

FREE PRACTICE SET • 2026 FORMAT

TOEFL iBT® Listening Practice Set (2026 Format)

16 questions in the format the TOEFL iBT has used since January 2026, with answers and short explanations.

WHAT'S INSIDE

- 6 Listen and Choose a Response items
- 2 conversations (4 questions)
- 1 announcement (2 questions)
- 1 academic talk (4 questions)

ON THE REAL TEST

The Listening section has 47 questions and takes about 29 minutes (ETS, TOEFL iBT test content page, checked 28 October 2026).

HOW TO USE THIS SET

1. Ask a friend to read the scripts at the back aloud, once each. On your own? Read a script once, cover it, then answer.
2. Take notes while you listen. You can take notes on the real test too.
3. Check the answer key, then find the line in the script that gives each answer away.

Timing: No timer needed. Answer each question straight after its recording, without hearing it again.

Take this section timed and scored, free

When you've finished on paper, take the full Listening section online in the real format:
goodmocks.com/toefl/listening/listening-practice-test-1

Part 1 Listen and Choose a Response

You will hear a person say one sentence. Choose the best response. On the test you hear each recording once, and it's never written on the screen. Here, ask a partner to read each script at the back aloud, once. On your own? Read it once, cover it, then answer.

How this task works: goodmocks.com/toefl/listening/listen-and-choose-a-response

1. *Listen to one line (script 1). Choose the best response.*

- ☐ A The airport is pretty far from here.
- ☐ B I took a taxi last week.
- ☐ C Sure. What time is your flight?
- ☐ D Friday is my favorite day.

2. *Listen to one line (script 2). Choose the best response.*

- ☐ A Try the one in the computer lab. It usually works.
- ☐ B My essay is almost finished too.
- ☐ C I printed a map yesterday.
- ☐ D It's a brand-new printer.

3. *Listen to one line (script 3). Choose the best response.*

- ☐ A The presentation went really well.
- ☐ B Sorry, I didn't bring a projector.
- ☐ C They slid off the desk earlier.
- ☐ D Of course. I'll email them to you tonight.

4. *Listen to one line (script 4). Choose the best response.*

- ☐ A I've been playing for years.
- ☐ B It got moved to tomorrow.
- ☐ C Right now works for me.
- ☐ D The piano is in the music room.

5. *Listen to one line (script 5). Choose the best response.*

- ☐ A I expected that too.
- ☐ B Soup is on the menu every day.
- ☐ C Do you want some water?
- ☐ D It was cheaper last week.

6. Listen to one line (script 6). Choose the best response.

- ☐ (A) About twenty minutes, and it's still not here.
- ☐ (B) It goes downtown.
- ☐ (C) The bus is very long.
- ☐ (D) I'll wait for you at home.

Part 2 Listen to a Conversation

You will hear a conversation. Then answer the questions about it. On the test you hear each recording once, and it's never written on the screen. Here, ask a partner to read each script at the back aloud, once. On your own? Read it once, cover it, then answer.

How this task works: goodmocks.com/toefl/listening/listen-to-a-conversation

QUESTIONS 7-8

Conversation 1. Listen to a conversation between two students who work at the campus recreation center. *Your partner reads the script at the back. Take notes here:*

7. Why does the woman talk to the man?

- ☐ (A) To invite him to her sister's graduation
- ☐ (B) To ask him to work her shift on Saturday
- ☐ (C) To ask him to help her move
- ☐ (D) To change her Sunday hours for good

8. What does the man suggest?

- ☐ (A) Asking the manager to cancel the shift
- ☐ (B) Leaving the graduation early
- ☐ (C) Working on Sunday morning instead
- ☐ (D) Asking Ines, who wants more hours

QUESTIONS 9–10

Conversation 2. Listen to a conversation between a student and a worker at the housing office. *Your partner reads the script at the back. Take notes here:*

9. What is the student's problem?

- ☐ A He can't take all his belongings home for the summer.
- ☐ B His room is too small for his boxes.
- ☐ C He has lost the key to his room.
- ☐ D He needs somewhere to live in June.

10. What does the worker say about the student's bike?

- ☐ A It costs forty dollars to store.
- ☐ B It must stay in his room.
- ☐ C He can keep it in the bike shed at no cost.
- ☐ D It has to go in the basement of Oak Hall.

