



SELF-ASSESSMENT  
LISTS

EUROPEAN LANGUAGE  
PORTFOLIO



# SELF-ASSESSMENT LISTS

The self-assessment lists are part of the European Language Portfolio (ELP). They are a self-assessment tool for the language student. Using this tool, the user can assess his or her current language skill levels autonomously, see his/her progress and fill the relevant section of the Language Passport. The language skills are defined in the self-assessment lists in accordance with the levels of proficiency that are presented in the Common European Framework of Reference for Languages: learning, teaching and assessment (2001: 26–27); and in the Finnish translation (EVK 2003: 50–51). These levels are as follows:

**LEVEL A: Basic user**

**A1: Breakthrough LEVEL**

**A2: Waystage LEVEL**

**LEVEL B: Independent user**

**B1: Threshold LEVEL**

**B2: Vantage LEVEL**

**LEVEL C: Proficient user**

**C1: Effective proficiency LEVEL**

The Self-assessment Grid by the Council of Europe is given in your Language Passport. It is also available on the Council of Europe's ELP website ([// www.coe.int/portfolio](http://www.coe.int/portfolio)), in 31 languages.

For each level of proficiency there are a number of illustrative examples of the situations and tasks that you need to be able to deal with in order to achieve that particular level. In addition there are three alternatives for each levels: 'I need a great deal of help', 'I need a little help' and 'I can do independently'. By marking the date and a cross for the alternative that you think describes you best, you can trace the development of your skills in that particular area of your language proficiency over time.

*Proficient language user*

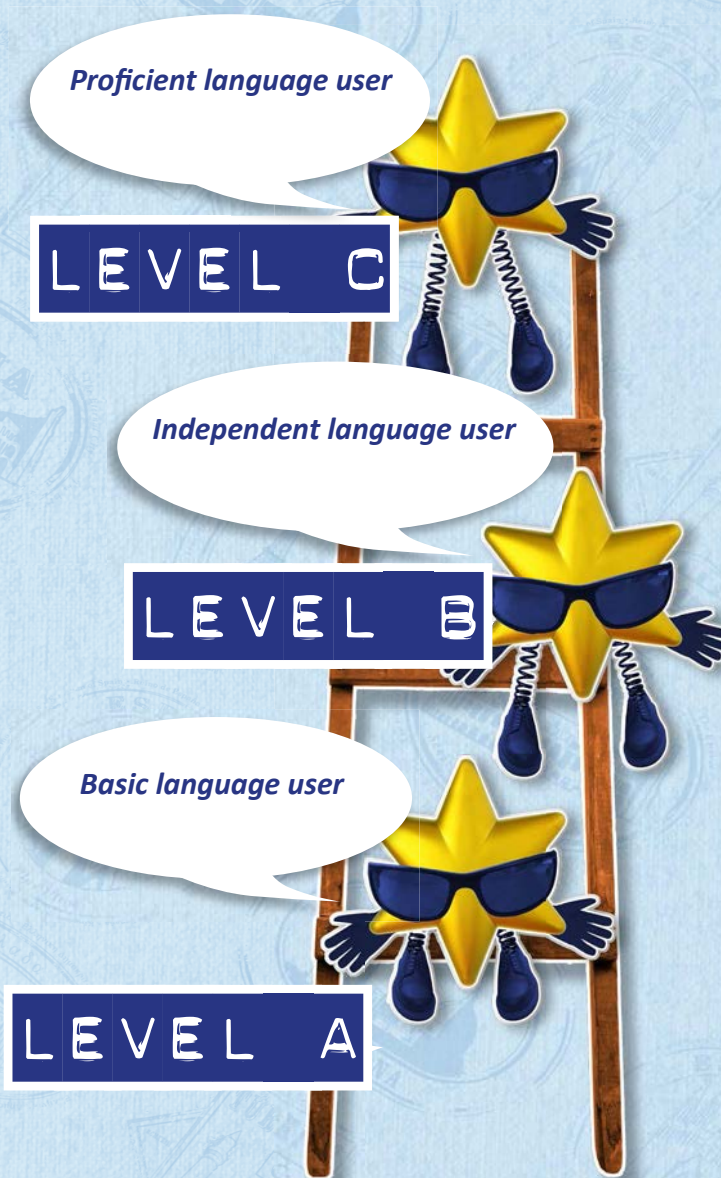
**LEVEL C**

*Independent language user*

**LEVEL B**

*Basic language user*

**LEVEL A**





## Listening

Always mark the date when you assess that your skills have progressed to the next, more independent level of proficiency (e.g. in Item 1, "three crosses" achieved on 03/11/2012).

