

Self Reflection : Where are you now ?

Read the descriptions below and put (/) the descriptions that best describe you.



CEF Self-Assessment Grid

	A1	A2	B1
U N D E R S T A N D I N G	Listening I can recognize familiar words and very basic phrases concerning myself, my family and immediate concrete surroundings when people speak slowly and clearly.	- I can understand phrases and the highest frequency vocabulary related to areas of most immediate personal relevance (e.g. very basic personal and family information, shopping, local area, employment). - I can catch the main point in short, clear, simple messages and announcements.	- I can understand the main points of clear standard speech on familiar matters regularly encountered in work, school, leisure, etc. - I can understand the main point of many radio or TV programs on current affairs or topics of personal or professional interest when the delivery is relatively slow and clear.
	Reading I can understand familiar names, words and very simple sentences, for example on notices and posters or in catalogs.	- I can read very short, simple texts. - I can find specific, predictable information in simple everyday material such as advertisements, prospectuses, menus and timetables and I can understand short simple personal letters.	- I can understand texts that consist mainly of high frequency everyday or job-related language. - I can understand the description of events, feelings and wishes in personal letters.
S P E A K I N G	Spoken Interaction - I can interact in a simple way provided the other person is prepared to repeat or rephrase things at a slower rate of speech and help me formulate what I'm trying to say. - I can ask and answer simple questions in areas of immediate need or on very familiar topics.	- I can communicate in simple and routine tasks requiring a simple and direct exchange of information on familiar topics and activities. - I can handle very short social exchanges, even though I can't usually understand enough to keep the conversation going myself.	- I can deal with most situations likely to arise while traveling in an area where the language is spoken. - I can enter unprepared into conversation on topics that are familiar, of personal interest or pertinent to everyday life (e.g. family, hobbies, work, travel and current events).
	Spoken Production I can use simple phrases and sentences to describe where I live and people I know.	I can use a series of phrases and sentences to describe in simple terms my family and other people, living conditions, my educational background and my present or most recent job.	- I can connect phrases in a simple way in order to describe experiences and events, my dreams, hopes and ambitions. - I can briefly give reasons and explanations for opinions and plans. - I can narrate a story or relate the plot of a book or film and describe my reactions.
W R I T I N G	Writing - I can write a short, simple postcard, for example sending holiday greetings. - I can fill in forms with personal details, for example entering my name, nationality and address on a hotel registration form.	- I can write short, simple notes and messages relating to matters in areas of immediate needs. - I can write a very simple personal letter, for example thanking someone for something.	- I can write simple connected text on topics which are familiar or of personal interest. - I can write personal letters describing experiences and impressions.

B2	C1	C2
• I can understand extended speech and lectures and follow even complex lines of argument provided the topic is reasonably familiar. • I can understand most TV news and current affairs programs. • I can understand the majority of films in standard dialect.	• I can understand extended speech even when it is not clearly structured and when relationships are only implied and not signaled explicitly. • I can understand television programs and films without too much effort.	• I have no difficulty in understanding any kind of spoken language, whether live or broadcast, even when delivered at fast native speed, provided. • I have some time to get familiar with the accent.
• I can read articles and reports concerned with contemporary problems in which the writers adopt particular attitudes or viewpoints. • I can understand contemporary literary prose.	• I can understand long and complex factual and literary texts, appreciating distinctions of style. • I can understand specialized articles and longer technical instructions, even when they do not relate to my field.	• I can read with ease virtually all forms of the written language, including abstract, structurally or linguistically complex texts such as manuals, specialized articles and literary works.
• I can interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible. • I can take an active part in discussion in familiar contexts, accounting for and sustaining my views.	• I can express myself fluently and spontaneously without much obvious searching for expressions. • I can use language flexibly and effectively for social and professional purposes. • I can formulate ideas and opinions with precision and relate my contribution skillfully to those of other speakers.	• I can take part effortlessly in any conversation or discussion and have a good familiarity with idiomatic expressions and colloquialisms. • I can express myself fluently and convey finer shades of meaning precisely. If I do have a problem I can backtrack and restructure around the difficulty so smoothly that other people are hardly aware of it.
• I can present clear, detailed descriptions on a wide range of subjects related to my field of interest. • I can explain a viewpoint on a topical issue giving the advantages and disadvantages of various options.	• I can present clear, detailed descriptions of complex subjects integrating sub-themes, developing particular points and rounding off with an appropriate conclusion.	• I can present a clear, smoothly-flowing description or argument in a style appropriate to the context and with an effective logical structure which helps the recipient to notice and remember significant points.
• I can write clear, detailed text on a wide range of subjects related to my interests. • I can write an essay or report, passing on information or giving reasons in support of or against a particular point of view. • I can write letters highlighting the personal significance of events and experiences.	• I can express myself in clear, well-structured text, expressing points of view at some length. • I can write about complex subjects in a letter, an essay or a report, underlining what I consider to be the salient issues. • I can select style appropriate to the reader in mind.	• I can write clear, smoothly-flowing text in an appropriate style. • I can write complex letters, reports or articles which present a case with an effective logical structure which helps the recipient to notice and remember significant points. • I can write summaries and reviews of professional or literary works.