

On the Morning of the Test

1. Eat a good breakfast—nothing too greasy or unusual. The test is long and hunger can be very distracting. If you are a person who gets hungry a lot, it might be a good idea to eat an apple or some bread just before the test begins. Don't drink too much coffee for breakfast. A lot of caffeine—or any other drug—is a bad idea.
2. Wear something comfortable. Bring an extra sweater or shirt in case you get cold during the test.
3. Leave for the test ahead of time, in case of traffic or some other problem on the way. **Definitely don't be late for the test.** If you are late, you will not be admitted.
4. Do not try to bring food, drink, cellular phones, pagers, dictionaries, books, notes, or tape recorders into the testing room. These items are not permitted.

During the Test

1. Follow the instructions of the test proctor. You can work on only the section the proctor has assigned to you. You cannot go on to another section in your test booklet.
2. Accept the seat assigned to you. Do not try to insist on a special seat.
3. Prepare yourself to be in the testing room for two-and-a-half to four hours. No food or drink is allowed in the room, and there will be no breaks during the test. If you must use the bathroom, you must give your identification documents to the proctor. You will not be given any extra time.
4. Mark your answer sheet correctly. If you forget how to do this, the instructions are on the back of your test booklet.
5. Do *not* write on your TOEFL test booklet. You will be given instructions about where you may take notes for the TWE.
6. It is crucial that you pay attention to the time, as students often run out of time on the test. Use your watch to time yourself on each section. Do *not* rely on the proctor to do this for you.
7. Try to remain calm and cool. From time to time, take deep breaths and stretch in your seat. Think positive thoughts.
8. If something goes wrong—for example, if the pages in your test booklet are stuck together or missing—raise your hand and tell the proctor. If you have misgridded (misgridding is explained earlier in this section), or if you have put your answers in the wrong section of the grid, tell the proctor.