

This resource provides practical collocations organized by common TOEFL topics, enabling learners to improve their language accuracy and overall communication skills for the exam.

Effective Collocations for TOEFL Speaking and Writing Success

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مجموعه سبز کالوکیشن

تسلط بر کالوکیشن‌ها یا ترکیب‌های طبیعی کلمات، برای کسب نمره‌ی بالا در بخش‌های رایتینگ و اسپیکینگ آزمون تافل ضروری است. استفاده صحیح از کالوکیشن‌ها باعث افزایش روانی، انسجام و تنوع واژگان در پاسخ‌ها می‌شود و آن‌ها را طبیعی‌تر و آکادمیک‌تر جلوه می‌دهد. کالوکیشن‌ها به داوطلبان کمک می‌کنند تا ایده‌های خود را به صورت دقیق و مؤثر بیان کنند و نشان دهند که دایره‌ی لغات قوی‌تری دارند. این منبع شامل کالوکیشن‌های کاربردی و طبقه‌بندی شده بر اساس موضوعات رایج تافل است تا زبان‌آموزان بتوانند دقت و مهارت‌های ارتباطی خود را در آزمون بهبود بخشند.

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Education

1. Receive a quality education

- Many students move abroad to **receive a quality education**.
- Governments should invest more to ensure all children **receive a quality education**.

2. Academic performance

- Social media usage can negatively impact students' **academic performance**.
- Teachers often use quizzes to measure **academic performance**.

3. Pursue higher education

- Some high school graduates choose to work instead of **pursuing higher education**.
- Scholarships allow low-income students to **pursue higher education**.

4. Gain knowledge and skills

- The main goal of education is to **gain knowledge and skills** for the future.
- Students **gain valuable skills** through group projects and presentations.

5. Access to education

- Not everyone around the world has equal **access to education**.
- Online courses can improve **access to education** in remote areas.

6. Educational background

- A person's **educational background** often influences their career options.
- Employers sometimes prioritize **educational background** over work experience.

7. Learning environment

- A positive **learning environment** helps students stay motivated.
- Technology can enhance the **learning environment** in modern classrooms.

8. **Academic achievement**

- Parental involvement often boosts **academic achievement**.
- Teachers celebrate **academic achievement** through awards and certificates.

9. **Standardized tests**

- Many students feel stressed about **standardized tests**.
- Critics argue that **standardized tests** don't reflect real intelligence.

10. **Curriculum design**

- **Curriculum design** should include both academic and life skills.
- Educators need to revise **curriculum design** to meet modern demands.

11. **Learning outcomes**

- Educators assess **learning outcomes** to improve teaching strategies.
- The course was redesigned to improve student **learning outcomes**.

12. **Drop out of school**

- Some teenagers **drop out of school** due to financial pressures.
- Programs that support at-risk students reduce the **dropout rate**.

13. **Make progress**

- With constant feedback, students can **make steady progress**.
- Even small efforts can help learners **make academic progress**.

14. **Be engaged in learning**

- Students are more successful when they are **actively engaged in learning**.
- Interactive lessons keep students **engaged in learning**.

15. **Lifelong learning**

- In today's world, **lifelong learning** is essential.
- Online platforms promote **lifelong learning** among adults.

16. Private tutoring

- Some parents hire **private tutors** to help their children succeed.
- **Private tutoring** can fill gaps left by traditional education.

17. Develop critical thinking

- Good teachers help students **develop critical thinking** skills.
- Essays are useful for **developing critical thinking** and argumentation.

18. Extracurricular activities

- **Extracurricular activities** help students develop social skills.
- Colleges look for students involved in **extracurricular activities**.

19. Learning resources

- Students can access various **learning resources** online.
- Libraries and digital tools are vital **learning resources**.

20. Education system

- The **education system** should focus more on creativity than memorization.
- Many countries are reforming their **education systems**.

21. Achieve academic success

- Time management is key to **achieving academic success**.
- Supportive families can help children **achieve academic success**.

22. Face academic pressure

- Many students **face academic pressure** due to high expectations.
- Schools should reduce the **academic pressure** placed on students.

23. Higher education institution

- She was accepted into a top **higher education institution**.
- **Higher education institutions** are becoming more competitive.

24. Financial burden of education

- The **financial burden of education** can discourage students from attending college.
- Scholarships reduce the **financial burden of education**.

25. Promote creativity

- Schools should **promote creativity** instead of only focusing on tests.
- Arts programs can help **promote creativity** in students.

26. Provide feedback

- Teachers must **provide timely feedback** to help students improve.
- Constructive criticism helps learners when teachers **provide clear feedback**.

27. Interactive learning

- **Interactive learning** keeps students more involved than lectures.
- Technology has made **interactive learning** more accessible.

28. Learning disability

- Schools must support students with **learning disabilities**.
- Early diagnosis of **learning disabilities** leads to better outcomes.

29. Attend lectures

- In universities, students are expected to **attend lectures** regularly.
- Some learners prefer watching videos over **attending live lectures**.

30. Academic discipline

- Psychology is a popular **academic discipline** among undergraduates.
- Choosing the right **academic discipline** is important for future careers.

