

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
Writing		
I can write my name.		
I can label some familiar things.		
I can label items in a poster or picture.		
I can write the time of day.		
I can write some dates.		
I can copy some words and simple characters that I see on the wall, in a book, on the board, or on the computer.		

Self-assessment Checklist for: _____
 Person's Name

Novice Mid

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
Writing		
I can fill out a simple form with some basic personal information. • I can order or register for something by hand (e.g. complete name, address, phone number, birth date). • I can order or register for something online.		
I can write about myself using learned phrases and memorized expressions. • I can list my likes and dislikes. • I can list my family members. • I can list my free-time activities. • I can list _____.		
I can create a simple schedule or calendar with days and numbers.		
I can create lists that help me in my day-to-day life.		
I can write a shopping list. • I can write a to-do list. • I can write a _____ list.		

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
Writing		
I can write phrases and simple sentences to describe aspects of my everyday life. <ul style="list-style-type: none"> • I can write about my family and friends. • I can write about school. • I can write about myself. • I can write about _____. 		
I can write short notes. <ul style="list-style-type: none"> • I can write postcards. • I can write messages (e.g. text messages, notes). • I can jot down short notes (e.g. phone numbers, times, movies). 		
I can write simple requests to obtain information or things that I need or want. <ul style="list-style-type: none"> • I can write a short email asking for information. • I can handwrite a short note asking for information. 		
I can write simple sentences about cultural features based on pictures or photos.		

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
Writing		
I can use a series of sentences to describe people, things, and events. • I can describe people in a series of sentences. • I can describe things in a series of sentences. • I can describe events in a series of sentences. • I can describe _____ in a series of sentences.		
I can express my opinion in writing on familiar topics.		
I can express my opinion about friends, family, and school (e.g. cell phones in school). • I can express my opinion about a cultural topic (e.g. Japanese comics) • I can express my opinion about _____.		
I can compare things in a series of sentences. • I can compare places. • I can compare people. • I can compare events. • I can compare _____.		
I can write questions to obtain and clarify information. • I can ask questions in a letter or email about other people (e.g. Where do you live? What do you like to do?). • I can ask questions about events (e.g. What do you do during a holiday?). • I can ask questions about places (e.g. Can you recommend a good place to eat dinner?). • I can ask questions about _____.		

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
Writing		
I can write a series of sentences about familiar topics. <ul style="list-style-type: none"> • I can write a short report. • I can write a letter. • I can write an email. • I can write a _____. 		
I can express my opinion and give reasons to support it.		
I can describe, tell about, and explain with some detail things that I know about or have experienced and how I feel about it. <ul style="list-style-type: none"> • I can tell and retell simple stories in written form. • I can write about a childhood experience and how I felt about it. • I can write about a job and how I felt about it. • I can provide some details when writing about personal preferences and experiences. • I can describe a meaningful experience. 		

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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
Writing		
I can describe, narrate, and explain my personal experiences, everyday events, and topics of general interest in paragraph form.		
I can justify my opinions by expressing my thoughts with supporting details.		
I can write about present, past, and future events. <ul style="list-style-type: none"> • I can write a series of paragraphs. • I can write memos. • I can write business letters. • I can write summaries. • I can write compositions. • I can write reports. 		