes, Or A Job – Move To The Next Step

3. Do You Need To Take The TOEFL Exam For A Scholarship?

✓ If The Answer Is: “Yes”

- Perfect! – Contact The People At The Scholarship Organization To Find Out What Score You Must Achieve On The Exam, And When Your Scores Must Be Received

✓ If The Answer Is: “No”

- Then It Must Be For Immigration Purposes, Or For A Job – Move To The Next Step

4. Do You Need To Take The TOEFL Exam For Immigration Purposes?

✓ If The Answer Is: “Yes”

- Great! – Then Contact The Nearest Embassy Of The Country That You Wish To Emigrate To, In Order To Find Out What Score You Must Achieve On The Exam, And Ask For Any Other Information That You Need In Order To Do Everything Correctly

✓ If The Answer Is: “No”

- Then It Must Be For A Job – Move To The Next Step

5. Do You Need To Take The TOEFL Exam For A Job?

✓ If The Answer Is: “Yes”

- Wonderful! – Then Contact The HR Department Of That Company And Find Out What Score You Need To Achieve On The Exam, And When The Scores Must Be Received

✓ If The Answer Is: “No”

- If It Is Not For University, A Scholarship, For Immigration Purposes, Or For A Job – Then What Is Your Purpose For Needing To Take **The TOEFL Exam?**

(contact me at: theteacher@givemesomeenglish.com)

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Summary

After going through the short check-list above, you should have completed the first TWO major steps.

- 1. You Have Discovered *IF* You Need To Take The TOEFL Exam Or Not**
- 2. You Have Gotten The Information About What Is Required Of You Regarding The TOEFL Exam – (*or at least you now know where to GET that information*)**

Good Job Champion!

You May Move To The Next Phase!

:D

Phase Two

...

You Know That You Need To Take **The TOEFL Exam** – Now What Do You Do First?

(The Preliminaries & Essentials)

So you have discovered that you *DO* need to take **The TOEFL Exam** – or you simply have chosen-to. Now we get into the preliminary steps that you **MUST** take, in-order-to get yourself prepared.

The Main Three Preliminaries

First of all – you should have already gotten the information about What Score You Need To Achieve On The Exam when you were speaking to either the Admissions Department or the Embassy.

That is **The First Preliminary: Your Score**

Also – you should have already asked them for any additional information that you need, so that you do everything correctly.

Part of that “extra” information that they have (*hopefully*) already given to you should also contain information about any deadlines that you have for your scores to be received.

That is **The Second Preliminary: The Deadline For Your Scores To Be Received**

If they did not give you that information – then you need to contact them again and get it. You also need to make-sure that you get the correct information about the **Address & Person or Department** that you need to have those scores sent to.

That is **The Third Preliminary: The Address & Person Or Department That Your Scores Will Be Sent To**

Any additional information beyond that – **The Score Needed + The Deadline For Scores Being Received & Where To Actually Have The Scores Sent** – will be unique to each University or institution, and I can not comment on those specifics as I am not affiliated with any of those organizations. But they will give you that information if you ask for it.

The 11 Essentials

Once You Know The Main Three Preliminaries – you can start planning your preparation for **The TOEFL Exam**. But there are 11 other ABSOLUTELY ESSENTIAL things that you NEED to Know & Have in order to “Do” & be Successful on **The TOEFL Exam**. And you should Know & Have these 11 things even BEFORE you register for **The TOEFL Exam**... These 11 Essentials Are:

1) The Necessary English Skills

2) The Ability To Type

3) Enough Money

4) The Ability To Accommodate Your Schedule

5) The Ability To Travel

6) The Ability To Remain Focused

7) The Ability To “Hold It”

8) At Least 3 Months *BEFORE* The Exam – (To Prepare)

9) An Additional 3 Months *AFTER* The Exam – (For Scores To Be Delivered)

10) A Passport

11) Confidence In Your Abilities

I am not going to go into any more detail about each of those 11 things in this guide because each one is linked to a course page that explains them for you. And if you are reading this – then you should have already watched the full video that explains all of this in much more detail. And they are also explained briefly in the module: [What You Need To Know & Have BEFORE Registering For The TOEFL iBT Exam](#) – which is part of [The TOEFL Excellence Training System](#).

