

FREE PRACTICE PACK

The TOEFL 2026 Practice Pack

One complete Writing section in the 2026 shape, one academic Reading passage, and the full answer key — printable, and usable without an account.

What is inside

- Part 1 — Build a Sentence: 10 items, with the answer and the grammar point behind it.
- Part 2 — Write an Email: one full task with its scenario and requirements.
- Part 3 — Write for an Academic Discussion: the professor's question and two classmate posts to respond to.
- Part 4 — Read an Academic Passage: one passage with five questions.
- Answer key with an explanation for every selected-response item, and the rubrics the two open responses are marked against.

The format this pack follows

The ETS 2026 test specifications list the Writing section at 12 items and 20 maximum raw points: 10 Build a Sentence items, one Write an Email task, and one Write for an Academic Discussion task (specification read 2026-07-27). ETS states the blueprint is subject to minor revisions until the official launch.

The same specification lists an estimated 23 minutes for the whole Writing section. The per-task split below is Reach120 pacing guidance, not an ETS figure.

REACH120 PACING GUIDANCE

Build a Sentence (10 items)	about 6 minutes for the set
Write an Email	about 7 minutes
Write for an Academic Discussion	about 10 minutes

WHERE THESE QUESTIONS COME FROM

Every question in this pack is a real item from the Reach120 practice bank — the same bank our learners practise against. None of them is a real TOEFL test question, and nothing in this document is published, licensed, endorsed or reviewed by ETS.

How this pack is scored

Build a Sentence

The specification publishes one scoring figure for this task: the maximum points per Build a Sentence item is 1. Marking each item simply right or wrong is how Reach120 reads that allocation — it is our interpretation, not a statement by ETS.

The two open responses

Write an Email and Write for an Academic Discussion are open responses, marked on 0–5 rubrics in half-point steps: Fully Successful, Generally Successful, Partially Successful, Mostly Unsuccessful, Unsuccessful, No Scorable Response.

There is no answer key for these two — a rubric is not a key. The criteria printed beside each task are the ones a marker looks at, and marking your own work against them honestly is most of the value of doing the task at all.

What the numbers on your score report mean

For tests taken on or after January 21, 2026, official ETS score reports use a 1–6 scale in half-band increments. That 1–6 scale is the primary one. During ETS's transition through January 2028, reports also include a comparable overall estimate on the previous 0–120 scale. Any /30 or /120 number you see in Reach120 is a labelled legacy comparison estimate, never a current official score.

WORD COUNTS

Reach120 suggests aiming for roughly 80–120 words on the email and 100–150 on the discussion post. These are our practice targets to help you pace the section. They are not ETS requirements, not limits, and writing more than this is not penalised.

How to use this pack

- Sit the four parts in one go, with a timer, before you look at the key. Doing the tasks untimed tells you what you know; doing them timed tells you what you can produce.
- Mark Parts 1 and 4 from the key, and read the explanation on every item you got wrong — the explanations are the part worth re-reading.
- For Parts 2 and 3, read your own response against the printed rubric criteria one at a time rather than forming an overall impression.

Format statements in this pack are drawn from the ETS 2026 test specifications, read 2026-07-27-
: <https://www.ets.org/content/dam/ets-india/pdfs/toefl/toefl-ibt-test-specifications-2026.pdf>

Build a Sentence

Each item gives you a line of conversation and a set of word tiles. Put the tiles in order to make one correct sentence that answers the line. Some tiles do not belong in the answer — leave them out. Reach120 pacing guidance: about 6 minutes for all ten.

Item 1

“How do stress management techniques benefit employees?”

Techniques reduce stress however that can improve health significantly

Item 2

“The manager mentioned new strategies in the quarterly report.”

strategies What in however the new mentioned report were

Item 3

“How does the new health insurance plan compare?”

is significantly however than The new policy before better

Item 4

“Effective password security protects against unauthorized account access.”

however effectively users their password security enhance can How

Item 5

“Which country's climate policy is more progressive this year?”

consequently is more ambitious than the strategy The European approach
American

Item 6

“How has technology impacted recent breakthroughs in space exploration?”

The satellite on Mars was crucial data furthermore which provided innovative

Item 7

“Experts discussed benefits of solar energy at the recent conference.”

significantly renewable energy can emissions Did how they suggest
furthermore reduce

Item 8

“How was the innovative method for solar panels developed?”

consequently by scientists was pioneered strict conditions under
The novel approach

Item 9

“Why do you suggest leisure reading as a great way to relax?”

reduces beneficial it because never sometimes stress is Reading

Item 10

“When can we start our group picnic outside?”

never was open I if however the park wondered today

THE SITUATION

YOUR EMAIL MUST

- Suggested subject: Request for data from Renewable Energy Conference

WHAT THE RUBRIC LOOKS AT

- Elaboration — are the requirements answered with specific detail rather than vaguely?
- Syntactic variety — do the sentences vary in structure, or repeat one pattern?
- Social conventions — greeting, closing, and a tone that fits the recipient.
- Language accuracy — grammar, article and verb-form control.