Part 3 Listen to an Announcement

You will hear an announcement. Then answer the questions about it. On the test you hear each recording once, and it's never written on the screen. Here, ask a partner to read each script at the back aloud, once. On your own? Read it once, cover it, then answer.

How this task works: goodmocks.com/toefl/listening/listen-to-an-announcement

QUESTIONS 11–12

Announcement. Listen to an announcement in a classroom. *Your partner reads the script at the back. Take notes here:*

11. What is the main purpose of the announcement?

- ☐ A To change the date of the midterm
- ☐ B To explain a new way to hand in homework
- ☐ C To ask students to email their questions
- ☐ D To return graded assignments

12. What should a student do if the upload doesn't work?

- ☐ A Bring a paper copy to the next class
- ☐ B Upload it again on Friday
- ☐ C Ask a classmate to upload it
- ☐ D Email the file to the professor before the deadline

Part 4 Listen to an Academic Talk

You will hear a talk. Then answer the questions about it. On the test you hear each recording once, and it's never written on the screen. Here, ask a partner to read each script at the back aloud, once. On your own? Read it once, cover it, then answer.

How this task works: goodmocks.com/toefl/listening/listen-to-an-academic-talk

QUESTIONS 13–16

Academic talk. Listen to part of a talk in a biology class. *Your partner reads the script at the back. Take notes here:*

13. What is the talk mainly about?

- ☐ A How and why chameleons change color
- ☐ B How chameleons hide from danger
- ☐ C Why chameleons live in trees
- ☐ D How animal cells make light

14. According to the speaker, what happens to the crystals when a chameleon gets excited?

- ☐ (A) They disappear from the skin.
- ☐ (B) They pack closer together.
- ☐ (C) They move farther apart.
- ☐ (D) They grow larger.

15. Why does the speaker say that people think chameleons change color to hide?

- ☐ (A) To explain how chameleons catch insects
- ☐ (B) To show that chameleons have many enemies
- ☐ (C) To compare chameleons with other lizards
- ☐ (D) To introduce a common belief that the talk then corrects

16. What can be inferred about a chameleon that turns dark after meeting a rival?

- ☐ (A) It is getting ready to attack.
- ☐ (B) It is probably giving up the fight.
- ☐ (C) It is trying to warm up.
- ☐ (D) It is hiding among the leaves.

Scripts for your partner

Read each one aloud once, at a natural speed, then stop. Don't show it to the person answering. On the test, every recording is heard once.

LISTEN AND CHOOSE A RESPONSE · 1-6

1. **Woman:** "Do you want to share a taxi to the airport on Friday?"
2. **Man:** "I've been trying to print my essay, but the printer keeps jamming."
3. **Woman:** "Could you send me the slides from your presentation?"
4. **Man:** "Weren't you supposed to be at your piano lesson right now?"
5. **Woman:** "This soup is a lot spicier than I expected."
6. **Man:** "How long have you been waiting for the bus?"

CONVERSATION 1 · QUESTIONS 7-8

Narrator: Listen to a conversation between two students who work at the campus recreation center.

Woman: Hey, Sam. Can I ask you a favor? Could you take my Saturday morning shift at the front desk?

Man: This Saturday? What's going on?

Woman: My sister's graduating, and the ceremony starts at ten. I could cover your Sunday afternoon shift instead, if that helps.

Man: I'd normally say yes, but I've already promised to help a friend move on Saturday morning.

Woman: Oh, okay. Do you know anyone else who might do it?

Man: Try Ines. She said last week that she wanted more hours. And if she can't, the manager keeps a list of people who can fill in.

CONVERSATION 2 • QUESTIONS 9–10

Narrator: Listen to a conversation between a student and a worker at the housing office.

Student: Hi. I'm going home for the summer, and I was wondering if I can leave some of my things in the residence hall.

Worker: You can't keep anything in your room over the summer, I'm afraid. Summer students move in there in June.

Student: Oh. I have a desk lamp, a few boxes of books and a bike. It's a long flight home, so I can't take them with me.

Worker: There's a storage room in the basement of Oak Hall. It costs forty dollars for the whole summer, and you can fit about four boxes. Bikes go in the bike shed, and that's free.