If you are not able to check-off each item on the list above – and if you are not able to get **The 3 Preliminaries** – then there is absolutely NO reason to waste your money on taking **The TOEFL Exam**. Because you simply won't be ready or able to succeed on it.

Once you *ARE* able to check-off each thing on the list – and you have all the Preliminaries – *THEN* you can think about taking **The TOEFL Exam**.

Check-List

1. Do You Have...?

- ✓ The Necessary Language Skills
- ✓ The Ability To Type
- ✓ Enough Money
- ✓ The Ability To Accommodate Your Schedule
- ✓ The Ability To Travel
- ✓ The Ability To Remain Focused
- ✓ The Ability To “Hold It”
- ✓ At Least 3 Months *BEFORE* Your Exam To Prepare
- ✓ An Additional 3 Months For Scores To Be Delivered
- ✓ A Passport
- ✓ Confidence In You Abilities

Once You Can Answer “YES” To All Of The Above – Then You Can Start Planning Further Preparation For **The TOEFL Exam**

2. Do You Have The Information Regarding The Three Main Preliminaries? – (What Score You Need To Achieve – The Deadline For Scores To Be Submitted – Where To Send The Scores After The Exam)

✓ If The Answer Is: “Yes”

- Excellent! – You May Move To The Next Chapter

✓ If The Answer Is: “No”

- Then You Know Exactly What You Need To Work On... Get Those Things Done, And Then Continue From The Next Chapter

After going through This Check-List, you will be ready to start preparing for **The TOEFL Exam** like the Champion that I know you can be!

You're Doing Great So Far!
Keep Up The Excellent Work & Move To The Next Phase!

Phase Three

...

You've Got The Preliminaries & Essentials Covered...
Now What Is This Exam All About?

The TOEFL Exam is NOT like ANY other exam on the planet! And even though I am not a "Traditional" education kind of guy – I actually think that this exam is pretty cool!

*(Unfortunately – the organization that created **The TOEFL Exam** is pretty typical to MOST large corporations. However – the exam itself is actually pretty cool, once you comprehend how it works. That is because it was NOT created by the people who currently run the corporation that administers it.) :D*

The main reason that I think that **The TOEFL Exam** is actually "cool" is because – it does NOT test what you already know...

The TOEFL Exam Tests: Your Ability To Learn New Information & To Communicate About That Information In English

And that is EXACTLY why you can not simply sign-up for the exam and take it, like you would with any other "English Proficiency Exam". You Need To Know *HOW* To Take **The TOEFL Exam**. **And that is exactly what The TOEFL Excellence Training System Will Teach You.**

So the first thing that you need – and this is the reason that it was first on the Essentials list – is: You will need to have *AT LEAST* An Intermediate Level Of English simply to be able to take the exam. But that is the bare-minimum.

If you only have an Intermediate Level – then you will also need to have **Thorough Training** on exactly what to do with each question and task. But even then it may be difficult.

An Upper-Intermediate or Advanced Level of English is certainly better. But even then – you still need **Proper Training**.

This is because the exam is written at an Upper-Intermediate level, and is designed to test your ability to Function in an English-Speaking University Environment. In such an environment – the classes, conversation, and texts, will be at a “Native” level of English.

In that environment – they will NOT repeat things that you may have missed. They will NOT give you extra time because your English skills are not very good. And, they will NOT speak more slowly and use more basic words for you so that you can comprehend what is being communicated.

That Is The MAIN Purpose Of The TOEFL Exam!

To Ensure That You WILL Be Able To Function In Such An Environment. Because the environment will NOT accommodate you. Instead – YOU must accommodate *yourself* to the environment!

