

1 30 Day Lesson Plan for TOEFL Speaking from the Online TOEFL Course called [The 7-Step System to Pass the TOEFL iBT](#).

30 Day Lesson Plan for the Online Course  
"The 7-Step System to Pass the TOEFL iBT"  
[with an Emphasis on Speaking](#)

Instructor Michael Buckhoff

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

This lesson plan is recommended if:

- Your TOEFL score is above 90, and you need to improve your speaking score by 2 - 5 points.
- Your speaking score is more than 21 points.
- You have passing scores on all sections of the TOEFL iBT except for the speaking section.
- 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 pronunciation and speaking parts of my course, both of which are designed to help you perform better when completing the independent and integrated speaking tasks on the actual TOEFL iBT. If you want to work on other lessons other than the pronunciation and speaking 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>

In fact, it is likely that the TOEFL iBT speaking and pronunciation specialist may refer you to vocabulary, grammar, listening, and even reading lessons based on some of the problems that you may be having. Please note your subscription to my Online TOEFL course entitles you to complete, unlimited access to all of my TOEFL lessons.

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](#)

2 30 Day Lesson Plan for TOEFL Speaking from the Online TOEFL Course called [The 7-Step System to Pass the TOEFL iBT](#).

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

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

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

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

Day 2:

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

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

Learn about Michael's [Diagnostic/Corrective Feedback](#) Service Offered for Speak Clearly Lessons 7-24 and 26-47. This additional service is recommended especially for those wanting to score above 26/30 on the speaking section of the TOEFL iBT.

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

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

Day 3:

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

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

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

3 30 Day Lesson Plan for TOEFL Speaking from the Online TOEFL Course called [The 7-Step System to Pass the TOEFL iBT](#).

Day 4:

Speak Clearly lessons [2](#), [3](#), [4](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 5:

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 6:

Speak Clearly lessons [5](#), [6](#), [7](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 7:

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 8:

Speak Clearly lessons [8](#), [9](#), [10](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

4 30 Day Lesson Plan for TOEFL Speaking from the Online TOEFL Course called [The 7-Step System to Pass the TOEFL iBT](#).

Day 9:

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 10:

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 11:

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 12:

Speak Clearly lessons [15](#), [16](#), [17](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

5 30 Day Lesson Plan for TOEFL Speaking from the Online TOEFL Course called [The 7-Step System to Pass the TOEFL iBT](#).

Day 13:

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 14:

Speak Clearly lessons [18, 19, 20](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 15:

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 16:

Speak Clearly lessons [21, 22, 23, 24](#) (Post your self-study audio recordings to these practice exercises at [Better TOEFL Scores Voxopop Discussion Group](#))

Day 17:

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

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

6 30 Day Lesson Plan for TOEFL Speaking from the Online TOEFL Course called [The 7-Step System to Pass the TOEFL iBT](#).

Day 18:

[Speak Clearly](#) Pretest for Syllable Division, Grammatical Word Endings, Word Stress, Sentence Rhythm, Intonation, Thought Groups, and Blending. 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 19:

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 20:

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

Day 21:

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 22:

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

7 30 Day Lesson Plan for TOEFL Speaking from the Online TOEFL Course called [The 7-Step System to Pass the TOEFL iBT](#).

Day 23:

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 24:

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

Day 25:

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 26:

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

Day 27:

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

Day 28:

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](#))

8 30 Day Lesson Plan for TOEFL Speaking from the Online TOEFL Course called [The 7-Step System to Pass the TOEFL iBT](#).

Day 29:

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 30:

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

Day 31:

Take the TOEFL iBT exam!