Business & Jobs

1. Start a business

- Many young entrepreneurs dream of **starting a business** after graduation.
- It takes courage and capital to **start a business** from scratch.

2. Run a company

- She **runs a company** that develops educational software.
- Experience is crucial when it comes to **running a company** efficiently.

3. Job satisfaction

- **Job satisfaction** often leads to better productivity.
- Salary is not the only factor affecting **job satisfaction**.

4. Work environment

- A positive **work environment** encourages employee engagement.
- Noise and stress can ruin the **work environment**.

5. Climb the corporate ladder

- He's ambitious and wants to **climb the corporate ladder** quickly.
- It can take years of hard work to **climb the corporate ladder**.

6. Launch a product

- The company plans to **launch a new product** next quarter.
- A poor marketing strategy can lead to a failed **product launch**.

7. Meet a deadline

- Good time management helps employees **meet deadlines**.
- If we don't **meet the deadline**, we might lose the contract.

8. Take responsibility

- A good leader must **take responsibility** for team performance.
- He refused to **take responsibility** for the project's failure.

9. **Work overtime**

- During busy seasons, employees often have to **work overtime**.
- Constantly **working overtime** can lead to burnout.

10. **Customer satisfaction**

- High **customer satisfaction** improves brand loyalty.
- The company surveys clients to measure **customer satisfaction**.

11. **Professional development**

- Workshops are great for **professional development**.
- Employees value companies that support **professional development**.

12. **Job security**

- In uncertain times, **job security** becomes more important than salary.
- Many workers quit due to a lack of **job security**.

13. **Economic growth**

- Small businesses contribute significantly to **economic growth**.
- Government policies can stimulate **economic growth**.

14. **Generate profit**

- The goal of any business is to **generate profit**.
- It took two years for the startup to **generate a steady profit**.

15. **Business strategy**

- A successful **business strategy** requires long-term planning.
- The company changed its **business strategy** to enter new markets.

16. **Job opportunity**

- Many people move to big cities for better **job opportunities**.
- Online platforms have increased **job opportunities** for freelancers.

17. **Career advancement**

- Taking leadership roles can lead to **career advancement**.
- Employees seek **career advancement** through additional training.

18. **Company culture**

- A supportive **company culture** improves employee retention.
- Millennials often prioritize **company culture** over salary.

19. **Work-life balance**

- Flexible hours help employees maintain a **work-life balance**.
- **Work-life balance** is essential for mental health.

20. **Hire staff**

- The manager plans to **hire more staff** during the holiday season.
- Companies should **hire staff** based on skills, not just degrees.

21. **Reduce costs**

- Outsourcing is one way to **reduce business costs**.
- The company cut travel expenses to **reduce overall costs**.

22. **High-paying job**

- Many students aim for **high-paying jobs** after graduation.
- A **high-paying job** often comes with more responsibilities.

23. **Offer a promotion**

- She was **offered a promotion** after completing a big project.
- Hard work is often rewarded with **a promotion**.

24. **Close a deal**

- Salespeople must negotiate well to **close a deal**.
- He **closed the deal** after months of discussion.

25. **Work remotely**

- More people prefer to **work remotely** due to flexible schedules.
- Technology makes it easier to **work remotely** from anywhere.

26. **Business partner**

- He found a **business partner** to help fund the new venture.
- Trust is key when choosing a **business partner**.

27. **Job interview**

- Preparing for a **job interview** is crucial to getting hired.
- She was nervous before her first **job interview**.

28. **Entrepreneurial spirit**

- His **entrepreneurial spirit** led him to launch several startups.
- Universities should encourage the **entrepreneurial spirit** in students.

29. **Take a risk**

- Sometimes you have to **take a risk** to succeed in business.
- Entrepreneurs are often willing to **take calculated risks**.

30. **Expand a business**

- The company wants to **expand its business** to Asia.
- Strong branding helps when **expanding a business** internationally.

Sociology & Social Issues

1. Social norms

- **Social norms** shape how individuals behave in public.
- Over time, **social norms** can change with education and media.

2. Gender roles

- Traditional **gender roles** are slowly disappearing in modern societies.
- Education can help challenge outdated **gender roles**.

3. Cultural diversity

- Schools should promote **cultural diversity** and inclusion.
- **Cultural diversity** enriches society and fosters tolerance.

4. Social inequality

- **Social inequality** affects access to education and healthcare.
- Governments should take steps to reduce **social inequality**.

5. Poverty line

- Many families live below the **poverty line** in developing countries.
- Social programs help people rise above the **poverty line**.

6. Income gap

- The growing **income gap** is a concern for many economists.
- Tax reforms could help narrow the **income gap**.

7. Social mobility

- Education is a key factor in **social mobility**.
- In some countries, **social mobility** is limited by class structure.

8. Family structure

- Changes in **family structure** have affected child development.
- Single-parent **family structures** are more common today.

9. **Raise awareness**

- Campaigns can **raise awareness** about climate change or mental health.
- Schools play a role in **raising awareness** of social issues.

10. **Public opinion**

- **Public opinion** often influences political decisions.
- Media has a strong impact on **public opinion**.