And that is exactly why you should not think that **The TOEFL Exam** is some annoying thing that you need to do, just to get accepted into some university. It is the thing that makes sure that you are *READY* to enter an English-speaking university.

Because, if you were not ready – and you went to the university anyway – you would lose HUNDREDS of times more money on a failed university career than you would by losing your money on a single “failed” **TOEFL Exam** (because you didn’t get a high-enough score).

And... If The TOEFL Is For A Scholarship: Then that organization needs to know that they are not wasting their money on you. If It Is For Immigration: That country needs to know that you will not be a burden on their society. If It Is For A Job: That company needs to know that the money they pay you will be a worthy investment *IN* you – so that you will benefit the company, and not be a burden on anyone else that may need to help you do your job.

Check-List

1. Do You Have At Least An Intermediate Level – But Preferably Upper-Intermediate (or above) Level Of English Skills & Knowledge? – *(In The European Framework This Would Be About A B1 or B2 Level Of English [or higher])*

✓ If The Answer Is: **“Yes”**

- Excellent! – You May Move To The Next Chapter

✓ If The Answer Is: **“No”**

- Then You Need To Improve Your English Skills Before You Take **The TOEFL Exam**. Otherwise You Will Only Be Wasting Your Money

2. Are You Ready & Willing To Take A Proper TOEFL Preparation Course? – (It Is Not Required To Take

A Course – But NOT Doing-So Is An Almost Guarantee Of Wasting Your Money On The Exam)

✓ If The Answer Is: “Yes”

- Excellent! – You May Begin Your Preparation Here – And You May Move To The Next Chapter

✓ If The Answer Is: “No”

- Then Move To The Next Chapter & Keep Reading This Entire Document – Because You Need To Know Why That Is A Very Bad Idea (*Unless, of course, you actually WANT To Waste Your Time & Money On The TOEFL Exam*)

After going through This Check-List, you will be ready to start Preparing For The TOEFL Exam like the Champion that I know you can be!

You May Move To The Next Phase

Phase Four

...

You Know What **The TOEFL Exam** Is All About... Now You Need
To Know What Is In It?

(Learning The Content & The Format Of **The TOEFL Exam**)

The VERY FIRST thing that you should learn about the exam is: [The Format](#). This includes: [How The Exam Is Organized & How The Exam Is Delivered](#).

This is about the only information on **The TOEFL Exam** that you can easily find, and which is free. The link in the above paragraph is part of [The TOEFL Excellence Training System](#) – and puts all of this information in the same place, so you don't have to look for it all over the internet, and put it all together yourself.

To get [A Brief Overview Of The Entire TOEFL Exam](#) you can go through the lessons linked above, and you can also [Read This Blog Post](#) that I wrote on the matter. Both are consistently updated to reflect any and all changes that happen with the exam, so that they represent the present state of **The TOEFL Exam**.

What You Will Find In The Exam Is:

A Reading Section – with many traditional multiple-choice, and other exam-type questions & tasks

A Listening Section – with very similar questions & tasks to what is in The Reading Section

A Speaking Section – where-in you will be asked to talk about various topics & information (*you will be recording your answers with a microphone*)

A Writing Section – where-in you will be asked to write two different texts – for tasks that are very similar to two of the tasks in The Speaking Section

The TOEFL Exam IS technically done “on-line” – but you will not be connected to the internet as we know it. You will be connected to the ETS system in-order to take the exam, and you will NOT be able to use any other aspect of the internet while you are taking the exam.

The entire exam takes about 2 hours to complete. But that is just the time from when the exam actually begins. This does not include getting signed in at the testing center and getting prepared and situated at your computer before the exam begins. The entire exam runs on an automatic timer which you will not be able to stop or control in any way. Once the exam starts – it keeps going until it is finished.

