

TOEFL Online Practice Test 10

Questions with Answers

READING

1. Passage + Question

Choose the best answer.

Mindfulness practices such as brief meditation can help students manage exam stress and improve focus. Even a few minutes of quiet breathing before studying may be beneficial.

Question: What can brief mindfulness practices help with?

- (A) Increasing stress
- (B) Managing exam stress and improving focus
- (C) Avoiding all study
- (D) Longer study hours only

2. Passage + Question

Choose the best answer.

Repairing and reusing items instead of discarding them reduces waste and saves money. Many communities now host repair cafés where volunteers help fix household goods.

Question: What is one purpose of repair cafés?

- (A) To throw away more items
- (B) To help people repair and reuse goods
- (C) To sell only new products
- (D) To increase waste

LISTENING (Transcript for practice)

3. Listening

Read or listen to the transcript and answer.

Transcript: Coordinator: The internship application deadline is April 15. You will need a résumé, a cover letter, and one academic reference. Late applications will not be considered.

Question: What documents are required for the internship application?

- (A) Only a résumé
- (B) Résumé, cover letter, and one academic reference
- (C) No documents
- (D) Only a photo

SPEAKING

4. Independent Speaking

15 sec prepare, 45 sec speak.

Talk about a change you would like to see in your community.

5. Independent Speaking

15 sec prepare, 45 sec speak.

Some people prefer to work in a team. Others prefer to work independently. Which do you prefer and why?

WRITING

6. Email Task

80–120 words.

Write an email requesting an extension on a project due to unexpected circumstances. (80–120 words)

7. Discussion / Opinion

100–150 words.

Is it better to prioritise academic success or personal well-being during university? Give your opinion with reasons. (100–150 words)

ANSWERS & GUIDANCE

1. Reading – Correct Answer: (B)

2. Reading – Correct Answer: (B)

3. Listening – Correct Answer: (B)

4 & 5. Speaking – Clear main point, 1–2 reasons/examples, brief conclusion. Natural pace and clear pronunciation.

6. Email – Greeting → polite request + reason → details → polite closing.

7. Discussion – Clear opinion → supporting reasons with examples → short conclusion.

Practice under timed conditions for best results.