11. **Social justice**

- Many protests focus on **social justice** and equal rights.
- Education promotes **social justice** by teaching respect and fairness.

12. **Welfare system**

- A strong **welfare system** supports low-income families.
- Some people argue the **welfare system** reduces motivation to work.

13. **Domestic violence**

- **Domestic violence** is a serious issue that affects millions worldwide.
- Governments must create shelters for **victims of domestic violence**.

14. **Juvenile delinquency**

- Poverty and broken families can contribute to **juvenile delinquency**.
- Education programs can help reduce **juvenile delinquency** rates.

15. **Peer pressure**

- Teenagers often make risky choices due to **peer pressure**.
- Schools should help students resist **negative peer pressure**.

16. **Social behavior**

- Sociology examines human **social behavior** in groups.
- Technology has changed our daily **social behavior**.

17. **Discrimination based on**

- **Discrimination based on** race or gender is illegal in many countries.
- Workplaces must eliminate **discrimination based on** age.

18. **Access to healthcare**

- Low-income families often lack **access to healthcare**.
- Universal health coverage improves **access to healthcare** for all citizens.

19. **Unemployment rate**

- The government introduced policies to reduce the **unemployment rate**.
- A high **unemployment rate** can lead to social unrest.

20. **Homeless population**

- The **homeless population** has increased in urban areas.
- Affordable housing is key to reducing the **homeless population**.

21. **A sense of belonging**

- Community programs help foster **a sense of belonging**.
- Immigrants often struggle to find **a sense of belonging** in a new country.

22. **Break the cycle**

- Education can **break the cycle** of poverty.
- Counseling is needed to **break the cycle** of domestic abuse.

23. **Youth unemployment**

- **Youth unemployment** is a growing issue in many economies.
- Internships can help reduce **youth unemployment**.

24. **Social stigma**

- **Social stigma** prevents many people from seeking mental health care.
- Campaigns aim to eliminate the **social stigma** around disabilities.

25. **Low-income households**

- **Low-income households** often struggle to access nutritious food.
- Children in **low-income households** may have fewer educational opportunities.

26. **Media influence**

- Teenagers are especially vulnerable to **media influence**.
- **Media influence** can shape how people view body image or success.

27. **Racial discrimination**

- **Racial discrimination** remains a problem in many parts of the world.
- Laws alone cannot eliminate **racial discrimination**.

28. **Access to education**

- Many social reforms focus on improving **access to education**.
- Technology increases **access to education** in rural areas.

29. **Social class**

- A person's **social class** can affect their opportunities in life.
- Some people remain stuck in the same **social class** for generations.

30. **Government intervention**

- **Government intervention** is necessary to address extreme poverty.
- Some argue that too much **government intervention** limits personal freedom.

Government Policy

1. Implement a policy

- The government plans to **implement a new policy** on urban development.
- It takes time and resources to **implement effective policies**.

2. Public funding

- Schools in rural areas need more **public funding**.
- The museum relies on **public funding** to run educational programs.

3. Tax reform

- **Tax reform** is necessary to reduce the income gap.
- The president introduced a **tax reform** bill last year.

4. Urban planning

- Good **urban planning** improves traffic flow and quality of life.
- The city council hired experts to work on **urban planning** strategies.

5. Environmental regulations

- Factories must comply with **environmental regulations**.
- **Environmental regulations** help reduce air and water pollution.

6. Public transportation system

- The city invested in its **public transportation system** to reduce traffic.
- An efficient **public transportation system** lowers carbon emissions.

7. Raise taxes

- The government decided to **raise taxes** on luxury goods.
- Many citizens protested the decision to **raise taxes**.

8. Government subsidies

- **Government subsidies** make renewable energy more affordable.
- Farmers depend on **government subsidies** during difficult seasons.

9. **Affordable housing**

- The mayor promised to build more **affordable housing** units.
- **Affordable housing** reduces homelessness in urban areas.

10. **Budget cuts**

- **Budget cuts** have affected public education programs.
- Due to the recession, many departments faced **serious budget cuts**.

11. **Public safety**

- New laws were introduced to improve **public safety**.
- Street lighting and patrols contribute to **public safety**.

12. **Government intervention**

- In times of crisis, **government intervention** is essential.
- Some people oppose **government intervention** in private markets.

13. **Social welfare programs**

- The government expanded **social welfare programs** for the elderly.
- Critics say **social welfare programs** encourage dependency.

14. **Pass a law**

- The parliament voted to **pass a law** banning single-use plastics.
- It took months of debate to **pass the new law**.

15. **Regulate industries**

- The government needs to **regulate industries** that harm the environment.
- Without regulation, some companies exploit workers and **regulate poorly**.

16. **Provide services**

- Local governments **provide services** like water and electricity.
- It's the government's responsibility to **provide essential services** to citizens.

17. **Public health policy**

- The pandemic highlighted weaknesses in the country's **public health policy**.
- Experts are advising changes to **public health policy** to prevent future outbreaks.

18. **Government spending**

- Critics argue that **government spending** should be more transparent.
- **Government spending** on education has increased this year.

