

TOEFL Vocabulary List 2026

300 essential words: 180 Academic Word List headwords, 40 functional words for Writing and Speaking, 80 transition phrases.

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PART 1 — AWL Sublist 1 (60 words, highest frequency)

AWL Sublist 1 — 60 most frequent academic words

Roughly 4 percent of every TOEFL Reading passage. Memorise this first.

analyse	approach	area	assess	assume
authority	available	benefit	concept	consist
constitutional	context	contract	create	data
define	derive	distribute	economy	environment
establish	estimate	evident	export	factor
finance	formula	function	identify	income
indicate	individual	interpret	involve	issue
labour	legal	legislate	major	method
occur	percent	period	policy	principle
proceed	process	require	research	respond
role	section	sector	significant	similar
source	specific	structure	theory	vary

PART 2 — AWL Sublist 2 (60 words)

AWL Sublist 2 — second tier of academic frequency

Add roughly another 2 percent of TOEFL Reading coverage.

achieve	acquire	administrate	affect	appropriate
aspect	assist	category	chapter	commission
community	complex	compute	conclude	conduct
consequent	construct	consume	credit	culture
design	distinct	element	equate	evaluate
feature	final	focus	impact	injure
institute	invest	item	journal	maintain
normal	obtain	participate	perceive	positive
potential	previous	primary	purchase	range

region	regulate	relevant	reside	resource
restrict	secure	seek	select	site
strategy	survey	text	tradition	transfer

PART 3 — AWL Sublist 3 (60 words)

AWL Sublist 3 — mid-frequency academic words

Cumulative coverage with Sublists 1+2 is about 7 percent of every TOEFL Reading passage.

alternative	circumstance	comment	compensate	component
consent	considerable	constant	constrain	contribute
convene	coordinate	core	corporate	correspond
criterion	deduce	demonstrate	document	dominate
emphasis	ensure	exclude	framework	fund
illustrate	immigrate	imply	initial	instance
interact	justify	layer	link	locate
maximise	minor	negate	outcome	partner
philosophy	physical	proportion	publish	react
register	rely	remove	scheme	sequence
sex	shift	specify	sufficient	task
technical	technique	technology	valid	volume

PART 4 — 40 functional words for Writing and Speaking

Grouped by the rhetorical move each word makes in a TOEFL response.

Argument verbs

argue	contend	refute	concede	qualify
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Analysis verbs

analyze	evaluate	investigate	demonstrate	infer
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Cause-and-effect verbs

affect	contribute	undermine	exacerbate	mitigate
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Change-and-quantity words

significant	gradual	decline	fluctuate	accelerate
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Structure nouns

framework

mechanism

phenomenon

paradigm

criterion

Evaluation adjectives

plausible

compelling

dubious

contentious

rigorous

Abstraction nouns

perspective

dimension

principle

hypothesis

premise

Connective transitions

conversely

accordingly

nevertheless

consequently

ultimately

PART 5 — 80 transition phrases

Ten alternatives for each of the eight rhetorical moves. Vary them across a 200-word Writing response; do not use the same connective twice.

Addition (also)

also

too

in addition

additionally

what is more

furthermore

moreover

beyond that

likewise

similarly

Contrast (but)

but

however

yet

on the other hand

in contrast

conversely

nevertheless

nonetheless

even so

that said

Cause (because)

because

since

as

given that

on the grounds that

owing to

due to

in light of

for the reason that

attributable to

Result (so)

so

thus

therefore

hence

as a result

consequently

accordingly

for that reason

this means that

the result is that

Sequence (next)

first

second

then

next

after that

subsequently

following that

previously

simultaneously

in turn

Example (for instance)

for example

for instance

such as

including

specifically

to illustrate

as an illustration

a case in point is

take the case of

particularly

Emphasis (importantly)

importantly

notably

crucially

significantly

above all

more importantly

in particular

especially

indeed

in fact

Conclusion (finally)

finally

in conclusion

overall

ultimately

in sum

to sum up

on balance

all in all

taken together

taking everything
into account

How to use this PDF

The 300 words are organised so each section is a separate study session.

- **Week 1:** AWL Sublist 1 (60 words). Use 5 a day in your own sentences.
- **Week 2:** AWL Sublist 2 + the 8 argument and analysis functional words.
- **Week 3:** AWL Sublist 3 + the 16 cause/effect, change/quantity, structure, evaluation words.
- **Week 4:** The 16 remaining functional words + 40 of the 80 transition phrases.
- **Week 5:** The remaining 40 transition phrases + full-test practice using the words.

Example sentences and the reasoning behind each block are on the page above. Practise these words in a full-length test at toeflmocktests.com/practice-tests. © 2026 TOEFLMock. TOEFL is a registered trademark of ETS; this list is independent and not endorsed by ETS.