



In search of the good practices of personalized learning with ChatGPT for English test preparation

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ABSTRACT

This research analyzes the good practices of ChatGPT as a supplementary tool for English test preparation. This research is a library research which used systemic literature review for the research method. This systemic literature review method highlights ChatGPT as a tool for preparing English proficiency tests like TOEFL, IELTS, and TOEIC. It offers features such as practice questions, test simulations, real-time feedback, and explanations. ChatGPT supports reading, writing, and speaking practice by generating comprehension questions, writing prompts, and conversational feedback. It helps users improve grammar, vocabulary, and coherence in writing while providing reading materials with summaries and vocabulary support. A key strength is its personalized approach, adapting materials to the learner's level and progress. However, limitations include the inability to assess pronunciation accurately, provide certifications, or replicate real test pressure. Its responses may sometimes be inaccurate, and interactive feedback is limited. Therefore, for optimal results, users should combine ChatGPT with official test materials, real test simulations, and human guidance. The study highlights the need for further research and development to improve AI tools in language education.

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Introduction

ChatGPT is a chatbot based on artificial intelligence (AI) developed by OpenAI. ChatGPT is designed to understand and generate natural language, allowing for more human-like interactions in the form of conversations (Fitria et al., 2023). Unlike traditional chatbots that often follow predefined scripts or rules, ChatGPT can answer various questions, provide explanations, and communicate on a wide range of topics with a higher level of flexibility. ChatGPT uses large language model technology to process text and provide responses that are appropriate to the context of the conversation. ChatGPT has recently gained widespread

popularity due to its capability to generate human-like interactive experiences (Fitria, 2024f). It has become a growing trend to utilize this AI tool across various areas of language education (Nguyen, 2023). ChatGPT, an advanced artificial intelligence (AI) chatbot designed to deliver tailored responses to user queries, has recently made a significant impact on education. Since its launch on 30 November 2022, numerous studies have examined its application in English as a Second Language (ESL) and English as a Foreign Language (EFL) learning (Lo et al., 2024).

ChatGPT can be utilized in various ways to enhance English language learning. It can serve as a tool for practicing conversations, allowing students to engage in daily dialogues and improve speaking fluency. Additionally, ChatGPT aids in vocabulary learning by helping students understand and translate English words or phrases, providing explanations and usage examples in context. For grammar learning, students can ask ChatGPT about rules such as tenses, prepositions, and sentence structures, receiving clear explanations and examples. In terms of writing practice, ChatGPT can offer feedback or suggestions to improve students' writing, from sentence structure to vocabulary accuracy (Fitria, 2023b, 2024e). When it comes to reading comprehension, students can discuss English texts with ChatGPT, ask about difficult words, or request summaries for better understanding. ChatGPT also supports listening practice by generating dialogues or texts for students to listen to, followed by questions to test comprehension. Finally, by simulating conversations, ChatGPT helps students improve both their listening and speaking skills. Through these interactive methods, ChatGPT allows students to learn more effectively and build confidence in using English.

Learning the English language is essential in today's globalized world, and the incorporation of technology, especially chatbots, has demonstrated the potential to improve language learning experiences (Prasetya & Syarif, 2023). English proficiency tests, such as TOEFL, IELTS, TOEIC, and Cambridge English Exams, play a crucial role in academic, professional, and immigration contexts by assessing an individual's ability to understand and use English in real-world situations (Fitria, 2024b, 2024d, 2024c). These standardized tests require strong reading, writing, listening, and speaking abilities, yet many test takers struggle with self-study due to limited resources, lack of personalized feedback, and difficulty accessing quality practice materials. The complexity of the tasks involved, such as reading comprehension, essay writing, listening to academic discussions, and speaking fluently in structured conversations, further adds to the challenge. As AI continues to revolutionize education, exploring its effectiveness in addressing these difficulties and enhancing English test preparation is essential to providing learners with more accessible and efficient study solutions.

ChatGPT provides a potential solution to these challenges by offering interactive and adaptive learning experiences (Fitria et al., 2023). It can generate practice questions, simulate real test environments, and give instant feedback on writing and speaking exercises. Additionally, ChatGPT helps users enhance their reading comprehension and listening skills by providing explanations of complex texts, summarizing information, and offering vocabulary-building exercises. Unlike traditional test preparation methods, ChatGPT allows learners to study at their own pace and receive immediate responses to their inquiries, making it a flexible and accessible learning tool (Fitria et al., 2024). Furthermore, the role of AI in education continues to expand, with increasing interest in its effectiveness in enhancing language acquisition. Many educators and researchers are exploring the potential of AI-

powered tools like ChatGPT in personalized learning, where students receive tailored guidance based on their strengths and weaknesses. As AI technology continues to evolve, it is crucial to assess its benefits and limitations in real-world applications, particularly in English test preparation.