19. **Policy reform**

- **Policy reform** is needed to modernize the education system.
- After protests, the government began working on **policy reform**.

20. **National security**

- **National security** is often prioritized over civil liberties.
- Immigration laws are sometimes justified in the name of **national security**.

21. **Promote economic growth**

- The new trade agreement aims to **promote economic growth**.
- Infrastructure investment is a way to **promote economic growth**.

22. **Reduce traffic congestion**

- Building more bike lanes helps **reduce traffic congestion**.
- Public transport improvements are necessary to **reduce congestion** in cities.

23. **Waste management system**

- The city improved its **waste management system** to reduce pollution.
- An efficient **waste management system** requires community cooperation.

24. **Public opinion**

- **Public opinion** often influences how policies are created or changed.
- Leaders must consider **public opinion** when introducing new legislation.

25. Allocate resources

- Governments must **allocate resources** fairly across sectors.
- More funds were **allocated** to disaster response efforts this year.

26. Develop infrastructure

- The government is working to **develop rural infrastructure**.
- Investment in roads and bridges is part of **infrastructure development**.

27. Economic inequality

- New policies aim to reduce **economic inequality**.
- **Economic inequality** leads to social unrest if not addressed.

28. Enforce regulations

- It's not enough to pass laws; governments must also **enforce regulations**.
- The city failed to **enforce regulations** on illegal construction.

29. Long-term planning

- **Long-term planning** is essential for sustainable development.
- Governments often focus on short-term wins instead of **long-term planning**.

30. Promote public awareness

- Campaigns can **promote public awareness** about climate change.
- The city launched a project to **promote public awareness** of recycling.

Technology

1. Advanced technology

- **Advanced technology** has transformed the way people communicate.
- Many companies invest heavily in **advanced technology** to stay competitive.

2. Technological innovation

- Smartphones are a result of rapid **technological innovation**.
- Governments should support **technological innovation** in the healthcare sector.

3. Digital devices

- Students use **digital devices** like tablets for online learning.
- Excessive use of **digital devices** can affect sleep and concentration.

4. Internet access

- **Internet access** is essential for remote education.
- Many rural areas still lack reliable **internet access**.

5. Social media platforms

- **Social media platforms** have changed how people form relationships.
- Some believe **social media platforms** reduce face-to-face interaction.

6. Artificial intelligence (AI)

- **Artificial intelligence** is now used in customer service and banking.
- Some worry that **AI** will replace human workers in the future.

7. Cutting-edge technology

- The company uses **cutting-edge technology** to develop self-driving cars.
- **Cutting-edge technology** often comes at a high cost.

8. **Technological advancement**

- **Technological advancement** has made information more accessible.
- Some fear that rapid **technological advancement** is hard to control.

9. **Digital literacy**

- Schools should teach students **digital literacy** from an early age.
- **Digital literacy** is essential in today's job market.

10. **Data privacy**

- **Data privacy** is a major concern with the rise of online services.
- Users should be educated about **data privacy** risks.

11. **Online learning**

- **Online learning** offers flexibility for students and teachers.
- Many universities are adopting **online learning** platforms.

12. **Cybersecurity threats**

- Companies must protect their systems from **cybersecurity threats**.
- **Cybersecurity threats** can compromise personal and financial data.

13. **Digital transformation**

- Businesses are undergoing **digital transformation** to improve efficiency.
- **Digital transformation** requires both tools and skilled workers.

14. **Tech-savvy users**

- Younger generations are more likely to be **tech-savvy**.
- Companies look for **tech-savvy** employees to manage digital tools.

15. **High-speed internet**

- **High-speed internet** enables video conferencing and streaming.
- Access to **high-speed internet** is still limited in some regions.

16. **Mobile applications**

- People use **mobile applications** for shopping, banking, and learning.
- Developers are constantly updating **mobile applications** to fix bugs.

17. **Innovative solutions**

- Engineers create **innovative solutions** to modern problems.
- **Innovative solutions** can reduce costs and improve services.

18. **Access information**

- With smartphones, people can **access information** instantly.
- The internet allows students to **access information** for their research.

19. **Technology-driven society**

- We now live in a **technology-driven society** where digital tools dominate.
- A **technology-driven society** requires new rules and regulations.

20. **Digital communication**

- **Digital communication** tools have replaced many face-to-face meetings.
- Emails and instant messaging are forms of **digital communication**.

21. **Stay connected**

- Social media helps people **stay connected** with friends abroad.
- Technology allows employees to **stay connected** while traveling.

22. **Technological dependence**

- Our **technological dependence** has made power outages more disruptive.
- **Technological dependence** can harm critical thinking and problem-solving.

23. **Remote work**

- **Remote work** has become popular after the pandemic.
- Not all jobs are suitable for **remote work**.

24. Digital footprint

- Everyone leaves a **digital footprint** when browsing the internet.
- Users should be aware of their **digital footprint** and protect their data.

25. Technological gap

- There is a growing **technological gap** between urban and rural areas.
- Closing the **technological gap** is essential for equal opportunity.

26. Digital tools

- Teachers use **digital tools** to make lessons more interactive.
- **Digital tools** can improve productivity and communication.

