



Stars and Stripes Citizenship Inc.

[www.starsandstripesinc.com](http://www.starsandstripesinc.com)



## ★ TOEFL SUCCESS STARTER KIT

*A Complete Beginner-to-Advanced Prep Guide*

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### MASTER THE TOEFL WITH CONFIDENCE

Your roadmap to a 90+ score

Designed by **Stars & Stripes Inc. Tutoring**

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#### ◆ What Makes This Guide Different




Most TOEFL resources overwhelm you.

- ✓ Focused strategies only
  - ✓ Repeatable frameworks
  - ✓ Real TOEFL thinking
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#### ◆ Inside This Ebook

- ◆ Practice + Strategy + Execution
  - ✓ TOEFL-style questions
  - ✓ Speaking & writing frameworks
  - ✓ High-scoring responses
  - ✓ Answer explanations
  - ✓ Study plans
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#### ◆ Who This Is For


-  90+ score target students
  -  University applicants
  -  Serious learners
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## ◆ About Us

### Stars & Stripes Inc. Tutoring

We help students improve fast through strategy + feedback

 [info@starsandstripesinc.com](mailto:info@starsandstripesinc.com)




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## HOW TO USE THIS GUIDE

### Step 1 — Simulate the Real Test

-  No phone
-  Strict timing
-  Quiet space

### Step 2 — Focus on Mistakes

Improvement comes from analysis, not repetition.

### Step 3 — Use Templates

Top scorers follow structure.

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## READING SECTION

### Strategy First

- ✓ Skim structure
  - ✓ Identify main idea
  - ✓ Eliminate wrong answers
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### Practice Passage 1

Urban agriculture has become increasingly popular in large cities around the world. This practice involves growing food in urban environments such as rooftops, community gardens, and indoor vertical farms.

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## Questions

1. Main idea?
  2. Benefit?
    - A. Pollution
    - B. Cost increase
    - C. Food security
    - D. Less community
  3. Criticism?
  4. "Supporters" = ?
- 

## Practice Passage 2

Online courses allow global access to education but may reduce interaction.

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## LISTENING SECTION

### Strategy

- ✓ Focus on main ideas
  - ✓ Take simple notes
  - ✓ Listen for transitions
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### Lecture 1 (Academic)

Professor: Today we will discuss climate change. One major factor contributing to climate change is the increase in greenhouse gases such as carbon dioxide. These gases trap heat in the Earth's atmosphere, which leads to a gradual rise in global temperatures. As temperatures rise, we see effects such as melting ice caps, rising sea levels, and more extreme weather patterns.

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## Questions

1. What is the main topic of the lecture?
2. What do greenhouse gases do?

3. What is one effect of rising temperatures?

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 Conversation 1 (Campus Situation)

Student: Hi, I'm having trouble managing my assignments this semester.

Advisor: That's common. How are you organizing your time?

Student: I usually just try to finish things last minute.

Advisor: I recommend creating a weekly schedule and prioritizing your tasks. That way, you won't feel overwhelmed.

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### Questions

1. What problem does the student have?
  2. What solution does the advisor suggest?
  3. Why does the advisor recommend this solution?
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 **SPEAKING SECTION**

 Formula

**Opinion → Reason → Example → Conclusion**

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### Task 1

Students benefit from part-time jobs.

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### Task 2

Student disagrees with cafeteria change.

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## WRITING SECTION

### Structure

- ✓ Introduction
  - ✓ Body paragraphs
  - ✓ Conclusion
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### Practice Writing Questions


#### Task 1 (Integrated Writing)

You will read a short passage and listen to a lecture. Then, write a response explaining how the lecture challenges or supports the reading.

#### **Practice Prompt:**

Reading: Some universities are replacing textbooks with digital materials.

Lecture (summary idea): The professor argues digital materials can be distracting and less effective for deep learning.

 Write a response summarizing both and explaining the relationship.

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#### Task 2 (Independent Writing)

**Prompt:** Do you agree or disagree with the following statement?

“Students learn better when they study in groups rather than alone.”

 Support your answer with reasons and examples.

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 Clarity beats complexity

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## ANSWER KEY

### Reading

1. Urban farming

2. Food security
3. Limited production
4. B

## Listening

1. Climate change
  2. Trap heat
  3. Warming
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## SCORING GUIDE

### Speaking

- ★ 4 = Fluent
  - ★ 3 = Good
  - ★ 2 = Limited
  - ★ 1 = Weak
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### Writing

- ★ 5 = Strong
  - ★ 4 = Good
  - ★ 3 = Basic
  - ★ 2 = Weak
- 
- 



## STUDY PLAN

### 7-DAY

- Day 1 → Diagnostic
- Day 2 → Reading
- Day 3 → Listening

Day 4 → Speaking  
Day 5 → Writing  
Day 6 → Test  
Day 7 → Review

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## 14-DAY

Balanced skill development plan

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## FINAL STRATEGY

TOEFL is a strategy test — not just English.

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## WORK WITH US

Want faster results?

- ✓ 1-on-1 Coaching
- ✓ Personalized Plans
- ✓ Full Practice Tests

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*Your target score is closer than you think.*

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## FULL MINI TOEFL TEST (TIMED)

### Timing Guide

- Reading: 20 minutes
- Listening: 10 minutes
- Speaking: 10 minutes

- Writing: 30 minutes
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## Reading Passage

Renewable energy sources such as solar and wind power are becoming more widely used. These sources reduce dependence on fossil fuels and help decrease environmental pollution. However, some critics argue that renewable energy is unreliable due to weather conditions.

### Questions

1. What is the main idea?
  2. One benefit of renewable energy?
  3. One criticism?
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## Listening Transcript (Mini Test)

Professor: Renewable energy sources such as solar and wind power are becoming more widely used around the world. While these energy sources are beneficial because they reduce pollution and dependence on fossil fuels, they also present challenges. For example, solar power depends on sunlight, and wind energy depends on weather conditions, which means they are not always reliable. Scientists are currently working on improving energy storage systems to solve this problem.

### Questions

1. What is the main topic of the lecture?
  2. What is one advantage of renewable energy?
  3. What is one limitation mentioned?
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## Speaking Task

Do you prefer studying in the morning or at night? Explain why.

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## Writing Task

Do you agree or disagree: "Technology improves education." Support your answer.

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## BAND SCORE SAMPLE ESSAYS

### Score 3 Example (Lower)

Technology is good for education. Students can use computers. It helps them learn. But sometimes it is distracting. I think it is good.

#### Why Score 3?

- Limited development
- Simple vocabulary
- Weak examples

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### Score 5 Example (High)

In my opinion, technology significantly improves education because it provides access to information and enhances learning efficiency. For example, students can access online resources instantly and review materials multiple times, which strengthens understanding.

#### Why Score 5?

- Clear structure
- Strong examples
- Advanced vocabulary



## COMMON TOEFL MISTAKES

- Focusing on every word in listening
  - Not timing practice
  - Writing without structure
  - Speaking without examples
  - Ignoring mistakes after practice
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## ✓ What Top Students Do

- ✓ Focus on main ideas
  - ✓ Practice under real conditions
  - ✓ Review every mistake
  - ✓ Use templates consistently
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## SCORE TRACKER

Test Date	Reading	Listening	Speaking	Writing	Total	Notes
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## How to Use

- Track every practice test
  - Identify weak sections
  - Focus your study plan accordingly
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*Consistency + strategy = higher TOEFL score.*