Your response

Write for an Academic Discussion

Your professor has posted a question and two classmates have replied. Write your own post, stating a position and supporting it. Reach120 pacing guidance: about 10 minutes.

TOPIC — SOCIAL MEDIA INFLUENCE

Social media influencers have become powerful voices in marketing and public opinion. While some view influencers as authentic voices connecting with audiences in new ways, others criticize influencer culture for promoting materialism, unrealistic lifestyles, and superficial values. The impact on young people is particularly debated.

Professor

Do social media influencers have a positive or negative impact on society? Share your perspective.

Student 1

Social media influencers can have a positive impact when they use their platforms responsibly. Many influencers raise awareness about important issues like mental health, environmental protection, and social justice. They can inspire young people to pursue their passions.

Student 2

I believe influencer culture is largely negative for society. Many influencers promote unrealistic beauty standards and excessive consumerism. Young followers often feel inadequate comparing their lives to the curated perfection they see online.

WHAT THE RUBRIC LOOKS AT

- Relevance and elaboration — a clear position, supported with specific evidence.
- Syntactic variety — varied sentence structures and connected ideas.
- Language accuracy — grammar, article and verb-form control.

The discussion task also rewards engaging with your classmates by name and adding something they did not say. Agreeing in general terms scores lower than extending, qualifying or disagreeing with a specific point.

Your post

Read an Academic Passage

Read the passage, then answer the 5 questions that follow. Mark one answer per question.

The Mechanics of Cell Division

biology · 315 words

Cell division is a fundamental biological process through which a single cell produces two or more daughter cells. This process underlies growth, development, and reproduction in all living organisms. There are two primary types of cell division: mitosis and meiosis, each serving distinct biological purposes.

Mitosis is the process by which somatic, or body, cells divide. During mitosis, the genetic material within a cell's nucleus is duplicated and then precisely distributed into two new nuclei. The result is two genetically identical daughter cells that contain the same number of chromosomes as the parent cell. Mitosis is essential for the repair of damaged tissues, the replacement of aging cells, and the growth of organisms. In humans, billions of cells undergo mitosis daily to maintain bodily functions.

Meiosis, in contrast, is a specialized form of cell division that produces reproductive cells, known as gametes—sperm and egg cells. Unlike mitosis, meiosis involves two successive rounds of cell division, yielding four daughter cells with only half the chromosome number of the parent cell. This reduction is critical because, during fertilization, the merging of two gametes restores the full chromosome count in the resulting zygote. Meiosis also introduces genetic variation through a process called crossing over, in which homologous chromosomes exchange segments of genetic material.

The regulation of cell division is critical to organismal health. A network of proteins called cyclins and cyclin-dependent kinases (CDKs) controls the progression through different phases of the cell cycle. When these regulatory mechanisms fail, cells may divide uncontrollably, potentially leading to cancer. Understanding the precise mechanisms of cell cycle regulation has therefore become a major focus of biomedical research, offering potential insights into cancer treatment and prevention.

Both mitosis and meiosis proceed through well-defined stages. Collectively, these stages ensure that genetic material is accurately replicated and distributed, safeguarding the continuity of life across generations.

Question 1

What is the main idea of this passage?

- A. Cell division occurs only in reproductive organisms
- B. Mitosis and meiosis are two types of cell division that serve different biological purposes
- C. Cancer results from unregulated cell division
- D. Cyclins and CDKs are the most important proteins in the human body

Question 2

According to the passage, which statement correctly describes meiosis?

- A. It produces two genetically identical daughter cells
- B. It occurs in all somatic, or body, cells
- C. It results in daughter cells with half the parent cell's chromosome number
- D. It does not introduce any genetic variation

Question 3

What can be inferred about the relationship between meiosis and genetic diversity?

- A. Meiosis reduces genetic diversity by creating identical gametes
- B. The crossing over process in meiosis contributes to genetic variation in offspring
- C. Meiosis is unrelated to genetic diversity in organisms
- D. Genetic diversity results only from mutations, not from cell division

Question 4

In the passage, the word "somatic" most nearly means

- A. reproductive
- B. specialized for meiosis
- C. relating to the body (non-reproductive)
- D. cancerous or abnormal

Question 5

Why does the author describe the regulation of cell division in the fourth paragraph?

- A. To explain why mitosis is more important than meiosis
- B. To show that regulatory failures can have severe health consequences, linking cell biology to disease
- C. To argue that current cancer treatments are ineffective
- D. To define the role of chromosomes in DNA replication

Part 1 — Build a Sentence

The specification publishes one scoring figure for this task: the maximum points per Build a Sentence item is 1. Marking each item simply right or wrong is how Reach120 reads that allocation — it is our interpretation, not a statement by ETS.

Item 1

Techniques that reduce stress can significantly improve health.

Grammar point: Verb Tense Selection — Choosing the correct verb tense depends on WHEN the action happens and its relationship to other events. Each tense signals a specific time frame: present simple for habits/facts, past simple for completed actions, perfect tenses for connections between time periods, and future for upcoming events.