27. Use technology effectively

- Students must learn to **use technology effectively** for research.
- The goal is not just to use devices, but to **use technology effectively**.

28. Online platforms

- Many businesses sell products through **online platforms**.
- **Online platforms** allow people to share ideas globally.

29. Tech industry

- The **tech industry** is one of the fastest-growing job markets.
- Innovation is the heart of the **tech industry**.

30. Upgrade software

- It's important to **upgrade software** to fix security issues.
- Many users delay **software upgrades**, which puts them at risk.

Environment & Environmental Issues

1. Climate change

- **Climate change** is one of the biggest challenges facing humanity.
- Governments must take immediate action to combat **climate change**.

2. Global warming

- The rise in temperatures is a clear sign of **global warming**.
- Scientists warn that **global warming** could lead to more natural disasters.

3. Greenhouse gas emissions

- Factories contribute to **greenhouse gas emissions**.
- Reducing **greenhouse gas emissions** is vital to protect the planet.

4. Carbon footprint

- We can reduce our **carbon footprint** by using public transport.
- Companies are being encouraged to measure their **carbon footprint**.

5. Environmental protection

- **Environmental protection** should be a top priority for all nations.
- Laws are needed to support **environmental protection** efforts.

6. Renewable energy

- **Renewable energy** sources like wind and solar are sustainable.
- Many countries are investing in **renewable energy** to reduce dependence on fossil fuels.

7. Natural resources

- Overuse of **natural resources** threatens future generations.
- Forests and rivers are valuable **natural resources** that must be preserved.

8. Air pollution

- **Air pollution** causes serious health problems in large cities.
- Traffic and industry are major sources of **air pollution**.

9. Water shortage

- Climate change has worsened the **water shortage** in some areas.
- Droughts lead to **water shortages**, affecting both people and crops.

10. Deforestation rate

- The **deforestation rate** is increasing due to illegal logging.
- Reducing the **deforestation rate** is essential for biodiversity.

11. Protect endangered species

- Strong laws are needed to **protect endangered species**.
- Wildlife parks help **protect endangered species** from extinction.

12. Environmental awareness

- Schools should promote **environmental awareness** among students.
- Public campaigns can raise **environmental awareness** effectively.

13. Sustainable development

- **Sustainable development** balances economic growth and environmental protection.
- Cities must adopt **sustainable development** policies to ensure long-term survival.

14. Waste management

- Proper **waste management** reduces pollution.
- Governments must improve **waste management systems** in urban areas.

15. **Eco-friendly products**

- Consumers are choosing **eco-friendly products** more often.
- Companies that sell **eco-friendly products** attract environmentally conscious buyers.

16. **Renewable resources**

- Solar and wind energy are considered **renewable resources**.
- Unlike fossil fuels, **renewable resources** are not depleted by use.

17. **Environmental impact**

- We must consider the **environmental impact** of our daily choices.
- The factory project was canceled due to its **negative environmental impact**.

18. **Conservation efforts**

- **Conservation efforts** help protect habitats and ecosystems.
- Volunteers are participating in local **conservation efforts**.

19. **Reduce pollution**

- Clean energy is essential to **reduce pollution**.
- Banning plastic bags can help **reduce pollution** in oceans.

20. **Recycle waste**

- Citizens are encouraged to **recycle waste** to protect the environment.
- Some countries require residents to **recycle household waste**.

21. **Environmental regulations**

- Strong **environmental regulations** can prevent overfishing.
- Companies must follow strict **environmental regulations** when building factories.

22. **Environmental degradation**

- Overfarming leads to **environmental degradation**.
- Tourism can cause **environmental degradation** if not managed properly.

23. Toxic chemicals

- Some cleaning products contain **toxic chemicals** harmful to nature.
- Factories must safely dispose of **toxic chemicals**.

24. Habitat destruction

- **Habitat destruction** is the main cause of species extinction.
- Logging often leads to **habitat destruction** in rainforests.

25. Protect the environment

- Everyone has a role to play to **protect the environment**.
- Recycling is one way we can **protect the environment**.

26. Environmental crisis

- Many experts believe we are facing a global **environmental crisis**.
- Action is needed now to avoid a severe **environmental crisis**.

27. Energy efficiency

- **Energy-efficient** buildings use less power and reduce emissions.
- Governments should provide incentives for **energy efficiency**.

28. Global environmental policy

- A **global environmental policy** is needed to address climate change.
- Countries must work together to create effective **environmental policies**.

29. Clean energy sources

- Wind and solar are examples of **clean energy sources**.
- Investing in **clean energy sources** reduces dependence on oil.

30. Environmental responsibility

- Companies must show **environmental responsibility** in their operations.
- Individuals can take **environmental responsibility** by reducing waste.

Economics

1. Economic growth

- Developing countries rely on trade to promote **economic growth**.
- Technological innovation is a key driver of **economic growth**.

2. Cost of living

- The **cost of living** is much higher in major cities.
- Wage increases often fail to keep up with the rising **cost of living**.

3. Unemployment rate

- A high **unemployment rate** can lead to social unrest.
- New policies helped reduce the **unemployment rate** last year.