ChatGPT has emerged as a promising tool for assisting students in preparing for English proficiency tests (Shalevska, 2023). As an AI-powered language model, ChatGPT offers a range of capabilities that can support learners in different aspects of language learning. It can generate practice questions, simulate real test environments, and provide instant feedback on writing and speaking exercises. Additionally, it helps users enhance their reading comprehension by summarizing and analyzing academic texts, as well as improving listening skills through structured practice exercises. Moreover, ChatGPT aids learners in vocabulary building and grammar refinement by explaining language rules and offering contextualized examples. These features make ChatGPT a valuable supplementary tool for students seeking to improve their test performance.

Despite the growing use of AI-based tools in language learning, there is still a lack of comprehensive research on the effectiveness of ChatGPT in English test preparation. While many learners use AI tools for practice, their actual impact on language proficiency and test performance remains largely unexplored. Additionally, questions arise regarding the limitations of ChatGPT, such as its ability to provide accurate feedback, its effectiveness in interactive speaking practice, and potential biases in language assessment. Researching the role of ChatGPT in test preparation can provide valuable insights into its strengths, weaknesses, and overall contribution to English language learning. Amin (2023) examines the diverse influence of AI and ChatGPT on English as a Foreign Language (EFL) education, focusing on their contributions to personalized language learning, real-time practice, and exam strategies AI supports personalized learning by adapting lessons to meet the specific needs of each student, fostering a deeper understanding of the language. Real-time practice is enhanced through interactive AI-powered chatbots that offer instant feedback, helping to improve proficiency and build confidence. In terms of examination methods, AI streamlines grading and feedback processes, increasing efficiency and consistency, while also enhancing exam security. ChatGPT's role as a personalized learning assistant, virtual study companion, and flexible aid for exam preparation (Samardžija et al., 2024). However, students recognize the importance of verifying AI-generated information and acknowledge the need to enhance their skills in crafting effective prompts for a more interactive learning experience.

This research aims to analyze the use of ChatGPT as a supplementary tool for English test preparation. Specifically, it seeks to understand how students utilize ChatGPT to develop their reading, writing, listening, speaking skills, grammar, and vocabulary. The study also investigates the advantages and using ChatGPT, assessing its effectiveness in helping learners achieve higher test scores. By exploring the role of AI-driven learning tools, this research intends to provide insights into how AI can be integrated into education to enhance language learning outcomes. By understanding the role of AI in language learning, this study aims to provide insights into the potential of ChatGPT as a supplementary tool for achieving higher scores in English proficiency tests. The findings from this study may serve as a basis for future improvements in AI-assisted language learning and contribute to the development of more effective and personalized learning strategies.

Method

This research employs a qualitative design using a systematic literature review method, a well-established approach in academic inquiry that enables researchers to synthesize existing knowledge and identify gaps within a field. A systemic literature review method seek to gather all research related to a particular question, providing a comprehensive and impartial overview of the existing literature (Carrera-Rivera et al., 2022; Nightingale, 2009). The systematic literature review ensures a structured, transparent, and replicable process, which enhances the reliability and validity of the findings. By focusing on personalized learning for English test preparation, the study aims to provide a comprehensive understanding of how personalized approaches can be effectively implemented to improve learning outcomes.

The primary data sources for this research are library-based, consisting of peer-reviewed journal articles and research reports. These sources are selected based on their relevance, credibility, and contribution to the field. The data collection process involves a meticulous review and interpretation of these materials, guided by specific inclusion and exclusion criteria to ensure the relevance and quality of the data gathered. The data analysis is conducted through content analysis, a qualitative technique that allows the researcher to systematically categorize and interpret textual data to identify patterns, themes, and insights. By applying content analysis, the study can uncover underlying trends and theoretical constructs related to personalized learning and its application in English test preparation.

Findings and discussion

Practice questions and test simulations

One of the benefits of ChatGPT is its ability to generate practice questions and simulate real test environments (Kim, 2022). For example, it can create reading comprehension questions, writing prompts, and listening exercises similar to those found in actual tests. This allows students to familiarize themselves with the test format, practice answering questions within a timed setting, and build confidence before the actual exam. By providing a variety of questions based on test content and difficulty levels, ChatGPT allows learners to target specific areas of improvement and progressively work on more challenging tasks.

