

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.

C1 Effectiveness	Self-Assessment	1
Listening		
I can follow extended talks and conversations, even when they are not structured clearly and when relationships are implied, but not expressly stated.		
I can understand a wide range of idioms and colloquial expressions and correctly identify the style and register.		
I can extract specific information from public announcements, even if the sound quality is poor (for instance, at train stations or sporting events).		
I can understand complex technical information (for instance, instructions for use or specifications for familiar products and services).		
I can understand lectures, talks, and reports within my profession, my training, or my studies, even when they are complex in terms of content and expression.		
I can understand films without much effort, even when they contain a lot of slang and idiomatic expressions.		
Spoken Interaction		
I can keep up with an animated conversation between native speakers.		
I can speak about a very wide range of general, professional, and academic topics in a fluent, correct, and effective way.		
I can use the language effectively and flexibly in social situations, including expressing feelings and making jokes and allusions.		
I can express my ideas and opinions in a precise and clear way, make convincing arguments, and respond to the complex reasoning of others.		
Spoken Production		
I can give clear and detailed descriptions of complex subjects.		
I can summarise extended, demanding texts orally.		

I can give a detailed description or account of something, linking together the main points, developing particular aspects, and concluding my remarks in an appropriate way.	
I can give a clearly structured presentation in my field, departing from the prepared text when necessary and giving spontaneous answers to questions from the audience.	
Reading	
I can understand extended, demanding texts and summarise them orally.	
I can read detailed reports, analyses, and commentaries which discuss connections, opinions, and viewpoints.	
I can extract information, ideas, and opinions from highly specialized texts within my field (for instance, research reports).	
I can understand extended, complex instructions and directions (for instance, for using new equipment), even when these are not related to my field, provided I have enough time to read them.	
I can read contemporary literary texts with ease.	
I can go beyond the events described in a literary text and grasp implicit meanings, ideas, and connections.	
I can recognise the social, political, or historical background of a literary work.	
Writing	
I can express myself in writing on a wide variety of general and professional topics in a clear and easily readable way.	
I can write a clear and well-structured essay or paper on a complex topic and emphasise the main points.	
I can write a detailed commentary discussing different viewpoints on a topic or an event and supporting my statements with subpoints, reasons, or suitable examples.	
I can gather information from a wide variety of sources and write a coherent summary.	
I can give a detailed description of experiences, feelings, and events in a personal letter.	
I can write formally correct letters (for instance, to complain or to take a stance for or against something).	
I can write a job application including CV.	
I can write texts which are mostly correct and vary my vocabulary and style to match the recipient, type of text, and topic.	
Strategies	
I can use a variety of appropriate phrases to preface my remarks in a fluent way when I take the floor or when I want to keep speaking, but need to gain time to think of what I want to say.	
I can skilfully relate my own contribution to those of others and incorporate what they have said.	
I can substitute an equivalent expression for a word I cannot recall at the moment without interrupting the conversation.	
Language Quality	

I can express myself spontaneously and fluently almost without effort. Only in the case of abstract, difficult topics can there be breaks in the natural flow of language.	
I can speak in a clear, very fluent, and well-structured way and use expressions in a confident manner to structure what I say or link together content and expression.	
I have a large vocabulary and can use circumlocutions to cover any gaps in my vocabulary without calling attention to myself. I rarely have to search openly for words or am at a loss for words because I cannot say something as precisely as I would like.	
I can maintain a high degree of grammatical correctness. I hardly even make noticeable mistakes.	
I can use complex sentence structures in a confident manner and link the parts of my text in an appropriate way.	

Evaluation

If you have ticked more than **80% of the statements** (29-30 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	6			
Spoken Interaction	4			
Spoken Production	4			
Reading	7			
Writing	8			
Strategies	3			
Language Quality	5			
Total	37			out of 37
Level achieved	80% is between 29 and 30 items answered with ✓ or ✓✓. More than 28 points means that you have probably achieved this level.			

If your total is less than 28 points, you have not quite achieved the C1 level. We do not recommend taking a language course at the next level (C2).