4. Government spending

- Some argue that **government spending** should focus more on education.
- Excessive **government spending** can lead to national debt.

5. Supply and demand

- Prices are determined by the basic principles of **supply and demand**.
- The housing crisis was caused by an imbalance between **supply and demand**.

6. Income inequality

- **Income inequality** is increasing in many developed nations.
- Tax reforms could help reduce **income inequality**.

7. Free market economy

- In a **free market economy**, prices are set by competition.
- Supporters of the **free market economy** argue it promotes innovation.

8. Economic crisis

- The 2008 **economic crisis** affected millions of jobs.
- Poor financial regulation contributed to the **economic crisis**.

9. Interest rates

- The central bank raised **interest rates** to control inflation.
- Low **interest rates** encourage borrowing and investment.

10. Consumer spending

- Holidays often lead to a surge in **consumer spending**.
- A decline in **consumer spending** signals economic trouble.

11. Trade balance

- The country has a negative **trade balance**, importing more than it exports.
- Improving exports could help restore the **trade balance**.

12. National debt

- The **national debt** continues to grow due to increased borrowing.
- Paying off the **national debt** requires budget discipline.

13. Public sector

- The **public sector** includes education, transportation, and healthcare.
- Many jobs are created through **public sector** investments.

14. Private sector

- The **private sector** drives most innovation in the economy.
- Job growth is stronger in the **private sector** than in government roles.

15. Tax revenue

- The government uses **tax revenue** to fund public services.
- Falling **tax revenue** forced the city to cut programs.

16. **Financial stability**

- A strong banking system is vital for **financial stability**.
- Government policies should aim to maintain **financial stability**.

17. **Economic policy**

- Changes in **economic policy** can affect both inflation and employment.
- Experts criticized the government's **economic policy** for being too risky.

18. **Budget deficit**

- A large **budget deficit** may lead to inflation.
- Cutting unnecessary spending can reduce the **budget deficit**.

19. **Foreign investment**

- The country encourages **foreign investment** in its tech industry.
- **Foreign investment** can boost infrastructure and job creation.

20. **Inflation rate**

- The central bank raised interest rates to control the **inflation rate**.
- A high **inflation rate** lowers purchasing power.

21. **Economic downturn**

- The pandemic led to a global **economic downturn**.
- During an **economic downturn**, consumer confidence falls.

22. **Global economy**

- The **global economy** is deeply interconnected.
- Disruptions in one region can affect the entire **global economy**.

23. **Market competition**

- **Market competition** lowers prices and improves quality.
- Strong **market competition** benefits consumers.

24. **Labor force**

- A skilled **labor force** is essential for economic development.
- Aging populations can reduce the size of the **labor force**.

25. **Minimum wage**

- Increasing the **minimum wage** helps low-income workers.
- Some argue that a higher **minimum wage** leads to job cuts.

26. **Wealth distribution**

- A fairer **wealth distribution** improves social stability.
- Unequal **wealth distribution** can lead to resentment and conflict.

27. **Economic development**

- **Economic development** often requires investment in infrastructure.
- Education plays a key role in **economic development**.

28. **Investment opportunities**

- Startups offer exciting **investment opportunities**.
- The government promotes green energy as a new **investment opportunity**.

29. **Market forces**

- Prices in capitalism are controlled by **market forces**.
- **Market forces** respond quickly to changes in demand and supply.

30. **Subsidize industries**

- The government decided to **subsidize renewable energy industries**.
- Critics say it's unfair to **subsidize failing industries**.

Family, Parents, and Children

1. Nuclear family

- A **nuclear family** typically includes two parents and their children.
- Many modern households differ from the traditional **nuclear family** structure.

2. Extended family

- In some cultures, the **extended family** lives together in one house.
- **Extended family** members often help raise children.

3. Family bond

- Strong **family bonds** provide emotional support during hard times.
- Activities like family dinners help strengthen the **family bond**.

4. Parental involvement

- **Parental involvement** in education can boost academic performance.
- Schools should encourage more **parental involvement** in student activities.

5. Single-parent household

- Children in **single-parent households** may face more challenges.
- Many **single-parent households** depend on government support.

6. Raising children

- Parents face many difficulties when **raising children** in today's society.
- **Raising children** requires patience, time, and financial resources.

7. Discipline children

- Some believe that it's important to **discipline children** from an early age.
- Parents should **discipline their children** without using physical punishment.

8. Parent-child relationship

- A strong **parent-child relationship** helps children feel secure.
- Communication is key to a healthy **parent-child relationship**.

9. Child development

- Early education plays a major role in **child development**.
- Nutrition also significantly affects **child development**.

10. Family values

- Schools can reinforce **family values** such as honesty and respect.
- Immigrant families often work hard to pass down their **family values**.

11. Parental guidance

- Teenagers still need **parental guidance** when making life decisions.
- Lack of **parental guidance** can lead to behavioral problems.

12. Overprotective parents

- **Overprotective parents** can limit their children's independence.
- Children with **overprotective parents** may struggle to solve problems alone.

13. Family responsibilities

- Teenagers should learn to share **family responsibilities**.
- In some cultures, children take on **family responsibilities** at a young age.

