

Building Skills for the TOEFL® iBT

Beginning

Audio CDs

Disk	Content	Total Running Time
1	Listening	76:43
2	Listening	70:31
3	Listening	64:28
4	Listening	17:29
5	Speaking	59:19
6	Speaking	33:57
7	Writing	19:02
8	Practice Test	30:55



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Disk 1 - Listening (76:43)

<u>Track #</u>	<u>Content</u>	<u>Time</u>
1	Chapter 1 - Skill A: 1 (p.176)	2:04
2	Skill A: 2 (p.177)	1:23
3	Skill A: 3 (p.178)	1:22
4	Skill A: 4 (p.179)	1:23
5	Skill A: 5 (p.180)	1:19
6	Skill A: 6 (p.181)	1:17
7	Skill A: 7 (p.182)	1:16
8	Skill A: 8 (p.183)	1:18
9	Skill B: 1 (p.186)	1:37
10	Skill B: 2 (p.187)	1:12
11	Skill B: 3 (p.188)	1:24
12	Skill B: 4 (p.189)	1:21
13	Skill B: 5 (p.190)	1:18
14	Skill B: 6 (p.191)	1:29
15	Skill B: 7 (p.192)	1:25
16	Skill B: 8 (p.193)	1:23
17	Skill C: 1 (p.196)	1:29
18	Skill C: 2 (p.197)	1:16
19	Skill C: 3 (p.198)	1:23
20	Skill C: 4 (p.199)	1:31
21	Skill C: 5 (p.200)	1:46
22	Skill C: 6 (p.201)	1:33
23	Skill C: 7 (p.202)	1:21
24	Skill C: 8 (p.203)	1:17

25	Skill Review: 1 (pp.208-209)	2:54
26	Skill Review: 2 (pp.210-211)	3:30
27	Skill D: 1 (p.214)	1:21
28	Skill D: 2 (p.215)	1:39
29	Skill D: 3 (p.216)	1:22
30	Skill D: 4 (p.217)	1:24
31	Skill D: 5 (p.218)	1:28
32	Skill D: 6 (p.219)	1:26
33	Skill D: 7 (p.220)	1:24
34	Skill D: 8 (p.221)	1:33
35	Skill E: 1 (p.224)	1:42
36	Skill E: 2 (p.225)	1:29
37	Skill E: 3 (p.226)	1:38
38	Skill E: 4 (p.227)	1:20
39	Skill E: 5 (p.228)	1:40
40	Skill E: 6 (p.229)	1:31
41	Skill E: 7 (p.230)	1:14
42	Skill E: 8 (p.231)	1:34
43	Skill F: 1 (p.234)	1:35
44	Skill F: 2 (p.235)	1:28
45	Skill F: 3 (p.236)	1:30
46	Skill F: 4 (p.237)	1:43
47	Skill F: 5 (p.238)	1:23
48	Skill F: 6 (p.239)	1:30
49	Skill F: 7 (p.240)	1:24
50	Skill F: 8 (p.241)	1:27

Disk 2 - Listening (70:31)

<u>Track #</u>	<u>Content</u>	<u>Time</u>
1	Skill Review: 1 (pp. 246-247)	3:33
2	Skill Review: 2 (pp. 248-249)	3:32
3	Chapter 2 - Skill A: 1 (p. 254)	2:56
4	Skill A: 2 (p.255)	2:06
5	Skill A: 3 (p.256)	3:16
6	Skill A: 4 (p.257)	1:43
7	Skill A: 5 (p.258)	3:06
8	Skill A: 6 (p.259)	2:45
9	Skill B: 1 (p.262)	2:04
10	Skill B: 2 (p.263)	2:50
11	Skill B: 3 (p.264)	2:00
12	Skill B: 4 (p.265)	2:20
13	Skill B: 5 (p.266)	2:23
14	Skill B: 6 (p.267)	3:07
15	Skill C: 1 (p.270)	3:07
16	Skill C: 2 (p.271)	2:04
17	Skill C: 3 (p.272)	3:02
18	Skill C: 4 (p.273)	2:38
19	Skill C: 5 (p.274)	1:46
20	Skill C: 6 (p.275)	2:49
21	Skill Review: 1 (pp. 282-283)	3:17
22	Skill Review: 2 (pp. 284-285)	4:31
23	Skill Review: 3 (pp. 286-287)	4:38
24	Skill Review: 4 (pp. 288-289)	4:48

