

Self-Assessment Checklist

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Language:	Name:
•	you can do (Column 1): I can do this under normal circumstances. I can always do this easily.
If you have ticked 80% of the points i reached this level.	n column 1 with \checkmark or $\checkmark\checkmark$, you have probably

B1 Self-assessment	1
Listening	
I can follow clearly articulated speech directed at me in everyday conversation, though I sometimes have to ask for repetition of particular words and phrases.	
I can generally follow the main points of extended discussion around me, provided speech is clearly articulated in standard dialect.	
I can listen to a short narrative and form hypotheses about what will happen next.	
I can understand the main points of radio news bulletins and simpler recorded material on topics of personal interest delivered relatively slowly and clearly.	ı
I can catch the main points in TV programmes on familiar topics when the delivery is relatively slow and clear.	
I can understand simple technical information, such as operating instructions for everyday equipment.	′
Spoken interaction	
I can start, maintain and close simple face-to-face conversation on topics that are familiar or of personal interest.	
I can maintain a conversation or discussion but may sometimes be difficult to follow when trying to say exactly what I would like to.	
I can deal with most situations likely to arise when making travel arrangements through an agent or when actually travelling. I can ask for and follow detailed directions. I can express and respond to feelings such as surprise, happiness, sadness, interest and indifference.	
I can ask for detailed directions.	
I can express and respond to feelings such as surprise, happiness, sadness, interest and indifference.	
I can give or seek personal views and opinions in an informal discussion with friends.	
I can agree and disagree politely.	
Spoken production	
I can narrate a story.	
I can give detailed accounts of experiences, describing feelings and reactions.	
I can describe dreams, hopes and ambitions.	
I can explain and give reasons for my plans, intentions and actions.	
I can relate the plot of a book or film and describe my reactions.	
I can paraphrase short written passages orally in a simple fashion, using the original text wording and ordering.	



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Level: B1

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Strategies	
I can repeat back part of what someone has said to confirm that we understand each other.	
I can ask someone to clarify or elaborate what they have just said.	
When I can't think of the word I want, I can use a simple word meaning something similar and invite "correction".	
Language quality	
I can keep a conversation going comprehensibly, but have to pause to plan and correct what I am saying – especially when I talk freely for longer periods.	
I can convey simple information of immediate relevance, getting across which point I feel is most important.	
I have a sufficient vocabulary to express myself with some circumlocutions on most topics pertinent to my everyday life such as family, hobbies and interests, work, travel, and current events.	
I can express myself reasonably accurately in familiar, predictable situations.	
Reading	
I can understand the main points in short newspaper articles about current and familiar topics.	
I can read columns or interviews in newspapers and magazines in which someone takes a stand on a current topic or event and understand the overall meaning of the text.	
I can guess the meaning of single unknown words from the context thus deducing the meaning of expressions if the topic is familiar.	
I can skim short texts (for example news summaries) and find relevant facts and information (for example who has done what and where).	
I can understand the most important information in short simple everyday information brochures.	
I can understand simple messages and standard letters (for example from businesses, clubs or authorities).	
In private letters I can understand those parts dealing with events, feelings and wishes well enough to correspond regularly with a pen friend.	
I can understand the plot of a clearly structured story and recognise what the most important episodes and events are and what is significant about them.	
Writing	
I can write simple connected texts on a range of topics within my field of interest and can express personal views and opinions.	
I can write simple texts about experiences or events, for example about a trip, for a school newspaper or a club newsletter.	
I can write personal letters to friends or acquaintances asking for or giving them news and narrating events.	
I can describe in a personal letter the plot of a film or a book or give an account of a concert.	
In a letter I can express feelings such as grief, happiness, interest, regret and sympathy.	
I can reply in written form to advertisements and ask for more complete or more specific information about products (for example a car or an academic course).	
I can convey – via fax, e-mail or a circular – short simple factual information to friends or colleagues or ask for information in such a way.	
I can write my CV in summary form.	