

TOEFL Reading Practice Test 3

2026 Format – Complete the Words | Daily Life | Academic Passage

TASK 1: Complete the Words

Directions: Complete the missing parts of the words so that the paragraph makes sense. Type the full words.

Urban plan_____ involves designing cities to balance housing, transport, green space, and economic activ_____. Effective planning can reduce traffic conges_____, improve air quality, and create more liveable commun_____. Planners must consider both present needs and future population growth.

TASK 2: Read in Daily Life

Directions: Read the short text and answer the questions.

Subject: Change to Tutorial Schedule

Hi everyone,

This week's Tuesday tutorial has been moved to Wednesday at the same time (2 p.m.) in Room 305. Please update your calendars. The usual Tuesday slot will resume next week.

Best regards,

Dr. Lee

Question 1

What is the purpose of this message?

- (A) To cancel all tutorials
- (B) To inform students of a one-week change in tutorial day
- (C) To change the permanent time forever
- (D) To move the class to a different building permanently

Question 2

When will the regular Tuesday tutorial resume?

- (A) This week
- (B) Next week
- (C) Next month
- (D) It will not resume

TASK 3: Read an Academic Passage

Directions: Read the passage and answer the questions.

Memory consolidation is the process by which temporary memories become more stable and long-lasting. Sleep plays an important role in this process. During certain stages of sleep, the brain reactivates and strengthens neural connections formed during the day. Studies have shown that people who sleep adequately after learning new information tend to recall it better than those who remain awake. This finding has practical implications for students preparing for examinations.

Question 1

What is the main topic of the passage?

- (A) The dangers of sleep
- (B) The role of sleep in memory consolidation
- (C) How to stay awake while studying
- (D) The structure of the brain only

Question 2

According to the passage, what happens during certain stages of sleep?

- (A) The brain forgets information
- (B) The brain reactivates and strengthens neural connections
- (C) Learning becomes impossible
- (D) Memory is erased

Question 3

The word "adequately" in the passage is closest in meaning to:

- (A) poorly
- (B) sufficiently
- (C) rarely
- (D) never

Question 4

What practical implication is mentioned?

- (A) Students should avoid sleep before exams
- (B) Adequate sleep after learning can improve recall
- (C) Sleep has no effect on memory
- (D) Only daytime study is useful

Question 5

What can be inferred from the passage?

- (A) Sleep is irrelevant to learning
- (B) Sleep supports the stabilisation of newly learned information
- (C) All memories form only during sleep
- (D) Students should never study during the day

ANSWERS

TASK 1: Complete the Words

Correct completions: planning; activity; congestion; communities

Full paragraph: Urban planning involves designing cities to balance housing, transport, green space, and economic activity. Effective planning can reduce traffic congestion, improve air quality, and create more liveable communities. Planners must consider both present needs and future population growth.

TASK 2: Read in Daily Life

Question 1 – Correct Answer: (B)

Question 2 – Correct Answer: (B)

TASK 3: Academic Passage

Question 1 – Correct Answer: (B)

Question 2 – Correct Answer: (B)

Question 3 – Correct Answer: (B)

Question 4 – Correct Answer: (B)

Question 5 – Correct Answer: (B)