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## Prepare for the TOEFL

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A minimum TOEFL score of 75 Internet-Based Test (iBT) is required to pass the initial technical review process for the Fulbright Master's Program. A minimum TOEFL score of 80 iBT is required to pass the initial technical review process for the Fulbright Doctoral Program. These scores are only minimum requirements for further consideration of the application, and are not a guarantee for selection. Only iBT scores are acceptable; IELTS or PBT scores are not acceptable alternatives. You must submit a legible screenshot of your TOEFL iBT score with your application. For more information about TOEFL please visit the ETS website; [www.ets.org](http://www.ets.org). Here are some important tips:

- Know what to expect on test day.
- Learn about the exam by visiting the resources below, including [www.ets.org/toefl](http://www.ets.org/toefl).
- Start studying now.
- **Start a STUDY GROUP:** Find three to five friends and set up a TOEFL study group.
  - Learn more about making your group successful:  
<http://web.duke.edu/arc/documents/How%20to%20Form%20a%20Successful%20Study%20Group.pdf>
  - <http://www.fpanet.org/professionals/PracticeManagement/PracticeSolutionsMagazine/JulyAugust2011/12TipsforaSuccessfulStudyGroup/>
- Set a goal of scoring high.
- Use test-taking strategies to improve your score.

- Concentrate on the questions that test vocabulary in the antonyms and the analogies portions. Although you probably cannot dramatically change your basic reading comprehension level in a few hours, you can add to your vocabulary score. Your time working on vocabulary lists will pay off in your score.
- Be sure to fill in an answer for every question...and definitely finish the exam.

### **Avoid Test Anxiety:**

- Get plenty of sleep.
- Mental Rehearsal of the Exam Situation: Imagine yourself taking the exam – picture the sounds and sights. Envision yourself staying calm.
- Predict and avoid disasters: What disasters do you predict? Nerves? What are you going to do to deal with your nerves? Have a plan.
- Breathe.
- Close your eyes, re-read the problem: if it doesn't make sense—skip it—and go on to other problems—spend the most time on the problems you understand.
- What if you get held up in traffic? Go early?
- Keep calm. Imagine yourself answering the question in a cool, calm manner.

## RESOURCES:

- **General TOEFL Overview:**

[http://www.ets.org/s/toefl/flash/17494/TOEFL\\_Resources\\_Web\\_Video.htm](http://www.ets.org/s/toefl/flash/17494/TOEFL_Resources_Web_Video.htm)

- **Vocabulary Lists:**

<http://www.examenglish.com/TOEFL/toeflvocabulary.htm>

<http://www.toeflvocabulary.com/>

- **TOEFL TV Channel:**

<http://www.toeflvocabulary.com/>

- **TOEFL Practice:**

<http://toeflgoanywhere.org/toefl-practice>

## List of Testing Centers in Afghanistan:

### **Kabul Educational Advising Center (KEAC)**

**Address:** Sarak Bazar-e Karte 4, Exit Side of International School of Kabul, Kabul

**Phone:** 0202511202

**Email:** [Info@Sesoaf.org](mailto:Info@Sesoaf.org)

### **Emerging Leaders Consulting Services (ELCS)**

**Address:** Darul Aman Road, Near Laycee Habibia, Kabul

**Phone:** 0781304730

**Email:** [Info@Elcs-af.com](mailto:Info@Elcs-af.com)

### **American University of Afghanistan (AUAF)**

**Address:** Darulaman Road, Sanatorium, Kabul

**Phone:** 0797200400

**Email:** [Communications@auaf.edu.af](mailto:Communications@auaf.edu.af)

### **Ghalib Institute of Higher Education**

**Address:** Gardeh Park, Jadeh Arbab Zada Ha, Herat, Afghanistan

**Phone:** 0703503500

**Email:** [Info@Ghalib.edu.af](mailto:Info@Ghalib.edu.af)

**Kateb University**

**Address:** Haji Norouz Square, Jada-e-Mazari, Barchi, Kabul

**Phone:** 0729001989

**Email:** [plc@kateb.edu.af](mailto:plc@kateb.edu.af)

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