

Self-assessment Checklist for: _____

Novice Low

Person's Name

Use this checklist to record what you think you can do. In the blank rows, you can add to the list. In the columns to the right, indicate your proficiency by marking what you can do easily and well in column 1. You can use column 2 to indicate your goals.

You will determine your proficiency level for each skill. If you have over 80% of the items checked for a particular skill, you have probably achieved the Novice Low level for that skill. Each skill should be assessed separately to identify level of proficiency.

Language: _____	(1) I can do this easily and well	(2) This is one of my goals
Listening		
I can understand some commonly used words and expressions such as please and thank you.		
I can understand basic information such as days of the week, months of the year, numbers, times, and dates.		
I can understand names of objects in my immediate environment such as words for familiar objects found in classrooms.		
I can follow a command, especially when people use gestures.		
I can understand the difference between a question and a statement.		

Self-assessment Checklist for: _____

Novice Mid

Person's Name

Use this checklist to record what you think you can do. In the blank rows, you can add to the list. In the columns to the right, indicate your proficiency by marking what you can do easily and well in column 1. You can use column 2 to indicate your goals.

You will determine your proficiency level for each skill. If you have over 80% of the items checked for a particular skill, you have probably achieved the Novice Mid level for that skill. Each skill should be assessed separately to identify level of proficiency.

Language: _____	(1) I can do this easily and well	(2) This is one of my goals
Listening		
I can understand simple words and phrases about daily activities. <ul style="list-style-type: none"> • I can identify when someone describes his/her school or daily schedule. • I can identify when someone describes a daily routine after getting up in the morning. 		
I can understand words and phrases in simple messages and announcements, especially when there are pictures or other clues to help me. <ul style="list-style-type: none"> • I can identify a short audio announcement relating the time and place of a movie or sporting event. • I can follow a description of a typical day when visual support is provided. 		
I can understand some simple questions when accompanied by appropriate non-verbal clues and visuals. <ul style="list-style-type: none"> • I can comprehend when asked how old I am, what my name is, and where I live. • I can understand when someone asks me what sports I play, which hobbies I have, and what I like to do in my free time. 		
I can follow some simple directions or instructions, especially when people use gestures. <ul style="list-style-type: none"> • I can follow simple directions on a city map when told how to get there. • I can follow instructions for baking a cake or drawing a picture when I am doing this step by step with opportunity to ask for repetition. 		
I can understand some of what people say in a conversation when they are talking about familiar things. <ul style="list-style-type: none"> • I can comprehend the main idea when overhearing a 		

conversation.		
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Self-assessment Checklist for: _____

Novice High

Person's Name

Use this checklist to record what you think you can do. In the blank rows, you can add to the list. In the columns to the right, indicate your proficiency by marking what you can do easily and well in column 1. You can use column 2 to indicate your goals.

You will determine your proficiency level for each skill. If you have over 80% of the items checked for a particular skill, you have probably achieved the Novice High level for that skill. Each skill should be assessed separately to identify level of proficiency.

Language: _____	(1) I can do this easily and well	(2) This is one of my goals
Listening		
I can understand some words or phrases even when there are no pictures or visual clues. <ul style="list-style-type: none"> • I can comprehend short descriptions of people I know. • I can comprehend a radio advertisement for products I know. 		
I can understand some short, simple messages and announcements on familiar topics. <ul style="list-style-type: none"> • I can comprehend an announcement on the school intercom related to school activities. • I can comprehend a phone message (e.g. when told where to meet a friend). • I can comprehend where and when a sporting event will take place. 		
I can understand some simple conversations or descriptions. <ul style="list-style-type: none"> • I can comprehend short conversations about hobbies and sports. • I can comprehend the content of conversations related to my daily life and routine. 		
I can understand most directions or instructions in a familiar setting. <ul style="list-style-type: none"> • I can follow directions when a familiar city map is provided. • I can follow instructions (e.g. Internet videos). 		
I can understand simple stories. <ul style="list-style-type: none"> • I can comprehend familiar stories that are sequenced and progress in a logical order. • I can comprehend a simple story acted out with props and gestures. 		

Self-assessment Checklist for: _____ **Intermediate Low**
 Person's Name

Use this checklist to record what you think you can do. In the blank rows, you can add to the list. In the columns to the right, indicate your proficiency by marking what you can do easily and well in column 1. You can use column 2 to indicate your goals.

