



MY ENGLISH CAN-DO CHECKLIST

Name: _____

Date: _____

How do I feel about my English?

Read each sentence. Choose one:



I can do this



I can do this with some help



I need more practice



1. SPEAKING

About Me

I can...



say my name and where I am from ☐ ☐ ☐

talk about my family ☐ ☐ ☐

talk about my daily routine ☐ ☐ ☐

talk about things I like and don't like ☐ ☐ ☐

talk about my work or studies ☐ ☐ ☐

talk about my weekend ☐ ☐ ☐

Everyday Conversations

I can...



say hello and goodbye ☐ ☐ ☐

introduce myself to someone ☐ ☐ ☐

ask someone their name ☐ ☐ ☐

ask simple questions ☐ ☐ ☐

answer simple questions ☐ ☐ ☐

I can...



- | | | | |
|---------------------------------|--------------------------|--------------------------|--------------------------|
| ask someone to repeat something | ☐ | ☐ | ☐ |
| say "I don't understand" | ☐ | ☐ | ☐ |
| ask someone to speak slowly | ☐ | ☐ | ☐ |

In the Community

I can...



- | | | | |
|--|--------------------------|--------------------------|--------------------------|
| order food or a drink | ☐ | ☐ | ☐ |
| ask for the price of something | ☐ | ☐ | ☐ |
| ask for help in a store | ☐ | ☐ | ☐ |
| ask for directions | ☐ | ☐ | ☐ |
| make a simple appointment | ☐ | ☐ | ☐ |
| talk to a teacher or school staff member | ☐ | ☐ | ☐ |
| talk to a doctor or receptionist about a simple need | ☐ | ☐ | ☐ |

2. LISTENING

I can understand...

I can...



- | | | | |
|---------------------------------------|--------------------------|--------------------------|--------------------------|
| my name when someone says it | ☐ | ☐ | ☐ |
| simple questions about myself | ☐ | ☐ | ☐ |
| simple instructions from my teacher | ☐ | ☐ | ☐ |
| numbers and prices | ☐ | ☐ | ☐ |
| times and dates | ☐ | ☐ | ☐ |
| simple directions | ☐ | ☐ | ☐ |
| information in a store | ☐ | ☐ | ☐ |
| a short message | ☐ | ☐ | ☐ |
| a simple phone message | ☐ | ☐ | ☐ |
| the main idea of a short conversation | ☐ | ☐ | ☐ |

When I don't understand, I can:

- ☐ ask the person to repeat
- ☐ ask the person to speak slowly
- ☐ ask "What does ___ mean?"
- ☐ ask "Can you say that again?"
- ☐ ask another person for help

 3. READING

I can read and understand...

I can...			
my name and personal information	☐	☐	☐
simple signs	☐	☐	☐
prices	☐	☐	☐
dates and times	☐	☐	☐
simple schedules	☐	☐	☐
short text messages	☐	☐	☐
simple emails	☐	☐	☐
simple school information	☐	☐	☐
simple appointment information	☐	☐	☐
simple information about a place or service	☐	☐	☐

I can find information such as:

- ☐ Who?
- ☐ What?
- ☐ Where?
- ☐ When?
- ☐ How much?
- ☐ What time?

 4. WRITING

I can write...

I can...			
my name and address	☐	☐	☐
simple sentences about myself	☐	☐	☐
sentences about my family	☐	☐	☐
sentences about my daily routine	☐	☐	☐
a short text message	☐	☐	☐
a short email	☐	☐	☐
a simple note to my teacher	☐	☐	☐
information on a simple form	☐	☐	☐
a few sentences about an experience	☐	☐	☐
a few sentences about my plans	☐	☐	☐

I can use:

- ☐ capital letters
- ☐ periods
- ☐ question marks
- ☐ simple complete sentences
- ☐ common everyday words

CA 5. ENGLISH FOR MY LIFE IN CANADA

I can...

I can...			
talk to my child's teacher	☐	☐	☐
understand a simple school message	☐	☐	☐
use public transportation	☐	☐	☐
ask for help in a store	☐	☐	☐
make a simple appointment	☐	☐	☐
understand a simple appointment message	☐	☐	☐

I can...



talk to a neighbour

☐ ☐ ☐

talk to people at work

☐ ☐ ☐

ask for information

☐ ☐ ☐

explain a simple problem

☐ ☐ ☐

★ 6. MY ENGLISH STRENGTHS

I feel good about:

- ☐ Speaking
- ☐ Listening
- ☐ Reading
- ☐ Writing
- ☐ Vocabulary
- ☐ Pronunciation

One thing I can do well in English:

7. I WANT MORE PRACTICE WITH...

Choose 3.

- ☐ Speaking
- ☐ Listening
- ☐ Reading
- ☐ Writing
- ☐ Vocabulary
- ☐ Pronunciation
- ☐ Grammar
- ☐ Everyday conversations
- ☐ Work English
- ☐ School English

- ☐ Phone conversations
- ☐ Canadian life and services

My first goal is:

I want to learn how to...

8. MY ENGLISH CLASS

I would like to practise:

- ☐ speaking with my classmates
- ☐ listening
- ☐ reading
- ☐ writing
- ☐ vocabulary
- ☐ pronunciation
- ☐ conversations
- ☐ real-life situations

One thing I would like to learn in this class:

MY GOAL

This month, I want to be able to:

I will practise by:
