Prepare for the TOEFL

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. 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.
- 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

• 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: Bazar-e Karte 4, Sarak-e Taraki, Next to Khatam Al-Naieen University, Kabul
Phone: 0202511202
Email: Info@Sesoaf.org

Kabul Educational Advising Center (KEAC) – Mazar-e-Sharif
Address: House # 206, 1st Street, Kart-i Solh, Mazar-i-Sharif, Balkh
Phone: 0793123737
Email: Mazar@sesoaf.org

Kabul Educational Advising Center (KEAC) – Herat
Address: 3rd floor, Kahkashan-e Sharq University, Mukhaberat Street, Herat
Phone: 0793 123 838
Email: Herat@sesoaf.org

Emerging Leaders Consulting Services (ELCS)
Address: House 103, Mukhaberat Street, Main Kart-e-Char Road, Kabul
Phone: 0781304730
Email: Info@Elcs-af.com

American University of Afghanistan (AUAF)
Address: Darulaman Road, Sanatorium, Kabul
Phone: 0797200400
Email: 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

Kateb University
Address: Haji Norouz Square, Jada-e-Mazari, Barchi, Kabul
Phone: 0729008325
Email: plc@kateb.edu.af