Disk 3 - Listening (64:28)

<u>Track #</u>	<u>Content</u>	<u>Time</u>
1	Skill D: 1 (p. 292)	2:01
2	Skill D: 2 (p. 293)	2:54
3	Skill D: 3 (p. 294)	2:07
4	Skill D: 4 (p.295)	2:45
5	Skill D: 5 (p.296)	3:14
6	Skill D: 6 (p.297)	2:27
7	Skill E: 1 (p.300)	2:13
8	Skill E: 2 (p.301)	3:07
9	Skill E: 3 (p.302)	1:53
10	Skill E: 4 (p.303)	3:04
11	Skill E: 5 (p.304)	3:16
12	Skill E: 6 (p.305)	2:59
13	Skill F: 1 (p.308)	3:06
14	Skill F: 2 (p.309)	2:48
15	Skill F: 3 (p.310)	2:02
16	Skill F: 4 (p.311)	2:38
17	Skill F: 5 (p.312)	1:55
18	Skill F: 6 (p.313)	2:54
19	Skill Review: 1 (pp. 320-321)	3:14
20	Skill Review: 2 (pp. 322-323)	3:50
21	Skill Review: 3 (pp. 324-325)	4:15
22	Skill Review: 4 (pp. 326-327)	5:32

Disk 4 - Listening (17:29)

<u>Track #</u>	<u>Content</u>	<u>Time</u>
1	Chapter 3 - Focus A-1: 1 (p.332)	1:02
2	Focus A-1: 2 (p.332)	1:53
3	Focus A-1: 3 (p.332)	0:40
4	Focus A-2: 1 (p.333)	0:59
5	Focus A-2: 2 (p.333)	2:00
6	Focus A-2: 3 (p.333)	3:05
7	Focus B-1: 1 (p.334)	1:00
8	Focus B-1: 2 (p.334)	1:44
9	Focus B-1: 3 (p.334)	1:14
10	Focus B-2: 1 (p.335)	0:59
11	Focus B-2: 2 (p.335)	1:24
12	Focus B-2: 3 (p.335)	1:23

Disk 5 - Speaking (59:19)

<u>Track #</u>	<u>Content</u>	<u>Time</u>
1	Chapter 1 - Skill A: Q1 Practice 1 (p.347)	1:18
2	Skill A: Q1 Practice 2 (p.349)	0:43
3	Skill A: Q1 Practice 3 (p.351)	0:37
4	Skill A: Q2 Practice 1 (p.353)	0:35
5	Skill A: Q2 Practice 2 (p.355)	1:06
6	Skill A: Q2 Practice 3 (p.357)	1:17
7	Skill B: Q3 Practice 1 (p.363)	1:22
8	Sample response (p.364)	0:32

9	Skill B: Q3 Practice 2 (p.366)	1:10
10	Sample response (p.367)	0:48
11	Skill B: Q3 Practice 3 (p.369)	1:14
12	Sample response (p.370)	0:42
13	Skill B: Q4 Practice 1 (p.372)	1:16
14	Sample response (p.373)	0:32
15	Skill B: Q4 Practice 2 (p.375)	1:05
16	Sample response (p.376)	0:33
17	Skill B: Q4 Practice 3 (p.378)	1:04
18	Sample response (p.379)	0:47
19	Skill C: Q5 Practice 1 (p.384)	1:21
20	Opinion 1, 2 (p.385)	1:23
21	Skill C: Q5 Practice 2 (p.386)	1:22
22	Opinion 1, 2 (p.387)	1:23
23	Skill C: Q5 Practice 3 (p.388)	1:22
24	Opinion 1, 2 (p.389)	1:30
25	Skill C: Q6 Practice 1 (p.390)	1:56
26	Sample response (p.391)	0:51
27	Skill C: Q6 Practice 2 (p.392)	1:44
28	Sample response (p.393)	0:49
29	Skill C: Q6 Practice 3 (p.394)	1:47
30	Sample response (p.395)	0:52
31	Chapter 2 - Skill A: Q1 Practice 1 (p.409)	1:17
32	(Listen again)	0:46
33	Skill A: Q1 Practice 2 (p.412)	1:01
34	(Listen again)	0:48