\* = I need a great deal of help  
 \*\* = I need a little help  
 \*\*\* = I can do independently

LEVEL A1		Date
1.	I understand simple greetings.	***
2.	I understand simple phrases (e.g. when someone asks how I am or what I would like to have, or someone apologises).	***
3.	I understand simple commands and requests.	***
4.	I understand single words and phrases in songs that I listen to on the radio, TV, CDs, on the internet etc.	***
5.	I understand single words and phrases in media such as films and computer games.	***
6.	I understand numbers, prices and expressions of time.	***
7.	I understand the main idea when somebody talks about familiar subjects very slowly, pronouncing clearly and repeating if necessary.	***
8.	I understand simple questions that are articulated carefully and slowly about familiar subjects such as me, my family, my hobbies and my school.	***
9.	I can follow a simple conversation in customer service situations (e.g. in shops or post offices).	***
10.	I can follow simple conversations about familiar topics when people speak slowly, clearly and repeat if necessary.	***
11.	I understand simple directions (e.g. how to get from one place to another on foot or by public transport).	***
12.		***
13.		***
14.		***

LEVEL A2		Date
1.	I understand words and phrases related to familiar topics, e.g. family, free time, travelling, study or health.	***
2.	I understand simple everyday conversational speech directed to me if people talk slowly and clearly and repeat if necessary.	***
3.	I understand the main points in short, simple and clear messages and announcements (e.g. at the railway station or the airport).	***
4.	I understand questions, commands and statements related to subjects studied at school.	***
5.	I understand the main points when people talk about topics that interest me.	***
6.	I understand what is important in a slow and clearly recorded speech with familiar and everyday content.	***
7.	I understand some phrases in the songs that I hear.	***
8.	I notice the change of topic in news broadcasts.	***
9.	I distinguish the most important events in video clips, TV reports and films when the oral language is supported by pictures.	***



# Listening

## LEVEL A2

Date

10.	I understand simple questions, statements and commands in conversations with the support of the context.	☆☆☆☆	
11.	I understand common verbal interactions (e.g. in a shop, post office or at a travel agency).	☆☆☆☆	
12.		☆☆☆☆	
13.		☆☆☆☆	
14.		☆☆☆☆	

## LEVEL B1

Date

1.	I understand main points in clearly articulated speech related to familiar topics (e.g. school, free time, work)	☆☆☆☆	
2.	I understand the main content in everyday discussion around me if speech is clearly articulated standard language.	☆☆☆☆	
3.	I can follow conversation based on general knowledge.	☆☆☆☆	
4.	I understand clear telephone messages.	☆☆☆☆	
5.	I understand short narratives so that I can anticipate what will happen next.	☆☆☆☆	
6.	I understand the main content in ordinary speech in the media if the speech is relatively slow and carefully articulated.	☆☆☆☆	
7.	I understand what is important in video clips and in TV and radio news.	☆☆☆☆	
8.	I can understand the most important details in speech with themes that regularly come up at school, work or in free time.	☆☆☆☆	
9.	I understand what is said in extended formal and informal discussion around me.	☆☆☆☆	
10.	I can follow simple spoken security instructions.	☆☆☆☆	
11.		☆☆☆☆	
12.		☆☆☆☆	
13.		☆☆☆☆	