Item 2

What new strategies were mentioned in the report?

Grammar point: Simple Past Tense — The simple past tense describes completed actions at a specific time in the past. Using "was/were" (past of "be") or regular past forms (-ed) shows the action is finished and has no direct connection to the present moment.

Item 3

The new policy is significantly better than before.

Grammar point: Verb Tense Selection — Choosing the correct verb tense depends on WHEN the action happens and its relationship to other events. Each tense signals a specific time frame: present simple for habits/facts, past simple for completed actions, perfect tenses for connections between time periods, and future for upcoming events.

Item 4

How can users enhance their password security effectively?

Grammar point: Verb Tense Selection — Choosing the correct verb tense depends on WHEN the action happens and its relationship to other events. Each tense signals a specific time frame: present simple for habits/facts, past simple for completed actions, perfect tenses for connections between time periods, and future for upcoming events.

Item 5

The European approach is more ambitious than the American strategy.

Grammar point: Verb Tense Selection — Choosing the correct verb tense depends on WHEN the action happens and its relationship to other events. Each tense signals a specific time frame: present simple for habits/facts, past simple for completed actions, perfect tenses for connections between time periods, and future for upcoming events.

Item 6

The satellite which provided crucial data on Mars was innovative.

Grammar point: Simple Past Tense — The simple past tense describes completed actions at a specific time in the past. Using "was/were" (past of "be") or regular past forms (-ed) shows the action is finished and has no direct connection to the present moment.

Item 7

Did they suggest how renewable energy can significantly reduce emissions?

Grammar point: Verb Tense Selection — Choosing the correct verb tense depends on WHEN the action happens and its relationship to other events. Each tense signals a specific time frame: present simple for habits/facts, past simple for completed actions, perfect tenses for connections between time periods, and future for upcoming events.

Item 8

The novel approach was pioneered by scientists under strict conditions.

Grammar point: Simple Past Tense — The simple past tense describes completed actions at a specific time in the past. Using "was/were" (past of "be") or regular past forms (-ed) shows the action is finished and has no direct connection to the present moment.

Item 9

Reading is beneficial because it reduces stress.

Grammar point: Verb Tense Selection — Choosing the correct verb tense depends on WHEN the action happens and its relationship to other events. Each tense signals a specific time frame: present simple for habits/facts, past simple for completed actions, perfect tenses for connections between time periods, and future for upcoming events.

Item 10

I wondered if the park was open today.

Grammar point: Conditional Sentence Structure — Conditional sentences have two parts: the "if" clause (condition) and the result clause. The verb tenses in each clause must match the type of condition: real present (zero), real future (first), hypothetical (second), or past hypothetical (third). Mixing tenses incorrectly changes or destroys the meaning.

Part 4 — Reading

Question 1

What is the main idea of this passage?

B. Mitosis and meiosis are two types of cell division that serve different biological purposes

The passage discusses both mitosis and meiosis, comparing their roles, and then introduces cell cycle regulation. Option B best captures the overall focus of the passage.

Question 2

According to the passage, which statement correctly describes meiosis?

C. It results in daughter cells with half the parent cell's chromosome number

The passage explicitly states that meiosis yields "four daughter cells with only half the chromosome number of the parent cell."

Question 3

What can be inferred about the relationship between meiosis and genetic diversity?

B. The crossing over process in meiosis contributes to genetic variation in offspring

The passage explains that crossing over during meiosis allows chromosomes to exchange genetic material, introducing variation. This implies that offspring produced from such gametes will be genetically diverse.

Question 4

In the passage, the word "somatic" most nearly means

C. relating to the body (non-reproductive)

The passage defines somatic in parentheses as "body" cells, directly contrasting them with reproductive cells. Context makes clear that somatic cells are the non-reproductive body cells that undergo mitosis.

Question 5

Why does the author describe the regulation of cell division in the fourth paragraph?

B. To show that regulatory failures can have severe health consequences, linking cell biology to disease

The paragraph connects the regulatory mechanism of cyclins and CDKs to cancer when it fails, emphasizing the practical health implications and motivating research—demonstrating why cell division control matters beyond pure biology.

What this pack covers, and what it does not

You have worked through one complete Writing section in the 2026 structure and one academic Reading passage. Build a Sentence and Reading have answer keys, so you can mark those yourself. The email and the discussion post do not — they are rubric-scored, and the criteria printed beside each task are what a marker looks at.

Not in this pack

Listening and Speaking are missing, and that is a limitation of paper rather than an oversight: both need audio you can play and, for Speaking, a microphone to answer into. Reading's two other 2026 task types, Complete the Words and Read in Daily Life, are also not here — this pack carries one academic passage set rather than a full Reading section.

IF YOU WANT THE TWO OPEN RESPONSES MARKED

Reach120 scores one written response with no account and no card at reach120.com/free-essay-check — you get the same structured score sheet a paying learner gets, including the rubric dimensions printed on those pages. Reading and Listening practice are free on any account.

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