The only safe and secure way to take **The TOEFL Exam** is at an official Testing Center which has been approved by ETS. If the testing center is not listed by ETS – or on [The GiveMeSomeEnglish!!! TOEFL Portal](#) – then it is NOT an official testing center. Do NOT Give Them Your Money!!!

*(so far the only fake testing centers that I have come across are in Kenya. But that does not mean that they are the only ones. Do not give your money to anyone claiming to be a testing center. You should register for **The TOEFL Exam** the standard way – on the official website.)*

What About Taking The TOEFL At Home?

There is now a so-called “Special Home Edition” of **The TOEFL Exam** that was supposedly created for the so-called “Covid Crisis”. But the way that ETS has chosen to provide this exam is a complete disaster, and thousands of people have lost their money on this version of the exam, with VERY poor customer support from ETS.

I have heard directly from hundreds of these people who have lost their money. This is mainly because of the company that ETS has contracted to “monitor” you while you take the exam. And ETS does not seem to be interested in changing this in any way.

THAT is why the only safe and secure way to take **The TOEFL Exam** is at an official testing center. Because, if there is any technical problem – it is the responsibility of the testing center... not you.

So I STRONGLY recommend that you NOT take the “Home Edition” of the exam. To find out why, you can [Read This Article & Watch The Videos That Describe All The Problems With It.](#)

Summary

There is only one way to fully know everything that you need to know about what is in **The TOEFL Exam**. And that is to [Take A Proper TOEFL Preparation Course](#).

You have already seen – through the links that I have provided – a brief introduction of what is *IN* **The TOEFL Exam**. But to learn about all the Questions & Tasks – and [How EXACTLY to Answer & Fulfill Them... You Need To Take A Paid Course](#). That is the only way.

Check-List

1. Have You Clicked On All Of The Links And Read The Information?

✓ If The Answer Is: “Yes”

- Excellent! – You May [Begin Your Preparation Here](#) – And You May Move To The Next Chapter

✓ If The Answer Is: “No”

- Well Then What Are You Waiting For?!?!?! :D

After Reading This Chapter – As Well As The Information At The Various Links I Provided...

You May Move To The Next Phase

;)

Phase Five

...

Going It Alone Or Investing In Your Future

???

I have already mentioned a number of times my thoughts about “going it alone” – in-other-words – preparing on your own, without the help of a course & a teacher. And to reiterate that... It Is A VERY BAD Idea!

As I mentioned in the introduction – I have been specializing in **The TOEFL Exam** for over 12 years. And most of the students that I had in “traditional” TOEFL Courses (*before I started **TOEFL Excellence***) told me that they were taking the course because they failed the first time. In fact – MOST people who take a TOEFL course, do it for this reason.

This means that they paid for the exam twice, and a course once. If they had taken a course BEFORE the first attempt at the exam. They would have only paid for the exam once! At the current price that means they would save between \$200 – \$300

They all explained to me that they thought that it was just like the other tests they took – FCE, CAE, etc – which only test your English knowledge. If **The TOEFL Exam** had been like those other exams – they probably would have “passed”.

But **The TOEFL Exam** is NOT like those other exams (*or any other traditional English proficiency exam*). It is VERY specific in the Question- & Task-Types. And HOW you answer & fulfill them is also VERY SPECIFIC!

So if you go into the exam, NOT knowing about these specific Question- & Task-Types – and even worse – not knowing HOW to Answer & Fulfill them – *AND* how to do that in the amount of time that you are given... Then you will most-likely fail.

If You Attempt To Take The TOEFL Exam Without First Taking A Proper TOEFL Preparation Course – You Have MORE THAN an 85% Chance Of Failure!

That means that less than 15% of all the people who take **The TOEFL Exam** without preparing for it – PROPERLY – end-up NOT achieving the score that they need. In other words... They failed – and they lost their money.

“But The TOEFL Exam Is Expensive So I Can’t Afford To Take A Course” – Yes. **The TOEFL Exam IS** Expensive. That is why risking *MORE THAN* an 85% chance of failure – just to save a little money – is VERY illogical thinking.