The steps are seen in the explanation that a student preparing for the IELTS reading section asks ChatGPT to generate a reading passage along with multiple-choice questions. ChatGPT provides a 300-word passage on climate change, followed by comprehension questions similar to those found in the IELTS test. The student practices answering under timed conditions and then reviews the correct answers along with explanations. Moreover, a TOEFL test-taker requests a speaking task prompt, such as "Describe a memorable trip you have taken and explain why it was significant." ChatGPT provides a sample structured response and structures the sample answer or responses based on TOEFL's speaking format. Then, practice questions and test simulations are essential for effective exam preparation, and ChatGPT can generate realistic practice materials to help students familiarize themselves with test formats. For instance, a student preparing for the TOEFL listening section may ask ChatGPT to create a practice conversation between a student and a professor about a late assignment submission. ChatGPT responds with a scripted dialogue, incorporating gaps for the student to fill in based on context clues. Similarly, a PTE test-taker might request short-

answer questions related to academic lectures, prompting ChatGPT to generate relevant questions such as, "What is the main argument of the speaker?" or "Why does the professor mention global warming?" By engaging with these practice exercises, students can develop their comprehension skills and improve their ability to answer exam-style questions accurately.

Finally, practice questions and test simulations are valuable tools for exam preparation, and ChatGPT can generate customized exercises to help students enhance their skills. For example, a student preparing for the TOEFL reading section might prompt ChatGPT with, "Can you generate a TOEFL-style reading passage about climate change and provide five multiple-choice questions?" In response, ChatGPT creates a 250-word passage discussing climate change, followed by multiple-choice questions such as, "What is one major consequence of climate change mentioned in the passage?" with answer choices like (a) decreased global temperatures, (b) rising sea levels, (c) more oxygen in the atmosphere, and (d) increased agricultural production. Additionally, ChatGPT provides explanations for the correct answers, allowing students to understand their mistakes and improve their comprehension skills effectively.

Instant feedback on writing

ChatGPT provides immediate, personalized feedback on students' writing and speaking exercises, which is a major advantage in test preparation. Students can write essays or responses, and ChatGPT will assess the grammar, coherence, vocabulary, and structure of their work (Dong, 2023; Hz et al., 2023; Song & Song, 2023). It offers suggestions for improvement, such as identifying common mistakes and providing examples for clearer, more effective language use.

First, a student writes a TOEFL independent writing essay on the topic "Do you agree or disagree with the idea that social media has improved human communication?" After submitting the response to ChatGPT, the AI highlights grammatical errors, suggests better vocabulary, and offers improvements in sentence structure. The student rewrites the essay based on the feedback and gradually improves their writing skills. On the other hand, a student preparing for the TOEFL writing section submits an essay to ChatGPT on the topic "Do you agree or disagree that technology has improved education?" ChatGPT analyzes the essay and provides feedback on grammar, sentence structure, coherence, and vocabulary use. It highlights errors like "Technology helps students learn faster" and corrects them with "Technology helps students learn faster." It also suggests alternative phrasing for better clarity and conciseness.

Third, a student practicing for IELTS Writing Task 2 writes an argumentative essay and asks ChatGPT to assess whether their ideas are logically organized. ChatGPT points out areas where the argument needs stronger supporting details and suggests linking words to improve cohesion, such as "Furthermore," "In contrast," and "Therefore." Then, instant feedback on writing is a crucial feature that helps students refine their language skills for English proficiency tests. For example, a student writing a TOEFL independent essay on the topic "Do you agree or disagree that social media improves communication?" submits their response to ChatGPT for evaluation. ChatGPT identifies grammar mistakes, suggests better word choices, and enhances sentence structure. Initially, the student writes, "Social media

help people to communicate easily, but sometimes it causes misunderstanding." After ChatGPT's feedback, the revised version becomes, "Social media helps people communicate easily, but sometimes it causes misunderstandings." This instant correction allows students to recognize errors, improve clarity, and develop stronger writing skills for their exams. Additionally, ChatGPT highlights sentence structure problems and offers a model response to guide the students in improving their academic writing skills. In addition, instant feedback on writing helps students refine their essays for exams like IELTS. For example, a student requests a review of their IELTS Task 2 essay by prompting, "I wrote an IELTS Task 2 essay. Can you review and provide feedback?" ChatGPT responds, "Sure! Please share your essay, and I'll provide feedback on grammar, coherence, and vocabulary." After analyzing the essay, ChatGPT offers suggestions such as, "Your thesis statement is clear, but you need to improve coherence by adding linking words like 'however' and 'therefore'," and "Consider using more academic vocabulary. Instead of a lot of,' try a significant amount of.'" This real-time guidance helps students refine their writing for better clarity and academic precision.

