

FREE TOEFL 2026 PRACTICE MATERIAL

TOEFL Listening Practice PDF: Transcripts, Questions and Answers (2026)

All four 2026 Listening task types with the transcript printed beside the questions and the key — the part almost every listening pack leaves out, and the part that tells you whether you misheard a recording or misread a question.

What is inside

- Every Listening recording Reach120 has editorially approved for publication, across all four 2026 task names: Listen and Choose a Response, Listen to a Conversation, Listen to an Announcement, Listen to an Academic Talk.
- The full transcript of each recording, printed before its questions.
- Every question with the answer key, the explanation for the key, and the reason each wrong option was written.
- A link per recording to the audio on this page, so the pack can be worked with sound or read cold as a transcript exercise.

What it does not cover

- The audio inside the file. A PDF cannot carry a recording; each set links back to the player on this page instead of pretending otherwise.
- The two-stage adaptive delivery. The 2026 Listening section routes into a shorter or longer second module, and a fixed printed pack cannot reproduce that.
- Note-taking practice under time pressure. Reading a transcript is a different skill from hearing it once — the browser drill is where that is trained.
- Every recording in the Listening bank. Only editorially approved recordings are published, which is a smaller set than the bank and deliberately so.

DO IT SCORED, FOR FREE

Reading answers is not the same skill as producing them under time pressure. The same material runs scored, in the browser, with no card:

[Practise Listening free, audio and answers — https://www.reach120.com/toefl-listening-practice](https://www.reach120.com/toefl-listening-practice)

Every question in this file is also on the page it came from:

<https://www.reach120.com/downloads/toefl-listening-pack>

WHERE THIS MATERIAL COMES FROM

This pack is generated from the live Reach120 question bank rather than written for the download, and the row ids that went into it are published in a manifest beside the file. That is what makes the provenance checkable instead of a sentence you have to take on trust.

Transcripts, questions and answers

Play each recording once from the link under its title and answer before you read the transcript. Once you have read the words, that recording can never test your listening again.

Recording 1: Apology for a Mix-Up

campus daily life · medium · 5 sec · 1 question

[Play this recording — https://www.reach120.com/samples/listening/apology-for-a-mix-up](https://www.reach120.com/samples/listening/apology-for-a-mix-up)

TRANSCRIPT

Sorry, I grabbed your umbrella by mistake; here it is back.

Question 1

Choose the best response.

- A. Oh, no problem, thanks for returning it.
- B. The physics exam covers three chapters.
- C. Yes, the bakery downtown is my favorite.
- D. I'd like a window seat if there's one open.

ANSWER KEY AND EXPLANATIONS

1. A

This directly and appropriately responds to what the speaker said (apology).

Not B: This reply does not acknowledge the mix-up, so it is not a natural response.

Not C: This reply does not acknowledge the mix-up, so it is not a natural response.

Not D: This reply does not acknowledge the mix-up, so it is not a natural response.

Recording 2: Apology for Being Late

campus daily life · medium · 5 sec · 1 question

[Play this recording — https://www.reach120.com/samples/listening/apology-for-being-late](https://www.reach120.com/samples/listening/apology-for-being-late)

TRANSCRIPT

I'm really sorry I'm late; the shuttle got stuck in traffic.

Question 1

Choose the best response.

- A. I think the red one looks better on you.
- B. Yes, please turn the volume up a bit.
- C. No worries at all, we're just getting started anyway.
- D. The essay is due next Friday, not today.

ANSWER KEY AND EXPLANATIONS

1. C

This directly and appropriately responds to what the speaker said (apology).

Not A: This reply does not acknowledge the apology, so it is not a natural response.

Not B: This reply does not acknowledge the apology, so it is not a natural response.

Not D: This reply does not acknowledge the apology, so it is not a natural response.

Recording 3: A Double-Booked Study Room

library services · hard · 1 min 3 sec · 2 questions

[Play this recording — https://www.reach120.com/samples/listening/a-double-booked-study-room](https://www.reach120.com/samples/listening/a-double-booked-study-room)

TRANSCRIPT

Student: Excuse me, another group is in the study room I reserved for two o'clock. Can you help sort it out?

Librarian: Let me check the system. Hmm, it shows two reservations overlapping. That shouldn't happen — looks like a glitch when the room reopened after renovation.

Student: So who gets it?

Librarian: Your booking was confirmed first by a few minutes, so technically the room is yours. But the other group has a presentation to rehearse.

