

## 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	<ul style="list-style-type: none"> <li>I can recognize familiar words and very basic phrases concerning myself, my family and immediate concrete surroundings when people speak slowly and clearly.</li> </ul>	<ul style="list-style-type: none"> <li>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).</li> <li>I can catch the main point in short, clear, simple messages and announcements.</li> </ul>	<ul style="list-style-type: none"> <li>I can understand the main points of clear standard speech on familiar matters regularly encountered in work, school, leisure, etc.</li> <li>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.</li> </ul>
	Reading	<ul style="list-style-type: none"> <li>I can understand familiar names, words and very simple sentences, for example on notices and posters or in catalogs.</li> </ul>	<ul style="list-style-type: none"> <li>I can read very short, simple texts.</li> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>I can understand texts that consist mainly of high frequency everyday or job-related language.</li> <li>I can understand the description of events, feelings and wishes in personal letters.</li> </ul>
	Spoken Interaction	<ul style="list-style-type: none"> <li>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.</li> <li>I can ask and answer simple questions in areas of immediate need or on very familiar topics.</li> </ul>	<ul style="list-style-type: none"> <li>I can communicate in simple and routine tasks requiring a simple and direct exchange of information on familiar topics and activities.</li> <li>I can handle very short social exchanges, even though I can't usually understand enough to keep the conversation going myself.</li> </ul>	<ul style="list-style-type: none"> <li>I can deal with most situations likely to arise while traveling in an area where the language is spoken.</li> <li>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).</li> </ul>
	Spoken Production	<ul style="list-style-type: none"> <li>I can use simple phrases and sentences to describe where I live and people I know.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>	<ul style="list-style-type: none"> <li>I can connect phrases in a simple way in order to describe experiences and events, my dreams, hopes and ambitions.</li> <li>I can briefly give reasons and explanations for opinions and plans.</li> <li>I can narrate a story or relate the plot of a book or film and describe my reactions.</li> </ul>
W R I T I N G	Writing	<ul style="list-style-type: none"> <li>I can write a short, simple postcard, for example sending holiday greetings.</li> <li>I can fill in forms with personal details, for example entering my name, nationality and address on a hotel registration form.</li> </ul>	<ul style="list-style-type: none"> <li>I can write short, simple notes and messages relating to matters in areas of immediate needs.</li> <li>I can write a very simple personal letter, for example thanking someone for something.</li> </ul>	<ul style="list-style-type: none"> <li>I can write simple connected text on topics which are familiar or of personal interest.</li> <li>I can write personal letters describing experiences and impressions.</li> </ul>

B2	C1	C2
<ul style="list-style-type: none"> <li>I can understand extended speech and lectures and follow even complex lines of argument provided the topic is reasonably familiar.</li> <li>I can understand most TV news and current affairs programs.</li> <li>I can understand the majority of films in standard dialect.</li> </ul>	<ul style="list-style-type: none"> <li>I can understand extended speech even when it is not clearly structured and when relationships are only implied and not signaled explicitly.</li> <li>I can understand television programs and films without too much effort.</li> </ul>	<ul style="list-style-type: none"> <li>I have no difficulty in understanding any kind of spoken language, whether live or broadcast, even when delivered at fast native speed, provided</li> <li>I have some time to get familiar with the accent.</li> </ul>
<ul style="list-style-type: none"> <li>I can read articles and reports concerned with contemporary problems in which the writers adopt particular attitudes or viewpoints.</li> <li>I can understand contemporary literary prose.</li> </ul>	<ul style="list-style-type: none"> <li>I can understand long and complex factual and literary texts, appreciating distinctions of style.</li> <li>I can understand specialized articles and longer technical instructions, even when they do not relate to my field.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<ul style="list-style-type: none"> <li>I can interact with a degree of fluency and spontaneity that makes regular interaction with native speakers quite possible.</li> <li>I can take an active part in discussion in familiar contexts, accounting for and sustaining my views.</li> </ul>	<ul style="list-style-type: none"> <li>I can express myself fluently and spontaneously without much obvious searching for expressions.</li> <li>I can use language flexibly and effectively for social and professional purposes.</li> <li>I can formulate ideas and opinions with precision and relate my contribution skillfully to those of other speakers.</li> </ul>	<ul style="list-style-type: none"> <li>I can take part effortlessly in any conversation or discussion and have a good familiarity with idiomatic expressions and colloquialisms.</li> <li>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.</li> </ul>
<ul style="list-style-type: none"> <li>I can present clear, detailed descriptions on a wide range of subjects related to my field of interest.</li> <li>I can explain a viewpoint on a topical issue giving the advantages and disadvantages of various options.</li> </ul>	<ul style="list-style-type: none"> <li>I can present clear, detailed descriptions of complex subjects integrating sub-themes, developing particular points and rounding off with an appropriate conclusion.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<ul style="list-style-type: none"> <li>I can write clear, detailed text on a wide range of subjects related to my interests.</li> <li>I can write an essay or report, passing on information or giving reasons in support of or against a particular point of view.</li> <li>I can write letters highlighting the personal significance of events and experiences.</li> </ul>	<ul style="list-style-type: none"> <li>I can express myself in clear, well-structured text, expressing points of view at some length.</li> <li>I can write about complex subjects in a letter, an essay or a report, underlining what I consider to be the salient issues.</li> <li>I can select style appropriate to the reader in mind.</li> </ul>	<ul style="list-style-type: none"> <li>I can write clear, smoothly-flowing text in an appropriate style.</li> <li>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.</li> <li>I can write summaries and reviews of professional or literary works.</li> </ul>