Instant feedback on speaking

In the case of speaking practice, students can engage in simulated conversations, and ChatGPT can offer feedback on pronunciation, fluency, and sentence structure. Instant feedback helps learners address errors and enhance their language skills in real-time (Kim et al., 2021). Firstly, a student practicing IELTS speaking engages in a text-based conversation with ChatGPT. They provide their spoken response in written form (e.g., "I think traveling is important because it helps people learn new cultures and meet new people."). ChatGPT evaluates fluency, coherence, and word choice, then suggests rephrasing for better clarity, such as "Traveling is essential because it exposes individuals to different cultures and allows them to connect with people worldwide." Then, a student practicing for the IELTS speaking test types their response for Part 2, describing a memorable event. ChatGPT evaluates the response based on fluency, coherence, grammar, and lexical resources. It suggests alternative phrases for better clarity, such as replacing "I feel very happy when I remember this" with "Recalling this moment fills me with joy."

Furthermore, a student types a TOEFL Speaking Task 1 response and asks ChatGPT for feedback on word choice and sentence structure. ChatGPT points out redundant phrases, suggests synonyms for variety, and offers model responses with improved transitions to enhance fluency. On the other hand, a student preparing for the IELTS Speaking Part 2 responds to the question, "Describe a book you recently read," by typing, "I was read a book about history and it very interesting because I learned many new things." ChatGPT provides instant feedback, correcting grammar and structure: "I read a history book, and it was very interesting because I learned many new things." Additionally, ChatGPT suggests improvements in coherence and fluency by offering a more refined version: "One of the key reasons I found the book engaging was its detailed explanation of historical events." This feedback helps students develop more natural and accurate spoken responses, enhancing their overall fluency and confidence in the speaking section.

Next, a student preparing for the OET (Occupational English Test) Speaking section types, "Patient has a fever and needs medicine to feel better." ChatGPT provides instant feedback by correcting grammar and structure: "The patient has a fever and needs medication to feel better." Additionally, ChatGPT offers alternative phrases to enhance

professional communication in medical settings, ensuring that the student's language aligns with the formal and precise standards required in healthcare interactions.

Finally, a student preparing for the IELTS Speaking Test asks ChatGPT for a question and evaluation. ChatGPT provides a Part 2 IELTS Speaking prompt: "Describe a memorable journey you took. Include where you went, who you went with, and what made it special." The student submits a written version of their spoken response, and ChatGPT evaluates fluency, grammar, and coherence. ChatGPT provides feedback such as, "Your response is well-structured, but try to use more varied sentence structures. Instead of 'It was a good trip,' say 'The trip was an unforgettable experience.'" This instant feedback helps students refine their speaking skills, making their responses more natural and expressive.

Reading comprehension

ChatGPT is also an excellent tool for enhancing reading comprehension and listening skills. For reading comprehension, students can analyze texts provided by ChatGPT, which may include academic articles, news stories, or fictional passages. ChatGPT can generate follow-up questions to test understanding, summarize key points, and clarify any difficult vocabulary or concepts (Hidayat, 2024; Shen, 2022).

First, a student asks ChatGPT to generate a short academic article on "The Impact of Artificial Intelligence on Business." After reading, the student requests comprehension questions, such as "What are two ways AI benefits businesses?" ChatGPT provides multiple-choice and open-ended questions to test understanding. Then, a student preparing for the TOEFL reading section asks ChatGPT to provide an academic passage about climate change. After reading the text, the student requests comprehension questions, such as "What are the main causes of climate change?" ChatGPT generates multiple-choice and open-ended questions to test understanding and provides explanations for correct answers.

Third, a student struggling with difficult vocabulary in IELTS reading passages asks ChatGPT to explain words like "mitigate," "proliferation," and "exacerbate." ChatGPT provides definitions, synonyms, and example sentences to help with retention. In addition, a student requests a scientific article on "The Impact of Climate Change on Marine Ecosystems," and ChatGPT generates a 250-word passage on the topic. To assess comprehension, ChatGPT provides questions such as "What are the two main consequences of climate change on oceans?" and "Define 'ocean acidification' in your own words." Additionally, another student asks ChatGPT to summarize a lengthy passage into one concise paragraph for better understanding, allowing for more effective reading and retention of key information.

Finally, a student requests a reading passage about the effects of artificial intelligence and asks for a comprehension test. ChatGPT generates a 300-word passage on AI's impact on the workforce and follows up with questions such as "What is one potential disadvantage of AI in the workplace?" and "According to the passage, how has AI improved efficiency in industries?" Additionally, ChatGPT prompts the student to summarize the main idea in one sentence, helping to reinforce understanding and critical thinking skills.

Listening enhancement

For listening practice, although ChatGPT cannot directly simulate audio (as it is a text-based model), it can provide written transcripts of listening exercises and explain the meaning of key terms and expressions (Aryadoust et al., 2024). Additionally, it can create exercises based on transcripts of audio recordings, where students can practice identifying key information or answering specific questions related to the material.