14. Work-life balance

- Parents need a good **work-life balance** to spend time with their children.
- Achieving **work-life balance** is difficult in demanding jobs.

15. Family support

- **Family support** is crucial during stressful times like exams.
- Many successful people credit their achievements to strong **family support**.

16. Spend quality time

- Parents should try to **spend quality time** with their children daily.
- Weekends are a great time to **spend quality time** with family.

17. Moral values

- Parents are responsible for teaching **moral values** to their children.
- Respect and honesty are examples of important **moral values**.

18. Sibling rivalry

- **Sibling rivalry** is common among children close in age.
- Parents should manage **sibling rivalry** fairly and calmly.

19. Family background

- A person's **family background** can affect their educational choices.
- Employers sometimes take **family background** into account unfairly.

20. Stay-at-home parent

- Being a **stay-at-home parent** is a full-time job.
- Some argue that children benefit when one parent is a **stay-at-home parent**.

21. Parenting style

- Each **parenting style** can lead to different child outcomes.
- Authoritative is considered the most effective **parenting style**.

22. Set a good example

- Parents should **set a good example** by practicing what they preach.
- Children often copy adults, so it's vital to **set a good example**.

23. Emotional support

- Children need **emotional support** to develop self-confidence.
- Strong family ties can provide long-term **emotional support**.

24. Strict rules

- Some parents believe that **strict rules** keep children disciplined.
- Others argue that **strict rules** can harm creativity and independence.

25. Parenting responsibilities

- Both mothers and fathers should share **parenting responsibilities**.
- Schools should support parents in handling their **parenting responsibilities**.

26. Family tradition

- Celebrating holidays together is a common **family tradition**.
- **Family traditions** help build a sense of identity.

27. Parental pressure

- Too much **parental pressure** can lead to stress and anxiety.
- **Parental pressure** often pushes students to excel academically.

28. Neglect children

- Parents who work too much may unintentionally **neglect their children**.
- Society should protect children from parents who **neglect them**.

29. Family conflict

- **Family conflict** can have a negative impact on children's mental health.
- Open communication is key to resolving **family conflicts**.

30. Raise well-rounded children

- Exposure to art and sports helps **raise well-rounded children**.
- Parents aim to **raise well-rounded children** who can succeed socially and academically.

Friends and Social Life

1. Make friends

- College is a great place to **make friends** from different backgrounds.
- Children often **make friends** quickly through play.

2. Close friendship

- A **close friendship** requires trust and communication.
- Over time, a casual acquaintance turned into a **close friendship**.

3. Social skills

- Participating in group activities helps children develop **social skills**.
- Employers value candidates with strong **social skills**.

4. Peer pressure

- Teenagers may make poor choices due to **peer pressure**.
- Schools should educate students on how to resist **peer pressure**.

5. Circle of friends

- She has a wide **circle of friends** who support her.
- My **circle of friends** has grown since I joined the club.

6. Lifelong friendship

- Some college roommates form **lifelong friendships**.
- A **lifelong friendship** often begins in childhood.

7. Stay in touch

- Social media helps people **stay in touch** with old friends.
- Even after moving abroad, we **stayed in touch**.

8. Build relationships

- It takes time to **build relationships** based on trust.
- Traveling allows people to **build relationships** across cultures.

9. **Trust each other**

- Good friends **trust each other** and keep secrets.
- You can't be close unless you **trust each other**.

10. **Spend time together**

- It's important for friends to **spend time together** regularly.
- Families should also **spend time together** to stay close.

11. **Get along with**

- It's easy to **get along with** someone who listens.
- She doesn't **get along with** her classmates very well.

12. **Supportive friend**

- A **supportive friend** helps during stressful times.
- Being a **supportive friend** means listening without judgment.

13. **Have a lot in common**

- We became friends because we **have a lot in common**.
- People who **have a lot in common** usually bond quickly.

14. **Conflict resolution**

- Schools should teach **conflict resolution** skills.
- Good communication is key in **conflict resolution**.

15. **Social network**

- A strong **social network** improves mental health.
- She expanded her **social network** through volunteer work.

16. **Outgoing personality**

- People with an **outgoing personality** find it easy to meet others.
- His **outgoing personality** makes him popular at school.

17. Cultural differences

- **Cultural differences** can affect friendships.
- Learning about **cultural differences** helps avoid misunderstandings.

18. Loneliness and isolation

- Lack of social contact can lead to **loneliness and isolation**.
- Technology helps reduce **loneliness and isolation** in the elderly.

19. Break the ice

- A fun game can help **break the ice** at social events.
- I told a joke to **break the ice** during the interview.

20. Shared interests

- Friendships often start through **shared interests**.
- Clubs help people find others with **shared interests**.

21. Form new connections

- Moving to a new city is a chance to **form new connections**.
- Events like conferences allow students to **form new connections**.

22. Maintain a friendship

- It takes effort to **maintain a friendship** over long distances.
- Regular communication helps **maintain a friendship**.

23. Social gatherings

- Attending **social gatherings** improves one's confidence.
- Holidays are often celebrated through **social gatherings**.