Student: Forty dollars is fine. How do I sign up?

Worker: Fill in this form and bring your boxes on moving-out day. Just write your name on each one.

ANNOUNCEMENT • QUESTIONS 11–12

Narrator: Listen to an announcement in a classroom.

Professor: Before we finish today, a quick change. Starting next week, I won't collect homework on paper anymore. Instead, please upload it to the course website by nine on Thursday evening, as one single file. If the upload doesn't work, email the file to me before the deadline, and I'll accept it. And please keep your graded paper assignments from this month. You'll need them to study for the midterm.

ACADEMIC TALK • QUESTIONS 13–16

Narrator: Listen to part of a talk in a biology class.

Professor: Most people think chameleons change color to hide, to match whatever they're sitting on. It's a nice idea, but it's mostly a myth. A chameleon's normal colors already blend in with leaves and branches. The dramatic changes happen for other reasons.

So how does the color change work? Under the outer layer of a chameleon's skin, there are cells that contain tiny crystals arranged in a regular pattern. Light bounces off these crystals, and the space between them decides which colors we see. When a chameleon is calm, the crystals are packed close together, and the skin looks mostly green. When it gets excited, the cells stretch, the crystals move farther apart, and the skin can turn yellow, orange or red.

And why change at all? Mostly to send messages. A male facing a rival may turn bright colors to show he's ready to fight, and the loser often turns dark and backs away. Temperature matters too. A chameleon that's cold in the morning may turn darker, because dark skin takes in more heat from the sun.

Answers and explanations

LISTEN AND CHOOSE A RESPONSE

- 1 **C** · *"Do you want to share a taxi to the airport on Friday?"* She's offering to share a taxi, and A's "Sure" accepts, then asks the one thing they need to plan. The others pick up words you heard (airport, taxi, Friday) without answering her.
- 2 **A** · *"I've been trying to print my essay, but the printer keeps jamming."* He has a problem, so the best reply helps solve it. The others repeat "essay" and "print" but don't help.
- 3 **D** · *"Could you send me the slides from your presentation?"* A request wants a yes or a no. "Slid" sounds like "slides", a classic trap.
- 4 **B** · *"Weren't you supposed to be at your piano lesson right now?"* "Weren't you supposed to...?" means he's surprised to see her. The best reply explains why she isn't there.
- 5 **C** · *"This soup is a lot spicier than I expected."* A complaint wants a reaction. Offering water responds to what she means: the soup is too hot for her.
- 6 **A** · *"How long have you been waiting for the bus?"* "How long" asks for an amount of time. Only A gives one. C uses "long" in a different sense.

LISTEN TO A CONVERSATION

- 7 **B** · Her first lines ask him to take her Saturday morning shift. The graduation is the reason, not the request, and it's his friend who is moving.
- 8 **D** · He says "Try Ines" because she wanted more hours. The manager comes up only as a backup, and for a list of people, not to cancel anything.
- 9 **A** · He's flying home and "can't take them with me". The summer students moving in are why his room isn't an option, not his problem.
- 10 **C** · "Bikes go in the bike shed, and that's free." The forty dollars and the basement are for the boxes, a detail you'd need notes to keep apart.

LISTEN TO AN ANNOUNCEMENT

- 11 **B** · The professor says "a quick change" and then describes uploading homework instead of handing in paper. The midterm and the graded work come up only as details.
- 12 **D** · "If the upload doesn't work, email the file to me before the deadline." Paper is exactly what the professor will stop collecting.

LISTEN TO AN ACADEMIC TALK

- 13 **A** · The talk asks “how does the color change work?” and then “why change at all?”. Hiding is the myth it sets aside.
- 14 **C** · “The cells stretch, the crystals move farther apart.” Packed close together is the calm state, the opposite.
- 15 **D** · Right after it comes “it’s mostly a myth”. Starting with a common belief makes the real explanation stand out.
- 16 **B** · “The loser often turns dark and backs away.” Turning dark to warm up is real too, but that’s in the morning cold, not after meeting a rival.

Next: the real thing, timed and scored

Paper can’t time you or adapt to you. The free online Listening test does both, in the real section’s format, and gives you a band score from 1.0 to 6.0. No account needed.

goodmocks.com/toefl/listening/listening-practice-test-1

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