Since ChatGPT is a text-based tool, a student practicing for the TOEFL listening section asks it to create a written transcript of a simulated lecture on "The history of the printing press." After reading the transcript, the student answers comprehension questions and discusses key points with ChatGPT. Second, since ChatGPT is a text-based model, a TOEFL student requests a written transcript of a simulated lecture on "The effects of urbanization on biodiversity." After reading the transcript, the student answers comprehension questions generated by ChatGPT to test their ability to extract key information.

Third, a student practicing for the IELTS listening section asks ChatGPT to create a dialogue between a customer and a hotel receptionist. ChatGPT provides a text-based conversation with key phrases and questions typically found in the IELTS listening test. The student then practices predicting answers based on context clues and understanding implied meanings. Additionally, listening Enhancement can still be practiced using ChatGPT despite its text-based nature. For example, a student preparing for the TOEFL Listening section asks ChatGPT to generate a written transcript of a simulated lecture on "The History of the Printing Press." After reading the transcript, the student engages in comprehension exercises by answering questions such as "Who invented the printing press?" and "What impact did it have on education?" This approach helps students develop their listening skills by simulating real test scenarios and improving their ability to extract key information from spoken content.

Last, listening Enhancement can be practiced using ChatGPT by working with written transcripts of spoken content. For example, a student preparing for the Cambridge C1 Advanced exam asks ChatGPT to generate a lecture transcript on renewable energy. After reading the transcript, the student answers comprehension questions such as "What are the three main benefits of solar energy?" and "What challenge does the speaker mention about wind power?" Additionally, ChatGPT helps reinforce learning by creating fill-in-the-blank exercises based on the transcript, allowing the student to focus on key vocabulary and listening comprehension skills.

Grammar development

Another essential component of English proficiency tests is a strong command of grammar and vocabulary. ChatGPT helps learners by explaining grammatical rules, offering examples, and correcting common mistakes (Kiselev, 2021). The model can clarify complex grammar concepts, such as verb tenses, prepositions, and sentence structures, and ensure that learners understand how to apply them effectively.

First, a student struggles with subject-verb agreement in TOEFL writing. They type sentences like, "She go to the library every day." ChatGPT corrects the mistake, explains why it should be "She goes to the library every day," and provides additional practice examples.

On the other hand, grammar development can be enhanced using ChatGPT by identifying and correcting mistakes while providing explanations. For example, a student struggling with subject-verb agreement in TOEFL writing types, "She go to the library every day." ChatGPT corrects the mistake to "She goes to the library every day," explaining the grammatical rule and why the singular subject "she" requires the verb form "goes." Additionally, ChatGPT provides further examples and exercises to reinforce the student's understanding and improve accuracy.

Third, grammar development can be improved with ChatGPT by providing clear explanations and practice exercises. For example, a student struggling with conditional sentences asks ChatGPT to explain the differences between zero, first, second, and third conditionals. ChatGPT clarifies that the zero conditional is used for general truths (e.g., "If water reaches 100°C, it boils"), the first conditional describes real future possibilities (e.g., "If you study, you will pass the test"), the second conditional expresses hypothetical situations (e.g., "If I were you, I would practice more"), and the third conditional refers to past hypothetical outcomes (e.g., "If she had studied, she would have passed"). To reinforce learning, ChatGPT then generates a quiz for practice.

Finally, grammar development can be enhanced using ChatGPT by providing explanations and exercises on specific grammar topics. For example, when a student asks for the difference between past perfect and past simple, ChatGPT explains that the past simple describes completed actions in the past (e.g., "I finished my homework last night"), whereas the past perfect refers to an action completed before another past event (e.g., "I had finished my homework before my friend called me"). To reinforce understanding, ChatGPT then provides a short quiz for further practice.

Vocabulary development

In terms of vocabulary, ChatGPT supports students by providing synonyms, antonyms, and contextual examples of words. This enables learners to expand their vocabulary and use a broader range of expressions in their written and spoken responses, which is crucial for excelling in exams (Zhang & Huang, 2024).

First, vocabulary development can be improved with ChatGPT by providing synonyms and contextual examples. For instance, when a student preparing for IELTS Writing Task 2 asks for synonyms of commonly used words like "important," "increase," and "big," ChatGPT suggests alternatives such as "crucial," "significant," and "vital" for "important"; "enhance," "expand," and "escalate" for "increase"; and "substantial," "immense," and "considerable" for "big." Additionally, ChatGPT demonstrates proper usage in sentences to help the student apply new vocabulary effectively in their writing.