Option 1. – You Take The Exam Without A Preparation Course But You Fail Because You Were Not Prepared – You Lose All The Money That You Paid For The Exam (*and all the time that you spent “preparing on your own”*)

- **The Result:**
 - You Lose All The Money That You Spent On The Exam (*and also all of the TIME that you spent “preparing on your own”*)
 - You lose your opportunity that you were taking the exam for... Or you will at least need to wait longer for that opportunity. **AND The TOEFL Exam** may be even more expensive the next time you take it!

\$200 – \$300 AND Your Time Lost – But With No Success

Option 1a. – You Then Re-Take The Exam (*Without A Preparation Course*) Because You Still Think You Can’t Afford It –

- **The Result:**

- This Option Is Twice As Expensive, And You Will STILL Probably Fail AGAIN Because You STILL Have Not Properly Prepared. (*Doing more practice tests will not help you improve if you don't know what you are doing!*)
- You Have Now Lost Twice As Much Money, and you STILL lose the opportunity you were taking the exam for... AGAIN!!! Maybe forever this time.

\$400 – \$600 + 6 – 12 Months Of Your Time Lost & You Will Have Done The Exam Twice – But STILL With No Success

Option 1b. You Re-Take The Exam – But this time you DO take A Proper Preparation Course Because You DO NOT Want To Lose Any More Money –

○ **The Result:**

- It Will Still Be More Than Twice As Expensive – But Your Chances Of Success Are FAR Greater (*as long as you have all The Preliminaries & Essentials, and you follow my instructions.*)
- You Have Lost More Than Twice The Money on the process (*two exams + a course*) – but as long as you have the Preliminaries & Essentials, and you have followed my instructions – then you get to move forward with your life and have the opportunity for a more successful future.

\$400 – \$600 on exams + approx. \$97 on preparation + 6–12 MONTHS Of Time Spent (*not lost*). You Have To Do The Exam Twice – But With A MUCH Greater Chance Of Success Than The Other Situations Above...

This is the MOST expensive way to “do the TOEFL”. And it is actually the way that MOST people do it (*if they don't just quit after the first try*). Some people even take the exam 2 or 3 times before finally taking a course! That is REALLY Expensive!!!

HOWEVER!!!

Option 2. You Take The Exam – But FIRST... You take A Proper TOEFL Preparation Course – And you do this *BEFORE* the FIRST time taking the exam. –

- **The Result:**

- You Will Have The LEAST Amount Of Time & Money Invested With The GREATEST Chance Of Success (*as long as you have The Preliminaries & Essentials, and you follow my instructions*)
- You Get To Move Forward With Your Life And Have The Opportunity You Were Working For, And A Chance For A More Successful Future (*without the disruption of needing to do things over and potentially missing out on opportunities*).

approx. \$200 – \$300 on the exam (depending on what country you are in) + **3–5 Weeks Of Course Preparation Invested** – **approx. 6 Months For The Entire TOEFL Process = Nothing Lost – Only Invested & The Greatest Chance Of Success!**

This Is clearly The LEAST Expensive Way To “Do” **The TOEFL Exam** – With The GREATEST Return on Your Investment. But it is the way which is Least Common. So do you want to be like *MOST* people and do it the MOST expensive way? Or do you want to be like the most INTELLIGENT people who do it the *SMARTEST* way?

Summary

The reason that I say that “*nothing*” is “*lost*” with the last option is because – when you are successful – the money that you spend is an investment in your future. It is not a “Cost”... It is an “Expense”. And Properly Preparing For The TOEFL Exam SHOULD be considered as a *NECESSARY* Expense!

And the reason that I say that Option 2 is “*The Least Expensive*”, is because – even though you may spend less money by taking the exam WITHOUT A Preparation Course – you will most-likely be one of the MORE THAN 85% of people who FAIL by not preparing. And thus – you get Nothing for the Time & Money that you have LOST.