You will determine your proficiency level for each skill. If you have over 80% of the items checked for a particular skill, you have probably achieved the Intermediate Low level for that skill. Each skill should be assessed separately to identify level of proficiency.

Language: _____	(1) I can do this easily and well	(2) This is one of my goals
Listening		
I can understand the main idea and a few details of what I hear in short conversations and oral presentations. <ul style="list-style-type: none"> • I can comprehend the content of short conversations related to my daily life. • I can identify the main idea when listening to an oral presentation on a topic familiar to me. 		
I can identify main ideas and few details in familiar topics presented via TV or streamed video. <ul style="list-style-type: none"> • I can understand a television advertisement about a product with which I am familiar. • I can understand the weather broadcast on television. • I can comprehend short video clips on the Internet about topics of interest to me. 		
I can follow the general plot of some video clips or films in which visuals and action carry much of the storyline. <ul style="list-style-type: none"> • I can comprehend the content of a short YouTube video. • I can comprehend the main idea and a few details from a movie trailer on the Internet. 		
I can understand the main idea and a few details in messages or announcements on familiar topics. <ul style="list-style-type: none"> • I can comprehend announcements of sports scores. • I can comprehend radio announcements of song titles and the recording artists. • I can comprehend clear train/bus stop announcements. • I can comprehend the instructions for preparing a flight before takeoff. 		
I can identify main ideas and a few details in familiar topics presented via media.		

<ul style="list-style-type: none">• I can comprehend most content by an announcer narrating a soccer game.• I can comprehend announcements relating upcoming events.• I can comprehend talk shows on familiar topics.• I can comprehend main ideas in a newscast.		

Self-assessment Checklist for: _____ **Intermediate Mid**
 Person's Name

Use this checklist to record what you think you can do. In the blank rows, you can add to the list. In the columns to the right, indicate your proficiency by marking what you can do easily and well in column 1. You can use column 2 to indicate your goals.

You will determine your proficiency level for each skill. If you have over 80% of the items checked for a particular skill, you have probably achieved the Intermediate Mid level for that skill. Each skill should be assessed separately to identify level of proficiency.

Language: _____	(1) I can do this easily and well	(2) This is one of my goals
Listening		
I can understand the main idea and some details of oral presentations on familiar topics. <ul style="list-style-type: none"> • I can comprehend an introduction and supporting details about recording artists with whom I am familiar. • I can comprehend the main idea and some supporting details of a short lecture. • I can comprehend a short speech. 		
I can understand the main ideas and some ideas of TV and radio programs, films, and computer-generated media on topics of personal interest. <ul style="list-style-type: none"> • I can watch short cartoons and identify the main ideas. • I can listen to a sports commentator and comprehend the events of the game. • I can listen to a call-in radio show and identify the main idea of the caller. 		
I can understand the main idea and some details of a short discussion or interview on a familiar topic. <ul style="list-style-type: none"> • I can comprehend an interview of an individual. • I can comprehend the points of view represented by various individuals. 		
I can follow the main idea and a few details of a conversation, even when the topic changes. <ul style="list-style-type: none"> • I can follow the conversation when there is a change in topic or theme. • I can follow the conversation when several speakers are talking. • I can follow the conversation when individuals talk about events in past, present, and future. 		

Self-assessment Checklist for: _____ **Intermediate High**
 Person's Name

Use this checklist to record what you think you can do. In the blank rows, you can add to the list. In the columns to the right, indicate your proficiency by marking what you can do easily and well in column 1. You can use column 2 to indicate your goals.

You will determine your proficiency level for each skill. If you have over 80% of the items checked for a particular skill, you have probably achieved the Intermediate High level for that skill. Each skill should be assessed separately to identify level of proficiency.

Language: _____	(1) I can do this easily and well	(2) This is one of my goals
Listening		
I can understand factual information about everyday life, study-, or work-related topics. • I can comprehend factual information and supporting details presented in speech, lecture, or presentation (e.g. the state of the environment, the cost of gas, or current music artists).		
I can understand conversations, discussions, and stories on a variety of topics. • I can listen to a story and identify the plot, sequence of events, and supporting details. • I can listen to a conversation and identify the topic and supporting details.		
I can identify main ideas and many details of topics presented on TV, radio, short films, and computer-generated media. • I can comprehend a speaker's intent, cultural perspective, and message with supporting details presented via radio, TV, and podcasts.		
I can follow the plot and details in a feature-length film. • I can distinguish events that occurred in the past and present. • I can comprehend some regional, colloquial, and idiomatic expressions.		