Second, vocabulary development is essential for IELTS Speaking, and ChatGPT assists students by providing idioms related to work and business. For example, when a student requests idioms, ChatGPT suggests phrases like "climb the corporate ladder" (meaning to advance in a career) and "burn the midnight oil" (meaning to work late at night). Additionally, ChatGPT generates example sentences and interactive exercises where students match idioms to their meanings, reinforcing their understanding and usage of advanced vocabulary.

Third, vocabulary development is crucial for improving language proficiency, and ChatGPT helps by providing advanced synonyms and their usage in context. For example, when a student requests synonyms for "important," ChatGPT suggests words like "crucial," "vital," and "essential," along with example sentences: "It is crucial to study for your exams to achieve a high score," and "Grammar is an essential component of language learning." Additionally, ChatGPT reinforces learning through interactive exercises like fill-in-the-blanks, ensuring that students can apply new vocabulary effectively in their writing and speaking tasks.

Personalized learning

One of the unique features of ChatGPT is its ability to offer personalized learning experiences. Unlike traditional study materials, ChatGPT adapts its responses based on the user's inputs and progress. This allows students to focus on their individual needs, whether it's strengthening their writing skills, improving their reading speed, or preparing for the speaking section of an exam. ChatGPT tailors its practice materials and feedback to the student's proficiency level, ensuring that they receive exercises that are neither too easy nor too difficult, thus helping them improve at a steady and appropriate pace.

First, a beginner-level student using ChatGPT for TOEFL preparation asks for basic grammar exercises, while an advanced student requests complex essay prompts. ChatGPT adapts its responses accordingly—providing simple present tense drills for the beginner and argumentative essay topics for the advanced learner. Moreover, a student who struggles with speaking fluency tells ChatGPT, "I need more practice with IELTS Part 2 speaking." ChatGPT responds with a customized practice schedule, including daily speaking prompts, tips for organizing responses, and strategies for using transitional phrases to improve fluency.

Second, personalized learning enables students to receive customized guidance based on their proficiency level. For example, a student preparing for IELTS Writing Task 2 struggles with developing arguments on the topic "Should governments invest in space exploration?" ChatGPT provides a structured outline tailored to the student's level: for beginners, it suggests using simple arguments with clear topic sentences, while for advanced learners, it recommends incorporating counterarguments and a nuanced conclusion. Additionally, ChatGPT generates model essays at different levels, allowing the student to compare and learn from well-structured responses.

Finally, personalized learning allows students to receive structured study plans based on their individual needs. For example, a student struggling with IELTS Writing Task 1 asks ChatGPT for a study plan. ChatGPT provides a tailored 4-week plan: Week 1 focuses on learning the structure of Task 1 (Introduction, Overview, Details); Week 2 emphasizes practicing trend descriptions (increase, decrease, fluctuate, etc.); Week 3 covers data comparison and complex sentence structures; and Week 4 includes full mock tests and self-review. ChatGPT also customizes exercises and feedback based on the student's progress to ensure effective learning.

ChatGPT can be a highly useful tool for assisting in English test preparation. First advantage is easy and flexible access. ChatGPT can be used anytime and anywhere without time restrictions. This allows users to study according to their schedules without depending on a tutor or formal classes. Next is writing practice with instant corrections. Users can write

essays or paragraphs and receive immediate feedback on grammar, vocabulary, sentence structure, and coherence. ChatGPT can also provide sample essays based on various topics commonly found in exams such as IELTS and TOEFL. The other advantage is conversation simulation to improve speaking skills. Although it cannot detect pronunciation, ChatGPT can simulate conversations in English to help users practice thinking and responding in English. Users can request a Q&A session similar to the speaking test in IELTS and TOEFL.

Assistance with reading comprehension is also one of the advantage. ChatGPT can provide reading exercises, explain difficult words, and help users better understand the content of a text. Additionally, users can request practice questions similar to those in official reading exams. Moreover, diverse practice questions is also the benefit. ChatGPT can generate various types of practice questions, including multiple-choice, short-answer, and essay questions. Users can practice with questions that resemble the format of official tests like TOEFL, IELTS, and TOEIC. Next is vocabulary and grammar enhancement. With correction and explanation features, ChatGPT helps users expand their vocabulary and understand grammar rules more deeply. Users can also request synonym suggestions, idioms, and examples of how to use certain words in different contexts.

Eighth is structured study plan creation. Users can ask ChatGPT to create a study plan tailored to their available time before the exam. For example, users can request a 4-week study plan with daily practice covering speaking, writing, reading, and listening. The next benefit is clear feedback and explanations. ChatGPT does not just provide answers but also detailed explanations of why an answer is correct or incorrect. This helps users understand concepts better instead of simply memorizing answers. Lastly is cost-effective compared to courses or private tutors. Using ChatGPT as a learning tool can be a more affordable solution compared to taking English courses or hiring a private tutor. Although it does not fully replace a teacher, ChatGPT can still serve as an effective supplementary tool.

