

TOEFL Sample Test 3

Questions + Answers

READING

1. Reading Passage + Question

Read the passage and choose the best answer.

Regular physical activity is linked to better physical and mental health. Experts recommend at least 150 minutes of moderate exercise each week for adults. Even short daily walks can provide benefits.

Question: What do experts recommend?

- (A) No exercise at all
- (B) At least 150 minutes of moderate exercise per week
- (C) Only intense gym workouts
- (D) Exercise only on weekends

2. Reading Passage + Question

Read the passage and choose the best answer.

Libraries remain important community spaces. They offer free access to books, quiet study areas, and educational programs for people of all ages, even in the digital age.

Question: According to the text, libraries provide:

- (A) Only digital books
- (B) Free access to resources and programs
- (C) Free meals
- (D) Only for university students

LISTENING (Practice with transcript)

3. Listening

Listen to the following (or read the transcript) and answer the question.

Transcript: Announcement: The campus career fair will be held next Wednesday in the main hall from 10 a.m. to 4 p.m. Students can meet employers and submit résumés. Registration is recommended but not required.

Question: When is the career fair?

- (A) Next Monday
- (B) Next Wednesday
- (C) Next Friday
- (D) Next month

SPEAKING

4. Independent Speaking

Prepare for 15 seconds, then speak for 45 seconds.

Describe a memorable teacher you have had. Explain what made the teacher memorable. (45 seconds)

5. Independent Speaking

Prepare for 15 seconds, then speak for 45 seconds.

Do you think it is more important to save money or to enjoy spending it? Explain your opinion. (45 seconds)

WRITING

6. Write an Email

Write 80–120 words.

Write an email to the university library asking about extending your book loan period. Explain why you need the extension. (80–120 words)

7. Academic Discussion / Opinion

Write 100–150 words.

Some people think that technology makes learning easier. Others believe it creates distractions. What is your view? Support it with examples. (100–150 words)

ANSWERS & SAMPLE GUIDANCE

1. Reading – Correct Answer: (B)

2. Reading – Correct Answer: (B)

3. Listening – Correct Answer: (B)

4 & 5. Speaking – Sample approach: State your main point clearly in the first sentence, give 1–2 specific reasons or examples, and conclude briefly. Speak at a natural pace with clear pronunciation.

6. Email – Sample structure: Greeting → State request politely → Explain reason → Suggest solution / new date → Thank the reader → Closing.

7. Discussion – Sample structure: Clear opinion in the introduction → 2 supporting reasons with examples → Brief conclusion that restates the opinion.

Note: For Speaking and Writing, focus on clarity, organisation, relevant examples, and accurate language. Practice under timed conditions.