To Put Things Into Perspective – Watch This Short Video

Finally – in the options above – I say “*as long as you follow my instructions*”. This is, of course, presuming that you will be taking The TOEFL Excellence Training System. I can not speak for the effectiveness of any other TOEFL Course. But I specifically created TOEFL Excellence because I do not trust any other TOEFL Course or TOEFL Teacher.

I can not force you to choose The TOEFL Excellence Training System – but I highly recommend that you do! Because – as I mentioned in the introduction of this document – about how my students told me that I should create my own TOEFL Course...

They told me this because they said that the way I teach The TOEFL made it very clear – that I took something that seemed very daunting, very intimidating – and made it look simple & logical.

My method of teaching The TOEFL *STARTS* with YOUR SUCCESS as the end-result in mind. I then reverse-engineer *HOW* to achieve that goal – rather than simply giving you random tips & advice in the hopes that you *MAY* be successful, (*which is what all the other courses do*).

Traditional TOEFL Courses and text-books simply follow the standard way of giving you tons of information in the hopes that it will be enough for you to “get it”. But much of that information is NOT useful. And much of it is actually a waste of time!

I’m sure that their methods are effective for some people – and if the testimonials on their websites are true, then they do have some satisfied customers. But I have seen the videos that they post on YouTube, and the things that they have written on their websites, and I simply can not recommend them to anyone. *(And as a person who has been working on websites for a long time, I can tell you that MOST testimonials on websites are fake. Which is why I don’t post them on my site, even though I DO have authentic testimonials.)*

To learn more about [Why Traditional TOEFL Preparation Courses Are A Bad Idea](#), then [Read This Article](#).

If you have any questions about anything regarding [The TOEFL Excellence Training System](#), you can contact me at:

theteacher@givemesomeenglish.com

Now Let’s Move To The Next Phase

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Phase Six

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How You Can Tell If A TOEFL Course, Video, Text-Book, etc. Is Good? (And Which Ones Are A Waste Of Your Time And Money?)

This question is not so easy to answer on your own. But it is a very important question. The problem that we need to focus on here is that – If you do not know much about **The TOEFL Exam** – how are you able to know if what you are buying is good?

Secondly – if you are looking for a course on-line, or even at a language school – they may tell you what is *IN* the course, but you don't actually get to see the material until you have already paid for it. This is actually quite normal. But it still does not serve you.

That Is Why I Have Been Showing You What Is In [The TOEFL Excellence Training System](#)

(I have been showing you this with many of the links to **TOEFL Excellence** that are contained within this PDF, as well as simply providing the information that is in this PDF! Something that no other course or text-book includes. This information is not even given by the makers of the exam, for free OR for sale!)

But what is worse about the “normal” way that things are done is – If you are not a TOEFL Expert – then how would you know if the material that you paid for is up-to-date, relevant, or even correct? And how do you know if the teacher or creator of that material even knows what they are talking about? The answer is: you simply would not be able to know!

And That Is Why I Can Not Recommend Any Other TOEFL Courses Or Teachers

Most training courses on-line are actually provided by businesses that primarily function as a language school. The on-line courses are a secondary product that they sell and there is almost no interaction with teachers, and no way to even ask any questions. *(Many of them charge extra to answer your questions or severely limit the amount of questions you can ask – if any at all!)*

Additionally – the people who are teaching these courses (*at least in the videos*) are NOT “TOEFL Experts”. They are simply “teachers” of the school who were chosen to be in the videos. They are teachers who may know *ABOUT The TOEFL Exam*. But they are not TOEFL Specialists with over 12 years of experience focusing almost exclusively on **The TOEFL Exam** – as I have.

I know of only one other person who has an on-line TOEFL course, who actually has more experience than myself. And I actually learned quite a bit from this person when I first started teaching The TOEFL. But – unfortunately – he completely changed the model of his business so that he too is only giving random practice Questions & “Tips” for certain parts of The Exam – No-longer acting as a “full TOEFL Training service”.