Student: I don't want to be difficult. Is there another room open?

Librarian: There's an identical room one floor up, free until four. I can move whichever group prefers it and note the glitch so it's not counted against anyone.

Student: We'll take the upstairs one — it's quieter up there anyway.

Librarian: Kind of you. I'll update both bookings now.

Question 1

How does the student respond to the situation?

- A. Angrily, demanding the other group leave
- B. Indifferently, deciding not to study at all
- C. Anxiously, insisting on canceling her booking
- D. Accommodatingly, agreeing to take the other room

Question 2

What problem are they resolving?

- A. The student forgot to make a reservation
- B. Two groups were booked into the same study room at once
- C. The study room was closed for renovation
- D. The library is out of study rooms entirely

ANSWER KEY AND EXPLANATIONS

1. D

The student says she doesn't want to be difficult and takes the quieter upstairs room, which the librarian calls kind.

Not A: She avoids conflict rather than demanding anything.

Not B: She still wants to study, just in another room.

Not C: She keeps a room; she doesn't cancel.

2. B

The librarian finds two overlapping reservations for the same room and works to resolve it.

Not A: The student did reserve the room; the system double-booked it.

Not C: The renovation is over; the glitch appeared when the room reopened.

Not D: An identical room is available upstairs, so rooms remain.

Recording 4: A Missing Scholarship Document

financial aid · hard · 1 min 2 sec · 2 questions

[Play this recording — https://www.reach120.com/samples/listening/a-missing-scholarship-document](https://www.reach120.com/samples/listening/a-missing-scholarship-document)

TRANSCRIPT

Student: I got an email saying my scholarship is on hold because a document is missing. I thought I submitted everything.

Coordinator: Let me look. Yes, we have your application and transcript, but the financial verification form hasn't come through.

Student: I emailed that two weeks ago.

Coordinator: Emailed attachments sometimes don't attach to the file correctly. The safest way is to upload it through the scholarship portal directly.

Student: Is it too late? The email mentioned a deadline.

Coordinator: The hard deadline is Friday. If you upload it today, you're fine, and the hold lifts once we verify it, usually within a day.

Student: Okay, I'll do it right now to be safe.

Coordinator: Good plan. Keep the confirmation number the portal gives you, just in case.

Question 1

Why does the coordinator recommend using the portal instead of email?

- A. Because email costs a processing fee
- B. Because the portal waives the deadline
- C. Because emailed attachments sometimes fail to attach to the file
- D. Because the email system is being shut down

Question 2

Which document is missing from the student's file?

- A. Her transcript
- B. A letter of recommendation
- C. The financial verification form
- D. Her scholarship application

ANSWER KEY AND EXPLANATIONS

1. C

The coordinator explains emailed attachments sometimes don't attach correctly, so uploading directly is safer.

Not A: No fee is associated with email.

Not B: The Friday deadline still applies.

Not D: No shutdown of email is mentioned.

2. C

The coordinator says the application and transcript are in, but the financial verification form hasn't come through.

Not A: The transcript is already received.

Not B: No recommendation letter is mentioned.

Not D: The application is on file.

Recording 5: Bookstore Buyback Week Begins

campus retail · medium · 22 sec · 2 questions

[Play this recording — https://www.reach120.com/samples/listening/bookstore-buyback-week-begins](https://www.reach120.com/samples/listening/bookstore-buyback-week-begins)

TRANSCRIPT

It's buyback week at the campus bookstore, running Monday through Friday at the back counter. Bring the textbooks you're finished with and a photo ID, and we'll pay cash or add store credit, whichever you prefer. Books still on next term's course list earn the best prices, so it pays to sell early before we hit our quantity limits.

Question 1

What is the announcement about?

- A. A book club meeting
- B. The bookstore moving to a new building
- C. A sale on new laptops
- D. A textbook buyback week at the bookstore

Question 2

Which books earn the best buyback prices?

- A. Books with torn covers
- B. Books still on next term's course list
- C. Books older than ten years
- D. Any book, all priced the same

ANSWER KEY AND EXPLANATIONS

1. D

It is buyback week for used textbooks.

Not A: No club is mentioned.

Not B: No move is mentioned.

Not C: No laptop sale is mentioned.

2. B

Books on next term's list earn the best prices.

Not A: Damage is not a positive factor.

Not C: Age is not mentioned as a bonus.

Not D: Prices vary by demand.