24. Be a good listener

- To be a good friend, you must **be a good listener**.
- She's popular because she knows how to **be a good listener**.

25. **Strengthen bonds**

- Teamwork helps **strengthen bonds** between classmates.
- Traveling together is a great way to **strengthen bonds**.

26. **Share experiences**

- Friends often **share experiences** that create lasting memories.
- Traveling allows you to **share experiences** with people from different cultures.

27. **Rely on friends**

- During hard times, it's important to **rely on friends**.
- You can **rely on friends** for both emotional and practical support.

28. **Group dynamics**

- Good **group dynamics** lead to better cooperation.
- Teachers should manage **group dynamics** in team projects.

29. **Positive influence**

- Good friends can be a **positive influence** on behavior.
- Parents should encourage children to choose **positive influences**.

30. **Long-distance friendship**

- **Long-distance friendships** require more communication effort.
- Technology has made **long-distance friendships** easier to maintain.

☑ Entertainment, Hobbies, Celebrities, Exercise & Social Media

🗣 Entertainment & Celebrities

1. Watch a movie

- I usually **watch a movie** to relax after a stressful day.
- Many people prefer to **watch movies** at home rather than go to the theater.

2. Attend a concert

- Last weekend, I **attended a concert** by my favorite band.
- **Attending concerts** is a popular way to enjoy live music.

3. Celebrity influence

- **Celebrity influence** can shape public opinions, especially among teenagers.
- Some argue that **celebrity influence** has more harm than benefit.

4. Follow a trend

- Young people often **follow trends** set by influencers on social media.
- Not everyone likes to **follow every trend** blindly.

5. Public figure

- Celebrities, as **public figures**, should behave responsibly.
- A **public figure's** opinion can greatly affect social issues.

6. Reality shows

- **Reality shows** are popular because they feel relatable.
- Some people believe that **reality shows** lack educational value.

7. Fan base

- The singer has a huge international **fan base**.
- A strong **fan base** can determine a celebrity's success.

 **Exercise & Physical Activity**

8. Stay in shape

- People exercise regularly to **stay in shape**.
- It's important to **stay in shape** to prevent health problems.

9. Workout routine

- Having a regular **workout routine** can boost mental health.
- My **workout routine** includes both cardio and strength training.

10. Lead an active lifestyle

- People who **lead an active lifestyle** often feel more energetic.
- An **active lifestyle** helps prevent chronic diseases.

11. Physical fitness

- Schools should promote **physical fitness** through regular PE classes.
- **Physical fitness** is just as important as academic success.

12. Burn calories

- Running is an effective way to **burn calories**.
- People **burn more calories** when they exercise outdoors.

13. Build muscle

- Strength training is necessary to **build muscle**.
- Many people go to the gym to **build muscle** and improve appearance.

14. Reduce stress

- Exercise helps **reduce stress** and improves mood.
- Yoga is known to **reduce stress** and promote relaxation.

 **Hobbies & Personal Interests**

15. Pursue a hobby

- People should **pursue hobbies** that bring them joy.
- **Pursuing a hobby** like painting can improve mental well-being.

16. Leisure activities

- Reading and gardening are popular **leisure activities**.
- Students should have time for **leisure activities** outside of schoolwork.

17. Creative outlet

- Painting provides a **creative outlet** for expressing emotions.
- Everyone needs a **creative outlet** to relieve pressure.

18. Pick up a hobby

- I recently **picked up a new hobby**: photography.
- It's never too late to **pick up a hobby** and explore your interests.

19. Free time

- I usually spend my **free time** watching documentaries.
- Having **free time** is essential for mental health.

20. Engage in activities

- Children should **engage in activities** that stimulate their minds.
- People need time to **engage in enjoyable activities**.

 **Social Media & Online Interests**

21. Scroll through social media

- I usually **scroll through social media** before going to bed.
- Many people **scroll through social media** to stay updated.

22. Post content

- Influencers **post content** daily to keep their followers engaged.
- People must think carefully before they **post content** online.

23. Go viral

- Her video **went viral** within a few hours.
- Many users dream of **going viral** on social platforms.

24. Social media addiction

- **Social media addiction** affects students' ability to concentrate.
- Schools are addressing issues related to **social media addiction**.

25. Online presence

- A strong **online presence** helps businesses grow.
- Teenagers often care deeply about their **online presence**.

26. Share personal experiences

- Blogs allow people to **share personal experiences**.
- Social platforms encourage users to **share their daily experiences**.

27. Digital communication

- **Digital communication** has made it easier to stay in touch.
- One downside of **digital communication** is the loss of face-to-face interaction.

 **General Social & Interest-Based Expressions**

28. Catch up with friends

- I like to **catch up with friends** over coffee on weekends.
- Social media makes it easier to **catch up with old friends**.

29. Have fun

- It's important to **have fun** and enjoy your free time.
- Going to a concert is a great way to **have fun** after exams.

30. Balance work and leisure

- It's essential to **balance work and leisure** for a healthy lifestyle.
- Students should learn how to **balance study and free time**.

I hope this resource helps you feel more prepared and confident. Best of luck on your TOEFL journey. Your success is just around the corner!

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