Also – although his method of teaching the exam was quite thorough and effective – it required a great amount of time & practice – and many of his techniques were not effective for the amount of time that you actually have on the exam. They would have been great if there was no time limit... But there is. So that person’s system of how you should approach each of the Questions & Tasks ultimately was not effective or efficient for the actual TOEFL Exam.

The most popular on-line TOEFL Course provider before TOEFL Excellence was available is also an organization that provides support for many different exams – not just **The TOEFL**. And their main business is NOT the on-line courses. It is their in-house classes which you can only access if you live in the city where they are. *(And the videos that they have on Youtube – although they are very popular – are a perfect example of what NOT to do for **The TOEFL Exam!!!** The same is true for nearly all of the “TOEFL Videos” on Youtube! They simply give you BAD advice, or advice that is not going to produce significant results.)*

Furthermore – the way that this, and most other on-line TOEFL Courses are organized is that you pay for access to a bunch of videos & practice questions – but there is not enough time to even go through all of the material in the time you pay for.

If you pay for one month of access – it does not matter if they have 1000s of practice questions & videos... You will NOT have time to go through them all. And ALL of the other on-line TOEFL courses that I have seen follow this same approach.

They simply give you a ton of information (*much of it irrelevant, out-dated, or simply incorrect*) and they overwhelm you with this information, so that you mistake their quantity for quality. And this is why I can not, and will not recommend any of them.

This is the main reason why I took the advice of my early TOEFL students – and created [The TOEFL Excellence Training System](#). It is the *ONLY* option for TOEFL Preparation – anywhere in the world – which provides: [A Systematic Approach To Show You EXACTLY How To Answer & Fulfill Every Question & Task on The TOEFL Exam – From Beginning To End](#) – and how to do this In The Time That You Are Given To Complete Each Section Of The Exam!

It is the only TOEFL Training System that is actually a complete “System” – rather than simply a collection of video “Tips” & Practice Questions (*which do very little to help you on the actual exam.*)

[TOEFL Excellence](#) is also the only one that offers you the information that you are reading in this document now – as well as providing ALL the information that you need to know about taking The TOEFL Exam in your country... All you need to do is ask me – “The Teacher” – and I will provide that information for you... For FREE!

And it is also the *ONLY* TOEFL Preparation System that allows you to record your responses for The Speaking Section, and have them critiqued, without a limitation on how many times you can do it. I will work with you until you “get it”. The same is true with The Writing Section, and The Entire Exam!

So How Do You Know If The Course Or Material Is Good Or Not?

- **If You Are Watching Videos On YouTube** – It May Provide Some Helpful Tips. But, If It Is Not Showing You Exactly How To Answer Or Fulfill A Specific Question-Type – Or What NOT To Do... Then It Is NOT Enough!
- **If You Are Doing Practice Questions From Past Exams** – Then You Are Wasting Your Time... This Is NOT A Method Of Success For **The TOEFL Exam!** Unless You Are Doing These IN ADDITION TO **A Proper TOEFL Course.**
(*practice questions do not show you HOW to answer them.*)
- **If You Are Using A TOEFL Text-Book On Your Own** – If It Was Published Before April of 2023... Then it contains information that is NOT Accurate or up-to-date with the current version of **The TOEFL Exam.** (*This is because the exam changed in 2019, and again in July, 2023. But TOEFL Excellence stays up-to-date with all of the changes to the exam*)...
(*Also – a text-book can not show you if you are doing something wrong, or tell you how to improve your Speaking & Writing Responses.*)
- **If You Are Taking A Course At A Language School** – Then There Is No Guarantee That The Teacher Even Knows What They Are Talking About – And You Will Need To Learn On THEIR Schedule – Not Yours!
(*most “traditional” teachers just go directly by what is in the text-book, and use methods that are easiest for them – not the most beneficial for you! And most TOEFL Classes do not last long enough to cover all that you need to know.*)
- **If You Are Taking Any Other On-Line Course Which Is NOT TOEFL Excellence** – And That Course Boasts Having 1000s of Sample Practice Questions (*which are generally a waste of time*) – and 1000s of Videos (*which you will probably not be able to watch in the amount of time that you have access to the course – and which are also out-of-date*) – But They Do NOT Have A Systematic Approach To Every Question & Task In The Exam, From Beginning To End... (*But instead say that they give you a “study plan” to follow – making YOU do all of the work*)... Well then, you *may* be successful with their “system” – but if you need to pay to ask questions – then how will you know if you are doing anything correctly? And what’s more: How will you improve your Speaking & Writing Skills?