Recording 6: Career Fair Room Assignments

career services · hard · 25 sec · 2 questions

[Play this recording — https://www.reach120.com/samples/listening/career-fair-room-assignments](https://www.reach120.com/samples/listening/career-fair-room-assignments)

TRANSCRIPT

A reminder about Thursday's career fair. Tech and engineering employers will be in the main gym, while health, education, and nonprofit tables move to the second-floor ballroom this year. Bring printed resumes; the free printing station near the entrance closes at noon. Dress is business casual, and the coat check by the door is free if you're carrying a bag or jacket.

Question 1

Where will health and education employers be located?

- A. The second-floor ballroom
- B. Outside near the entrance
- C. The main gym
- D. The library basement

Question 2

What can be inferred about students who need resumes printed?

- A. Resumes are not needed at the fair
- B. They must pay a printing fee
- C. They should print before noon, when the station closes
- D. They cannot print anywhere on campus

ANSWER KEY AND EXPLANATIONS

1. A

Health, education, and nonprofit tables are in the second-floor ballroom.

Not B: The entrance area has printing, not tables.

Not C: The gym is for tech and engineering.

Not D: No basement is mentioned.

2. C

The free printing station closes at noon, so students should print earlier.

Not A: Printed resumes are explicitly requested.

Not B: The station is free.

Not D: There is a printing station at the fair.

Recording 7: Adding Sound to Early Films

film studies · medium · 1 min 22 sec · 5 questions

[Play this recording — https://www.reach120.com/samples/listening/adding-sound-to-early-films](https://www.reach120.com/samples/listening/adding-sound-to-early-films)

TRANSCRIPT

Let's think about early cinema, back when films had no recorded soundtrack. We call them silent films, but the theaters were rarely silent. A live musician, often a pianist, sat below the screen and played along with the action, speeding up during a chase, slowing down for a sad scene. The music told the audience how to feel. When recorded sound finally arrived, it changed filmmaking in ways nobody expected. Here's the first surprise: early sound cameras were noisy, so they had to be sealed inside soundproof booths. That made the camera almost impossible to move, and for a while films actually became more static than they'd been in the silent era. It took engineers a few years to quiet the equipment and free the camera again. Now let me flag something about sound design specifically. Filmmakers realized that sound didn't have to be realistic — it had to be convincing. The footsteps you

hear in a movie might be someone slapping gloves on a table; a punch might be a fist hitting a slab of meat. Sound artists build these effects deliberately, because a real recording often sounds thin and unconvincing. So the soundtrack you experience as natural is, in fact, carefully constructed — an illusion designed to feel real.

Question 1

Why does the professor mention a fist hitting a slab of meat?

- A. To describe how real punches are recorded on set
- B. To argue that sound design is unnecessary
- C. To explain why early cameras were noisy
- D. To show that movie sound effects are deliberately constructed illusions

Question 2

What can be inferred about the soundtracks audiences perceive as natural?

- A. They are usually raw recordings of real events
- B. They are carefully built illusions designed to feel real
- C. They are added only to comedy films
- D. They are less effective than live piano music

Question 3

What is the lecture mainly about?

- A. Why cameras stopped being used in cinema
- B. How sound in film developed and how sound effects are constructed
- C. Why silent films were more popular than sound films
- D. How to become a theater pianist

Question 4

Why did films briefly become more static after recorded sound arrived?

- A. Musicians refused to play faster music
- B. Audiences preferred still images
- C. Noisy cameras had to be sealed in soundproof booths
- D. The screens grew too large to film around

Question 5

What role did a live pianist play in silent-film theaters?

- A. Recording dialogue for later playback
- B. Playing music that told the audience how to feel
- C. Selling tickets at the front of the theater
- D. Operating the projector during screenings

ANSWER KEY AND EXPLANATIONS

1. D

The example illustrates that effects 'didn't have to be realistic' but convincing, since real recordings sound thin.

Not A: It's a fabricated effect, not a recording of a real punch.

Not B: He argues sound design is essential, not unnecessary.

Not C: Camera noise is a separate earlier point.

2. B

He concludes the soundtrack 'you experience as natural is, in fact, carefully constructed — an illusion designed to feel real.'

Not A: Real recordings often sound thin, so effects are built instead.

Not C: Sound design applies broadly, not just to comedy.

Not D: No claim ranks constructed sound below live piano.

3. B

The professor traces live music, the arrival of recorded sound, and the deliberate craft of sound effects.

