TOEFL iBT Prep: Listening & Writing — Course Overview

Course at a glance

An 8-session course that prepares learners for the Listening and Writing sections of the TOEFL iBT. Learners build test know-how, practical strategies and confidence through live online classes and guided practice between sessions.

Length	8 weekly sessions
Session length	90 minutes
Format	Live online classes with small-group breakout practice
Focus	TOEFL iBT Listening (Sessions 2-4) and Writing (Sessions 5-7)
Between sessions	A short weekly quiz and a peer practice activity

What learners build

- **Test readiness:** how the Listening and Writing sections are structured, timed and scored.
- **Listening skills:** understanding everyday conversations, campus announcements and short academic talks, from main ideas to speaker purpose.
- **Note-taking:** a simple, repeatable way to capture key information while listening.
- **Writing skills:** accurate sentence building, clear and polite emails, and well-supported academic discussion posts.
- **Self-assessment:** using scoring criteria to judge and improve their own work.
- **Goal-setting and reflection:** setting personal TOEFL goals and tracking progress toward them.

Course schedule

The course moves from orientation, to listening, to writing, and ends with a full review.

Session	Focus	Learners will
1	Getting to Know the TOEFL	Explore the test format and set personal goals for success
2	Listening Foundations	Learn the listening tasks and practice responding to everyday questions and statements
3	Conversations and Announcements	Identify main ideas, key details and speaker purpose
4	Academic Talks	Follow short lectures and take effective notes
5	Writing Foundations	Learn the writing tasks and practice building accurate sentences
6	Writing an Email	Write clear, polite and complete emails for academic and social situations
7	Academic Discussion	Share and support an opinion while responding to others' ideas

Session	Focus	Learners will
8	Review	Practice every Listening and Writing task and plan next steps

Session format

Every 90-minute session follows a consistent rhythm, so learners always know what to expect.

1. **Welcome and warm-up:** a short discussion to get learners speaking and thinking in English.
2. **Reflection:** a quick check-in on the previous week's practice.
3. **Task introduction:** what the TOEFL task looks like and what it measures.
4. **Strategy building:** practical techniques and useful language for the task.
5. **Guided practice:** working through TOEFL-style examples together.
6. **Small-group practice:** applying strategies with classmates in breakout rooms.
7. **Wrap-up:** key takeaways and the week's practice activity.