

Language: _____

Name: _____

Use this checklist to assess what you think you can do (Column 1):
 Use these symbols in Column 1: ✓ I can do this under normal circumstances.
 ✓✓ I can do this easily and well.

*If you have ticked more than **80% of the statements in Column 1** with ✓ or ✓✓, you have probably achieved this level.*

Use the evaluation table at the end of the checklist to evaluate your results. Fill in the table with the number of ticks for each item and then add up the subtotals to get the total. The number of points in bold type is the recommended score for this level.

B1 Threshold	Self-Assessment	1
Listening		
I can understand what people say to me in everyday conversation if spoken clearly. Sometimes, however, I have to ask them to repeat certain words and phrases.		
I can generally follow the main points of extended conversations in my presence, provided that the conversation is in standard language and clearly articulated.		
I can listen to a short narrative and form hypotheses about what will happen next.		
Spoken Interaction		
I can begin, maintain and end simple, face-to-face conversations on topics that are familiar or of personal interest to me.		
I can participate in a conversation or discussion, but people do not always understand me when I want to say something in a particular way.		
I can deal with most situations likely to arise when booking a trip through a travel agency or on the trip itself.		
I can also deal with less common situations in public transport (for instance, asking another passenger where to get off for an unfamiliar destination).		
I can ask for and follow detailed directions.		
I can sometimes take the initiative in a conversation (for instance, to change the topic), but I still have to rely heavily on my partner to initiate conversation.		
I can express feelings such as surprise, happiness, sadness, interest, and indifference and react to such expressions of emotion.		
I can participate in conversations on familiar topics without preparation.		
I can express my opinion when it is a question of solving a problem or making a practical decision (for instance, what to do this evening).		
I can agree or disagree politely.		
I can exchange personal views and opinions in discussion with friends.		
I can take part in a simple discussion (for instance, how to organise an excursion).		
Spoken Production		
I can tell a story.		
I can give a detailed account of experiences and events.		

I can describe dreams, hopes, and ambitions.	
I can briefly give reasons for or explain my views, plans, or actions.	
I can give simple descriptions of a variety of familiar topics within my field of interests.	
I can relate the plot of a film or a book and describe my reaction to it.	
I can relate simple stories or descriptions in a relatively fluent way by stringing together the individual points.	
I can give a simple, oral paraphrase of short passages from written texts by using the wording and order of the original text.	
Reading	
I understand the main points of short newspaper articles on current and familiar topics.	
I can read and adequately understand factual texts, which are written in a simple way for a broad audience and which concern topics related to my field or interests.	
I can read op-ed articles or interviews in newspapers and magazines, which take a particular stance on a current topic or event, and understand the main points.	
I can guess the meaning of single unfamiliar words from the context and thus deduce the meaning of expressions if the topic is familiar to me.	
I can skim short texts (for instance, news summaries) and find important facts and information (for instance, who did what where).	
I can extract relevant information from short, official texts meant for the public (for instance, school or municipal regulations).	
I can understand the most important information in short, simple, and everyday information brochures.	
I can understand simple messages and standard letters (for instance, from businesses, associations, and authorities).	
In private letters, I understand what is written about events, feelings, or wishes well enough to correspond regularly with a pen friend.	
I can understand text blocks (for instance, in computer correspondence programmes) for the most important standard letters well enough to be able to adapt the model letter to a particular situation.	
I can read literary texts which are primarily based on basic vocabulary and a simple, concrete plot.	
I can understand the plot of a story when it is well-structured and recognise the most important episodes and events.	
Writing	
I can write about things that are familiar or of personal interest in a clear and simple way.	
I can write simple texts on a variety of topics within my field of interests and express my personal views and opinions.	
I can write short, simple texts on experiences and events for a student or club newspaper (for instance, about a trip).	
I can write personal letters to friends asking or telling them about news and relating events.	
I can describe a film or a concert in a personal letter.	
I can express feelings such as sadness, happiness, interest, regret, and sympathy in a	

letter.	
I can reply in writing to advertisements and request additional or more detailed information about products (for instance, about a car or a course).	
I can pass on or ask friends and colleagues for short, simple factual information via fax, e-mail, or circular.	
I can write my CV in summary form for an application.	
My vocabulary is large enough to write about most topics of my daily life (family and interests) in a relatively fluent and easily understandable way.	
Strategies	
I can repeat parts of what someone has said to check if we understand each other.	
I can ask people to explain once again what they have said.	
If I cannot think of a word, I can use a simple word with a similar meaning and ask the other person for a better word.	
Language Quality	
I can express myself fairly well without having to stop mid-sentence too often, but I do need to pause to plan or correct what I say, especially when I speak freely for longer periods of time.	
I can convey simple information of immediate relevance and make clear the points that are most important to me.	
My vocabulary is large enough to talk about most topics of my daily life (for instance, family, hobbies, interests, work, trips, and what happened today), sometimes with the help of circumlocutions.	
I can express myself fairly accurately in predictable, familiar everyday situations.	
I can write a structured text on a familiar topic and clearly highlight the main points.	

Evaluation

If you have ticked more than **80% of the statements** (44-45 items) with ✓ or ✓✓, you have probably achieved this level. The more ✓✓ you have, the better you are at this level.

Skill	Number of items	✓	✓✓	Subtotal
Listening	3			
Spoken Interaction	12			
Spoken Production	8			
Reading	12			
Writing	10			
Strategies	3			
Language Quality	5			
Total	56			out of 56
Level achieved	80% is between 44 and 45 items answered with ✓ or ✓✓. More than 43 points means that you have probably achieved this level.			

If your total is less than 43 points, you have not quite achieved the B1 level. We do not recommend taking a language course at the next level (B2).