

How to Pass the Duolingo English Test in 2025: The ULTIMATE Study Plan

Video Link: <https://www.youtube.com/watch?v=IQIBfnasGo8>

The following text is a summary by Gemini, with a 10-step action plan to prepare for the test (the numbers in square brackets [...] indicate the minutes and seconds in the video).

The video from TST Prep provides a comprehensive roadmap for passing the Duolingo English Test (DET) in 2025. The core strategy emphasizes that **practice alone is not enough**; you must practice with specific goals and a review process to see actual score improvements.

The Core Strategy: Goal-Oriented Practice

The **biggest mistake students make is "mindless practice"**—taking test after test without analyzing results. To improve, you must follow a three-step cycle for every study session:

1. **Set a Goal:** Decide exactly what you want to improve (e.g., "speak for 45 seconds" or "get 2 correct 'Listen and Type' answers"). [00:12:47]
2. **Practice:** Complete your targeted exercises. [00:13:40]
3. **Review:** Analyze what happened. If you missed your goal, figure out why and how to fix it for tomorrow. [00:13:41]

10-Step Guide for Students Taking the Test Soon

If you are planning to take the test in the next 1–2 months, follow these steps:

1. **Take an Initial Practice Test:** Start by taking the free practice test on the official Duolingo English Test website to get a baseline score estimate. [00:00:45]
2. **Set Realistic Timelines:** Understand that a 15-point jump can take 30 days, while a 30+ point jump may take 1–3 months of dedicated study. [00:02:14]
3. **Prioritize Speaking and Writing:** These are "Production" scores. They are the fastest way to improve your overall score because you have the most control over the output. [00:02:41]
4. **Master Test Strategies:** If you are close to your target score, focus on learning specific "tips and tricks" for each question type rather than just general English. [00:02:08]
5. **Use Verified Resources:** Use the official DET site, TST Prep, **Arno**, or **D-Ready**. Avoid untrusted third-party sites where the question quality may be poor. [00:08:18]
6. **Analyze Your Speaking:** Use tools like **Elsa Speak** to get granular feedback on your pronunciation, intonation, and grammar. [00:08:51]
7. **Practice "Shadowing":** Use AI voice tools like **Natural Readers** to paste text, listen to the AI, and repeat it back to improve your fluency and listening. [00:09:23]
8. **Build Academic Vocabulary:** Watch short **Ted-Ed** videos (under 5 minutes) to get used to academic topics and improve your interactive reading/listening skills. [00:09:56]
9. **Get AI Feedback on Writing:** Use **Chat GPT** as a "teacher." Provide a prompt asking it to act as an English teacher and give feedback on your spelling, grammar, and word choice. [00:10:47]
10. **Follow a Structured Study Plan:** If you have less than a month, use a "crash course" style pack; if you have more time, use a "score builder" plan to ensure you cover all sections systematically. [00:11:50]