35	Skill A: Q1 Practice 3 (p.414)	0:56
36	(Listen again)	0:43
37	Skill A: Q1 Practice 4 (p.416)	0:57
38	(Listen again)	0:44
39	Skill A: Q2 Practice 1 (p.419)	0:54
40	(Listen again)	0:41
41	Skill A: Q2 Practice 2 (p.422)	1:00
42	(Listen again)	0:47
43	Skill A: Q2 Practice 3 (p.424)	1:06
44	(Listen again)	0:53
45	Skill A: Q2 Practice 4 (p.426)	0:55
46	(Listen again)	0:42
47	Skill B: Q3 Practice 1 (p.432)	1:19
48	Sample response (p.434)	0:39
49	(Listen again)	0:38
50	Skill B: Q3 Practice 2 (p.435)	1:13
51	Sample response (p.437)	0:47
52	(Listen again)	0:46
53	Skill B: Q4 Practice 1 (p.438)	1:27
54	Sample response (p.440)	0:52
55	(Listen again)	0:51
56	Skill B: Q4 Practice 2 (p.441)	1:28
57	Sample response (p.443)	0:51
58	(Listen again)	0:50

Disk 6 - Speaking (33:57)

<u>Track #</u>	<u>Content</u>	<u>Time</u>
1	Skill C: Q5 Practice 1 (p.446)	1:43
2	Sample response (p.447)	0:43
3	(Listen again)	0:41
4	Skill C: Q5 Practice 2 (p.448)	1:40
5	Sample response (p.449)	0:40
6	(Listen again)	0:39
7	Skill C: Q6 Practice 1 (p.450)	2:14
8	Sample response (p.451)	0:49
9	(Listen again)	0:48
10	Skill C: Q6 Practice 2 (p.452)	1:47
11	Sample response (p.453)	0:37
12	(Listen again)	0:36
13	Chapter 3 - Focus A: Step 1 (p.468)	1:34
14	Focus A: Step 2 (p.468)	1:27
15	(Listen again)	1:10
16	Focus A: Step 3 (p.469)	1:13
17	(Listen again)	1:01
18	Focus A: Step 4 (p.469)	1:21
19	(Listen again)	1:09
20	Focus B: Step 1 (p.470)	2:25
21	(Listen again)	2:22
22	Focus B: Step 2 Phrases (p.471)	2:09
23	Focus B: Step 2 Sentences (p.471)	1:19
24	Focus C: 1 (p.472)	1:33
25	Focus C: 2 (p.472)	2:03

Disk 7 - Writing (19:02)

<u>Track #</u>	<u>Content</u>	<u>Time</u>
1	Chapter 1 - Skill A: Practice 1 (p.485)	1:55
2	Skill A: Practice 2 (p.488)	1:17
3	Skill A: Practice 3 (p.491)	1:56
4	Skill A: Practice 4 (p.494)	1:34
5	Skill B: Practice 1 (p.499)	1:19
6	Skill B: Practice 2 (p.502)	1:16
7	Skill B: Practice 3 (p.505)	1:34
8	Skill B: Practice 4 (p.508)	1:24
9	Chapter 2 - Skill A: Practice 1 (p.542)	1:54
10	Skill A: Practice 2 (p.545)	1:36
11	Skill A: Practice 3 (p.548)	1:31
12	Skill A: Practice 4 (p.551)	1:39

Disk 8 - Practice Test (30:55)

<u>Track #</u>	<u>Content</u>	<u>Time</u>
1	Listening - Directions (p.617)	1:03
2	1. Campus Life (p.618)	3:38
3	2. Art (p.619)	4:42
4	3. Health (p.620)	4:29
5	4. Biology (p.621)	4:05
6	Speaking - Directions (p.623)	1:50
7	Question 1 (p.624)	0:12
8	Question 2 (p.625)	0:29
9	Question 3: Reading (p.626)	0:18
10	Question 3: Listening (p.627)	1:11
11	Question 4: Reading (p.629)	0:14
12	Question 4: Listening (p.630)	1:17
13	Question 5 (p.632)	1:28
14	Question 6 (p.633)	1:52
15	Writing - Directions (p.635)	0:40
16	Integrated Writing Directions (p.636)	1:29
17	Question 1 (p.638)	1:56



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