

How to use: Record a response with no preparation, exactly as the 2026 test works. Play it back one time, as if you were the examiner. Tick only the statements that are genuinely true of the recording, then use the score guide to estimate a band and spot your weakest dimension. Remember: this is a subjective self-check. Confirm it objectively with AI grading or a teacher.

Take an Interview

Spontaneous 30 to 60 second answer · four dimensions

Fluency

Pace, pauses, hesitation.

☐ No silent gap longer than about two to three seconds.

☐ Only a few filler sounds (roughly five or fewer um / uh).

☐ Steady pace, not rushing or crawling.

Intelligibility

Clarity, stress, intonation.

☐ Every word clear on playback.

☐ Sentences rise and fall naturally, not flat.

☐ No point where I had to guess what I said.

Language Use

Grammar and vocabulary.

☐ At least a couple of longer sentences (because, although, which).

☐ Did not repeat the same few words throughout.

☐ Grammar sounded right (tenses, subject and verb).

Organization

Structure and completeness.

☐ Clear main point or position early.

☐ At least one reason or example.

☐ Clear ending, not a trail-off.

Listen and Repeat

Verbatim reproduction of a target sentence · two dimensions

Repeat Accuracy

Word-for-word, checked against the target sentence.

☐ Said every word, none missing.

☐ Kept all word endings (-s, -ed, -ing).

☐ Kept word order; no dropped small words (a, the, to, of).

Intelligibility

Clarity, stress, pace.

☐ Every word clear, nothing mumbled.

☐ Stress and emphasis matched the original.

☐ Matched the original pace, not slower.

Rough band estimate (share of boxes ticked)

Almost all ticked

~5.0 or higher

About four in five

~4.5

About two in three

~4.0

About half

~3.5

Fewer than half

~3.0 or below

Now make it objective.

Run the same recording through Eppy AI on the free PrepDrills TOEFL app for a band estimate on these exact five dimensions.

toefl.prepdrills.com