Not A: Cameras kept being used; they were just temporarily restricted.

Not C: No popularity comparison is made.

Not D: The pianist is an example, not a how-to topic.

4. C

He explains noisy sound cameras were 'sealed inside soundproof booths,' making them almost impossible to move.

Not A: Recorded sound replaced the live musician; their preferences aren't the cause.

Not B: Audience preference is not given as the cause.

Not D: Screen size is not mentioned as a factor.

5. B

He says the musician played along and 'the music told the audience how to feel.'

Not A: Silent films had no recorded dialogue for the pianist to record.

Not C: Selling tickets is not mentioned.

Not D: Operating the projector is not the pianist's role.

Recording 8: Banking the Seeds of Crop Diversity

agricultural science · medium · 1 min 28 sec · 4 questions

[Play this recording — https://www.reach120.com/samples/listening/banking-the-seeds-of-crop-diversity](https://www.reach120.com/samples/listening/banking-the-seeds-of-crop-diversity)

TRANSCRIPT

Imagine a vault, dug into a frozen mountainside, holding not gold but seeds, hundreds of thousands of varieties of the crops that feed us. That's a seed bank, and today I want to explain why such places

matter more than they might first appear. Here's the problem they address. Modern farming tends to rely on a small number of high-yielding crop varieties. That's efficient, but it's also risky, because a single new disease or pest can sweep through fields that are all genetically similar. It's like relying on one key for every lock. If that key breaks, everything is stuck. Seed banks act as an insurance policy. They store the older, more diverse varieties, including wild relatives of our crops, which often carry traits like resistance to drought or disease that modern varieties have lost. When a threat appears, breeders can reach back into this stored diversity to find a plant with the trait they need. Now, storing seeds isn't as simple as putting them in a freezer and forgetting them. Seeds don't live forever. So, periodically, staff must plant samples, grow them, and harvest fresh seeds to renew the collection. It's ongoing, careful work. But the payoff is a living library that keeps our options open for a future we can't yet predict.

Question 1

Why does the professor use the image of one key for every lock?

- A. To describe how breeders unlock stored traits
- B. To illustrate the danger of depending on similar crops
- C. To explain how seed vaults are locked and secured
- D. To compare crops with metal tools

Question 2

According to the professor, why is relying on a few crop varieties risky?

- A. Wild relatives crowd out the modern crops
- B. Breeders cannot access older varieties
- C. The seeds cannot be frozen for storage
- D. A single disease can sweep through genetically similar fields

Question 3

What can be inferred about maintaining a seed bank?

- A. It requires ongoing effort to grow and renew the seeds
- B. It eliminates the need for plant breeders
- C. It is cheaper than using modern crop varieties
- D. Once stored, seeds need no further attention

Question 4

What is the lecture mainly about?

- A. How to build a vault inside a frozen mountain
- B. Why seed banks are important for preserving crop diversity
- C. How modern farming increased crop yields
- D. Why freezers cannot store seeds at all

ANSWER KEY AND EXPLANATIONS

1. B

The one-key analogy dramatizes the vulnerability of genetically uniform fields.

Not A: It illustrates risk, not the retrieval of traits.

Not C: It is a metaphor, not about physical locks.

Not D: The comparison is about vulnerability, not tools.

2. D

The professor says a single new disease or pest can sweep through fields that are all genetically similar.

Not A: Wild relatives are a stored resource, not a threat.

Not B: Seed banks exist precisely so breeders can access older varieties.

Not C: Freezing is part of storage, not the risk.

3. A

The professor stresses that seeds don't live forever, so staff must periodically grow and harvest fresh seeds.

Not B: Breeders use the bank; they are not replaced by it.

Not C: Cost comparison is not discussed.

Not D: The professor explicitly contradicts the freeze-and-forget idea.

4. B

The professor explains why seed banks matter as insurance for crop diversity.

Not A: The vault image opens the talk but is not its subject.

Not C: High yields are noted as the risky context, not the topic.

Not D: Seeds are stored cold; the point is that they still need renewal.

What this pack is, and is not

Every question in these files is a Reach120 practice item taken from the bank our learners practise against. None of them is a real TOEFL test question, and nothing here is published, licensed, endorsed or reviewed by ETS.

Format statements in this file carry the date the ETS 2026 test specifications were read. The specification is subject to minor revisions until the official launch, so a pack older than the material it samples is re-rendered rather than patched — which is why the cover carries a generation date.

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The scored version of this material

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