# Listening

## LEVEL B2

Date

1.	I understand in detail what is said to me in standard spoken language at a normal tempo.	☆☆☆	
2.	I understand a lecture or other spoken language if the subject matter is familiar and the presentation is straightforward and clearly structured.	☆☆☆	
3.	I understand most documentary programmes on the radio or the internet if the language is in standard spoken form.	☆☆☆	
4.	I can draw conclusions about a speaker's attitudes and how he or she relates to the subject matter.	☆☆☆	
5.	I understand TV programmes that use standard language (e.g. documentaries, talk shows, plays and most films).	☆☆☆	
6.		☆☆☆	
7.		☆☆☆	
8.		☆☆☆	

## LEVEL C1

Date

1.	I understand extended speech in standard language even when it is not clearly structured.	☆☆☆	
2.	I understand idioms and phrases typical of spoken language (e.g. slang).	☆☆☆	
3.	I understand variation in style and shades of meanings in speech.	☆☆☆	
4.	I understand important details in public announcements even when the quality of sound is poor.	☆☆☆	
5.	I understand complex technical information (e.g. operating instructions for products and services and specifications of products).	☆☆☆	
6.	I understand lectures, talks and reports in my field of academic interest even when they contain complicated subject matter and complex language.	☆☆☆	
7.	I easily understand films that contain slang and idiomatic expressions.	☆☆☆	
8.		☆☆☆	
9.		☆☆☆	
10.		☆☆☆	



## Reading

Always mark the date when you assess that your skills have progressed to the next, more independent level of proficiency (e.g. in Item 1, "three crosses" achieved on 03/11/2012).

\* = I need a great deal of help  
 \*\* = I need a little help  
 \*\*\* = I can do independently

LEVEL A1			Date
1.	I can match single words with pictures.	***	
2.	I can find out the meaning of a word using different reference tools (e.g., a dictionary or a textbook vocabulary).	***	
3.	I can judge the meaning of an unfamiliar word in a familiar context.	***	
4.	I can read slowly, word for word, but I have to reread the text to understand what I am reading.	***	
5.	I can understand simple information about people (e.g. name, age, where they live) on the basis of a written text (e.g., a web page, newspaper announcements).	***	
6.	I can identify important information in an announcement (e.g., when and where a film is shown).	***	
7.	I understand the main contents of a simple form (e.g., a hotel registration).	***	
8.	I understand common signs and notices (e.g., regulatory signs, road signs, names of buildings).	***	
9.	I understand short comic strip texts with some guessing.	***	
10.	I understand the main points in simple lyrics of songs I listen to.	***	
11.	I understand some words in computer games.	***	
12.	I understand simple short directions accompanied by a picture, illustration or diagram.	***	
13.	I understand common short messages (e.g., a post card, birthday greeting, a short text message).	***	
14.		***	
15.		***	
16.		***	

LEVEL A2			Date
1.	I can identify important information in news bulletins or newspaper articles if the sources are clearly structured, and include names and numbers.	***	
2.	I understand simple personal letters.	***	
3.	I understand important information in relatively short texts (e.g. advertisements, hobby leaflets and web pages).	***	
4.	I can skim small advertisements to find personally important information.	***	
5.	I understand messages (e.g., e-mails, chats, online forums, status updates, letters) from my friends or people interested in the same subjects as I am.	***	
6.	I understand simple user's instructions.	***	
7.	I understand common commands and instructions in computer games.	***	



# Reading

## LEVEL A2

Date

8.	I understand simple short narratives about everyday or familiar events.	☆☆☆☆	
9.	I understand the main idea of simple poems or narratives.	☆☆☆☆	
10.	I can compare single pieces of information and can draw simple conclusions based on the context.	☆☆☆☆	
11.	I can understand the main points and some details in texts of several paragraphs which deal with everyday but somewhat complex information (e.g. menus, time tables, and letters).	☆☆☆☆	
12.	I can find information I need in a manual, instructions leaflet or on a website.	☆☆☆☆	
13.	I can understand and follow short instructions on subject matters familiar to me (e.g. travelling, a recipe).	☆☆☆☆	
14.	With the help of a dictionary, I can understand some details in a text of several paragraphs.	☆☆☆☆	
15.	I can conclude the meaning of unfamiliar words with the help of context or using my knowledge of similar words in other languages I know.	☆☆☆☆	
16.		☆☆☆☆	
17.		☆☆☆☆	
18.		☆☆☆☆	