Although ChatGPT offers many benefits for preparing for English proficiency exams, there are several limitations to consider (Druga et al., 2022; Gartner & Krašna, 2023). First is inability to accurately assess pronunciation. ChatGPT does not have voice recognition features to evaluate users' pronunciation and intonation when speaking. While it can provide written feedback on sentence structure and fluency, assessing phonetic aspects still requires interaction with human tutors or specialized software such as Google Speech-to-Text or other voice recognition applications. Moreover, although ChatGPT can provide relevant text-based responses, human interaction remains more dynamic and contextual. Teachers or tutors can adjust their teaching methods based on facial expressions, tone of voice, and student's level of understanding—something ChatGPT cannot do.

ChatGPT can offer practice questions and feedback on answers, but it is not an official tool for assessing or certifying English proficiency tests such as TOEFL, IELTS, or TOEIC. Users still need to take official tests from organizations like ETS or the British Council to obtain internationally recognized scores. Furthermore, since ChatGPT is text-based, it cannot directly provide listening exercises with audio or video, which are crucial for test preparation. Users must find additional sources such as YouTube, podcasts, or language-learning apps to supplement their listening practice.

The accuracy and effectiveness of ChatGPT's responses highly depend on how users formulate their questions or commands (prompts). If the prompt is unclear or too general,

the response may be less relevant or detailed. Therefore, users must learn to construct specific and well-directed questions to maximize the quality of responses. Furthermore, practicing with ChatGPT is often done in a relaxed setting and does not fully replicate actual exam conditions. Factors such as time constraints, mental pressure, and a formal test environment cannot be entirely simulated. Hence, it is essential for users to also practice under conditions similar to the actual exam. Lastly, although ChatGPT is a highly advanced tool, its responses are not always 100% accurate or up to date. Sometimes, the information provided may be incorrect or not aligned with the latest test formats. Therefore, it is crucial to always verify information from official sources before using it for test preparation.

While ChatGPT can be an effective tool for English test preparation, users should still combine this technology with other learning methods, such as practicing with tutors, using official test books, and simulating exams in real conditions. By understanding these limitations, users can make more informed decisions about integrating ChatGPT into their study strategies. The digital transformation of all aspects of life has become a defining feature of contemporary global progress (Kostikova et al., 2024). This widespread digitization has given rise to a dynamic information ecosystem, which requires sophisticated tools for organizing, categorizing, and analyzing data. As the most advanced form of technology, digital processes are continually evolving. Artificial Intelligence (AI) is increasingly gaining traction, with one of its latest developments, ChatGPT (Generative Pre-trained Transformer) from OpenAI, sparking significant debate. ChatGPT, an AI-powered chatbot, showcases the capability of digital devices to carry out tasks typically associated with intelligent beings.

ChatGPT serves as an invaluable supplementary tool for English test preparation, offering practice questions, instant feedback, reading and listening exercises, grammar explanations, and personalized learning experiences. By integrating ChatGPT into their study routine, students can enhance their proficiency and build confidence for exams like TOEFL, IELTS, and TOEIC (Songsingchai et al., 2023). It provides flexibility and tailored practice, helping learners overcome common challenges of traditional study methods, such as limited resources, lack of immediate guidance, and difficulty accessing personalized feedback. With ChatGPT, students can refine their skills, gain confidence, and approach English proficiency tests with better preparedness.

English proficiency tests, such as TOEFL, IELTS, and Cambridge exams, are essential for individuals aiming to study, work, or immigrate to English-speaking countries. These tests assess a candidate's ability to understand and communicate effectively in English, covering skills like listening, speaking, reading, and writing. However, preparing for these exams can be daunting for many students, especially due to the limited availability of practice materials, high preparation costs, or time constraints. As a result, finding effective ways to prepare for these exams is crucial for students seeking to achieve high scores and meet the requirements for academic or professional opportunities.

Digital tools, online resources, and artificial intelligence (AI) applications have revolutionized how students approach learning and exam preparation. AI-driven platforms, like ChatGPT, are becoming increasingly popular for their ability to provide personalized and interactive learning experiences (Kusumaningrum & Pertiwi, 2021). With their ability to simulate real conversations and provide instant feedback, AI tools offer learners the flexibility and efficiency needed to improve their English proficiency, regardless of location or resources

(Rusmiyanto et al., 2023). These technological tools have expanded access to language learning, making it easier for students to practice and learn at their own pace.