Therefore – I can say with the highest of confidence that – THE ONLY WAY to know FOR SURE that the TOEFL Training Materials, and The Teacher who is teaching them are actually “good” – is if it is of The TOEFL Excellence Training System.

In fact – it is not just “Good”... It Is “Excellent”

Now... On To The Last Phase Before You
“Achieve Excellence On The TOEFL iBT Exam”

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Phase Seven

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What Else You Need To Do In Order To Get Ready To
[“Achieve Excellence On The TOEFL iBT Exam”](#)

There are two other things that you will absolutely need to have in-order-to be successful on **The TOEFL Exam**. Besides “**The Preliminaries**” & “**The Essentials**” mentioned in this document – and besides having access to [A Full TOEFL Training System](#) – You will also need to have...

The Right Attitude & The Motivation For Success

Those two things are very similar and they usually work together. Having Motivation can actually give you The Right Attitude. And – The Right Attitude can actually help to get you Motivated.

How to do this is different for each person, and I am not a motivation expert. But what I can say for sure, is that hearing a teacher say “*this is really difficult / tricky / hard / etc..*”... Well, that is not very Motivating. now is it?

And in my opinion – it is completely the **WRONG** Attitude to have. Unfortunately – I hear things like this [ALL THE TIME](#) from other teachers, and in the videos of nearly everyone who makes videos about **The TOEFL Exam**.

And that is actually another way to tell if your teacher is “good”, or not. If they are constantly telling you that something is really “difficult” or “tricky” – then they are NOT the teacher for you!

Now, I am not going to lie to you. And I will NOI try to give you any “false hope” about anything. In fact – I think I have been brutally honest about everything I have mentioned in this document & in the videos that you have hopefully watched already. But I will also not *EVER* tell you that something is difficult. Because It Is NOT!!! (*“Complex” & “Difficult” are not the same thing.*)

There is nothing “Difficult” on **The TOEFL Exam!** It may take you a bit of work to prepare. But there is literally NOTHING on **The TOEFL Exam** that is “Difficult”. You simply need to learn the correct steps to take... And then take them... This is EXACTLY what I show you in [The TOEFL Excellence Training System](#).

And every time I call you a “Champion” (*which I do a lot in the courses and lessons of [TOEFL Excellence](#)*), or say that [“You Can Do It!”](#) – or even tell you that something is “Easy!”... It is because I not-only believe that to be so... But I also know that once YOU believe it as well... Then you Absolutely WILL...

“Achieve Excellence On The TOEFL iBT Exam!”



Let Me Help You Do This



C. James Cote
a. k. a. **"The Teacher"**

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Other Helpful Resources

...

[The TOEFL Excellence Training System](#)

[The GiveMeSomeEnglish!!! TOEFL Portal](#)

[The GiveMeSomeEnglish!!! TOEFL Vocabulary Database](#)

(not to be used as a substitute for proper training, but as a supplement *TO* your proper TOEFL training!)

[The GiveMeSomeEnglish!!! TOEFL FAQs](#)

[Blog Posts About The TOEFL iBT Exam](#)

[TOEFL Excellence On YouTube](#)

[TOEFL Excellence On Facebook](#)

Any Questions?

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