## LEVEL B1

Date

1.	I can understand the main points in everyday short texts that are of interest for me.	☆☆☆☆	
2.	I understand the contents of private letters well enough to be able to correspond regularly with a pen pal.	☆☆☆☆	
3.	I understand the plot and main events of a clearly structured story.	☆☆☆☆	
4.	I understand clearly written sports reports and interviews.	☆☆☆☆	
5.	I understand simple messages and more formal letters (e.g. from businesses and authorities).	☆☆☆☆	
6.	I can find the information I need in manuals, instruction guides or on the internet.	☆☆☆☆	
7.	I can understand the main content of texts that are a few pages long on a variety of familiar subjects such as tables, course programmes, and cookbooks.	☆☆☆☆	
8.	I can follow the main idea, key words and important details in a text that is a couple of pages long and deals with a familiar subject.	☆☆☆☆	
9.	I can read books and short stories written for my age group.	☆☆☆☆	
10.		☆☆☆☆	
11.		☆☆☆☆	
12.		☆☆☆☆	



# Reading

## LEVEL B2

Date

1.	I can rapidly grasp the main content of news, articles and reports on topics connected with my interests, and decide what is important in them and if closer reading is necessary.	☆☆☆	
2.	I can understand specialised articles outside my own field of interest with the help of a dictionary.	☆☆☆	
3.	I can understand the main content in different reviews (e.g. of films and books) without a dictionary.	☆☆☆	
4.	I can understand the motives for the characters' actions and their consequences in a narrative or play.	☆☆☆	
5.	I can understand messages and letters on topics within my areas of academic or professional speciality or interest and can identify what is important in them.	☆☆☆	
6.	I can quickly pick out the relevant information for a specific problem from manuals or instruction booklets.	☆☆☆	
7.	I understand the content of fairly demanding texts (short stories, somewhat easy fiction and well-structured articles in magazines) that are several pages long.	☆☆☆	
8.		☆☆☆	
9.		☆☆☆	
10.		☆☆☆	

## LEVEL C1

Date

1.	I understand long and demanding texts and can summarise their contents.	☆☆☆	
2.	I can read complex articles and reports where opinions and viewpoints are discussed.	☆☆☆	
3.	I understand information and opinions from specialised texts in my own field if the subject matter is familiar to me.	☆☆☆	
4.	I understand long and complex directions and instructions even if these are not related to my field of interest.	☆☆☆	
5.	I understand all types of messages and correspondence with the help of the dictionary.	☆☆☆	
6.	I can read contemporary literary texts with ease.	☆☆☆	
7.	I can go beyond the concrete plot of a narrative and grasp implicit meanings, ideas and connections.	☆☆☆	
8.	I can understand the social, political or historical backgrounds of a literary work in the textual context.	☆☆☆	
9.		☆☆☆	
10.		☆☆☆	
11.		☆☆☆	



## Spoken interaction

Always mark the date when you assess that your skills have progressed to the next, more independent level of proficiency (e.g. in Item 1, "three crosses" achieved on 03/11/2012).

\* = I need a great deal of help  
 \*\* = I need a little help  
 \*\*\* = I can do independently

LEVEL A1			Date
1.	I can use basic greetings and farewells.	***	
2.	I can ask for something and give something in a polite manner as is customary in the target culture.	***	
3.	I can ask people questions about some basic things (e.g. where they live, their age, their address and their language skills).	***	
4.	I can ask simple questions (what, where, who, when).	***	
5.	I can answer and respond to questions in a short conversation.	***	
6.	I can ask my partner to repeat what he or she just said.	***	
7.	I can handle short customer service situations with the help of phrases learned by heart.	***	
8.	I can hold a very brief and simple conversation on topics that are important for me.	***	
9.	I often need help from my partner.	***	
10.	I can make use of gestures if I can't find the right words (e.g. when making simple purchases).	***	
11.		***	
12.		***	
13.		***	