ChatGPT as a Language Learning Tool ChatGPT, an AI language model developed by OpenAI, is a powerful tool for language learners. It can simulate conversations, answer questions, and provide explanations in a way that closely mimics real-life interactions. ChatGPT can be used for a wide range of language learning activities, such as practicing writing and speaking skills, testing grammar knowledge, and even improving listening comprehension through text-based exercises. Its adaptability and ability to engage students in real-time conversation provide a unique and dynamic approach to learning. Moreover, ChatGPT's conversational nature allows students to learn in a relaxed environment, encouraging consistent practice, which is essential for English test preparation.

ChatGPT can assist in preparing for English language tests in various ways. In terms of practice questions and test simulations, ChatGPT can provide sample questions and exercises for each section of the exam, including timed test simulations to help users get familiar with the actual format. To enhance reading skills, ChatGPT offers reading passages with comprehension questions and helps analyze academic texts or news articles. For writing skills, ChatGPT provides sample essays, writing structures, and feedback on users' writing to improve clarity and effectiveness. Regarding listening skills, ChatGPT can offer audio transcripts or listening exercises and explain the meaning of conversations or academic lectures commonly found in tests. In speaking practice, ChatGPT helps by suggesting discussion topics, providing speaking exercises, and offering sample answers for speaking sections in exams like IELTS and TOEFL. Additionally, ChatGPT is useful for improving grammar and vocabulary, as it explains grammar rules in detail and provides vocabulary exercises and synonyms to expand users' language proficiency. With these features, ChatGPT serves as an effective tool for preparing for various English proficiency exams.

Given the widespread use of ChatGPT and its potential in language learning, it is important to explore how it can be specifically applied to English test preparation. While ChatGPT is effective for general language practice, there is limited research on its ability to target specific test components such as speaking, listening, reading comprehension, and writing in the context of proficiency exams. This research aims to bridge that gap by examining how ChatGPT can help students prepare for English tests, focusing on its potential benefits, challenges, and practical applications for test preparation. The findings of this study could provide valuable insights for students, teachers, and educational institutions looking to integrate AI tools into their language learning and test preparation strategies.

Conclusion

The present study underscores that ChatGPT is a highly useful tool for assisting in English test preparation, offering a range of advantages that enhance learning efficiency. One of its key benefits is easy and flexible access, allowing users to study anytime and anywhere without time restrictions, making learning adaptable to individual schedules. It also provides writing practice with instant corrections, where users can submit essays or paragraphs and receive immediate feedback on grammar, vocabulary, sentence structure, and coherence. Additionally, ChatGPT can simulate conversation practice to improve speaking skills, enabling users to engage in Q&A sessions similar to IELTS and TOEFL speaking tests, though

it does not assess pronunciation. For reading comprehension, ChatGPT offers reading exercises, explains difficult words, and generates practice questions similar to official exams. Users can also benefit from diverse practice questions, including multiple-choice, short-answer, and essay questions tailored to test formats like TOEFL, IELTS, and TOEIC. Moreover, ChatGPT helps with vocabulary and grammar enhancement by providing corrections, explanations, synonyms, idioms, and contextual examples to deepen language understanding. Another valuable feature is structured study plan creation, where users can request customized study schedules, such as a four-week plan covering speaking, writing, reading, and listening. Lastly, ChatGPT delivers clear feedback and explanations, ensuring that users not only receive answers but also understand the reasoning behind them.

Although ChatGPT offers many benefits for preparing for English proficiency exams, there are several limitations to consider. One of its main drawbacks is the inability to accurately assess pronunciation, as it lacks voice recognition features to evaluate phonetic aspects like intonation and clarity. While it can provide written feedback on fluency and sentence structure, pronunciation practice still requires interaction with human tutors or specialized software. Additionally, ChatGPT provides limited emotional or interactive feedback compared to a teacher, as human instructors can adjust their teaching methods based on students' expressions, tone of voice, and comprehension levels—something AI cannot replicate. Another limitation is that ChatGPT cannot provide official scores or certification, making it unsuitable as a formal assessment tool for exams like TOEFL, IELTS, or TOEIC. Furthermore, ChatGPT is limited in providing audio and video materials, which are crucial for developing listening skills. Another challenge is its inability to simulate real test pressure, as practicing with ChatGPT is typically done in a relaxed setting. Unlike actual exams, it does not create time constraints, stress, or a formal testing environment, which are crucial factors in real exam performance. Lastly, ChatGPT's responses are not always 100% accurate or up to date, meaning some information may be incorrect or misaligned with the latest test formats. For this reason, it is essential to cross-check its guidance with official sources. While ChatGPT is an effective supplementary tool for English test preparation, it should be combined with other learning methods such as studying with tutors, using official test materials, and simulating real exam conditions. By understanding these limitations, users can make more informed decisions about how to integrate ChatGPT into their study strategies.

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