LEVEL A2			Date
1.	I can make purchases by saying what I want and asking the price.	***	
2.	I can use public transport and ask for basic information about timetables.	***	
3.	I can ask for something to eat or drink.	***	
4.	I can make and accept apologies.	***	
5.	I can make and respond to invitations.	***	
6.	I can express my opinion (e.g. about the music I hear, the book I've read) in simple words.	***	
7.	I can make simple transactions in shops, post offices or banks.	***	
8.	I can ask for and give directions referring to a map.	***	
9.	I can ask for basic information about travel.	***	
10.	I can ask for advice or how people are and react to news.	***	
11.	I can ask people about what they do at work or in free time and answer such questions addressed to me.	***	



## Spoken interaction

### LEVEL A2

Date

12.	I can have a simple conversation about my health.	☆☆☆	
13.	I can discuss and make social plans with others.	☆☆☆	
14.	I can take part in conversations about subjects of my own field or importance to me.	☆☆☆	
15.	I can start and end a conversation.	☆☆☆	
16.		☆☆☆	
17.		☆☆☆	
18.		☆☆☆	

### LEVEL B1

Date

1.	I can start, maintain and close simple face-to-face conversations on topics that are familiar or of personal interest to me.	☆☆☆	
2.	I can deal with situations that arise when making travel arrangements through an agent or while travelling.	☆☆☆	
3.	I can express and respond to feelings such as happiness, sadness, interest or indifference.	☆☆☆	
4.	I can enter unprepared into conversations about familiar topics.	☆☆☆	
5.	I can agree and disagree politely.	☆☆☆	
6.	I can seek and give personal views in a conversation with friends.	☆☆☆	
7.		☆☆☆	
8.		☆☆☆	
9.		☆☆☆	

### LEVEL B2

Date

1.	I can start, maintain and close a face-to-face conversation with ease.	☆☆☆	
2.	I can talk naturally and in detail about my studies or interests.	☆☆☆	
3.	I can give reasons and defend my opinions in a conversation.	☆☆☆	
4.	I can carry out an interview and ask clarifying questions.	☆☆☆	
5.	I can present and give reasons for my arguments in a debate.	☆☆☆	
6.	I can take an active role in a conversation with a native speaker.	☆☆☆	
7.	I can respond to other people's comments, put forward my point of view clearly, evaluate proposals and make hypotheses.	☆☆☆	



## Spoken interaction

### LEVEL B2

Date

8.	I can keep a conversation going by showing understanding and inviting others to participate.	★★★★	
9.	I can take an active role in most practical and social situations, and in fairly formal discussions.	★★★★	
10.		★★★★	
11.		★★★★	
12.		★★★★	

### LEVEL C1

Date

1.	I can express my ideas and opinions clearly, and present and respond to complex lines of reasoning in a convincing way.	★★★★	
2.	I can handle formal situations in which complex and abstract ideas are discussed (e.g. debates).	★★★★	
3.	I can lead a routine meeting or small group work.	★★★★	
4.	I can participate in informal conversations.	★★★★	
5.		★★★★	
6.		★★★★	
7.		★★★★	



## Spoken production

Always mark the date when you assess that your skills have progressed to the next, more independent level of proficiency (e.g. in Item 1, "three crosses" achieved on 03/11/2012).

\* = I need a great deal of help  
 \*\* = I need a little help  
 \*\*\* = I can do independently

LEVEL A1		Date
1.	I can introduce myself and somebody else.	***
2.	I can express quantities, costs and times.	***
3.	I can describe basic information about myself (e.g. home town, age, address, language skills)	***
4.	I can ask about a person's latest news and how he or she is.	***
5.	I can briefly tell personal things about myself (e.g. friends, school, hobbies).	***
6.	I can indicate time (e.g. by such expressions as next week, last Friday).	***
7.	I can point or use other gestures if I can't remember the words I need.	***
8.	I can express my opinion in a very simple manner.	***
9.	I can manage simple purchasing situations.	***
10.	I can ask when a bus arrives or leaves.	***
11.		***
12.		***
13.		***

LEVEL A2		Date
1.	I can describe myself, my family and other people using a few sentences.	***
2.	I can briefly describe where I live.	***
3.	I can tell about experiences in school with simple sentences.	***
4.	I can describe a variety of everyday events in a simple way.	***
5.	I can describe my hobbies and the things I am interested in a simple way.	***
6.	I can describe what has happened and what I have experienced (e.g. during the weekend or on holidays).	***
7.	I can say what I like and dislike.	***
8.	I can manage simple social and service situations.	***
9.	I can describe my state of health in a few simple sentences.	***



## Spoken production

### LEVEL A2

Date

10.	I can use usual, everyday vocabulary and some idiomatic expressions fairly well.	★★★★	
11.		★★★★	
12.		★★★★	
13.		★★★★	

### LEVEL B1

Date

1.	I can describe my plans, intentions and action.	★★★★	
2.	I can tell about familiar things in detail.	★★★★	
3.	I can tell a story that I have heard, read or come up with	★★★★	
4.	I can make my opinions and reactions understood regarding solutions to problems or practical questions of where to go and what to do.	★★★★	
5.	I can give detailed and fairly fluent accounts of experiences and events.	★★★★	
6.	I can use a fairly wide vocabulary and common expressions.	★★★★	
7.	I can describe dreams, hopes and ambitions.	★★★★	
8.	I can communicate about the subjects that are important to me in somewhat demanding situations.	★★★★	
9.	I can carry on an understandable, somewhat long conversation with some pauses.	★★★★	
10.	I can talk about and compare common concrete topics using descriptive, analytical language.	★★★★	
11.		★★★★	
12.		★★★★	
13.		★★★★	

### LEVEL B2

Date

1.	I can give clear, detailed descriptions of subjects that interest me.	★★★★	
2.	I can summarise the plot or a sequence of events in an excerpt of a play or film.	★★★★	
3.	I can speculate about the causes or consequences of events.	★★★★	
4.	I can retell important details accurately from information I have received.	★★★★	
5.	I can summarise excerpts of news items, events or documentaries.	★★★★	
6.	I can give an oral summary of a variety of subjects and comment on different viewpoints.	★★★★	



## Spoken production

### LEVEL B2

Date

7.	I can explain my viewpoint on a topical issue giving the advantages and disadvantages of various options.	☆☆☆	
8.	I can describe various emotions and tell what events and experiences mean to me.	☆☆☆	
9.		☆☆☆	
10.		☆☆☆	
11.		☆☆☆	

### LEVEL C1

Date

1.	I can give clear, detailed descriptions of complex subjects.	☆☆☆	
2.	I can orally summarise long and demanding texts.	☆☆☆	
3.	I can tell about things in detail, combine different points of view, emphasise details and end my turn in a natural way.	☆☆☆	
4.		☆☆☆	
5.		☆☆☆	
6.		☆☆☆	



## Writing

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\* = I need a great deal of help  
 \*\* = I need a little help  
 \*\*\* = I can do independently

LEVEL A1			Date
1.	I can write the numbers in letters as well as some of the most common proper nouns and words.	***	
2.	I can copy the words and expressions that I have seen.	***	
3.	I can write familiar, common words and expressions.	***	
4.	I can write down basic information about myself (e.g. age, address and home country).	***	
5.	I can write a simple message from dictations.	***	
6.	I can write a short message (e.g. a greeting card, holiday greetings or a note).	***	
7.	I can write briefly about myself, my family and my hobbies.	***	
8.	I can write words or very short expressions in the balloons in comic strips.	***	
9.	I can write words and expressions on websites or computer games.	***	
10.	I can write short questions.	***	
11.	I can answer questions concerning me or my family in a few short sentences.	***	
12.		***	
13.		***	
14.		***	

LEVEL A2			Date
1.	I can write about myself (e.g. family, school, hobbies).	***	
2.	I can explain in writing where I live and who I know.	***	
3.	I can write a short letter and begin and end it in a polite way.	***	
4.	I can write about what I have done and what has happened recently.	***	
5.	I can write a short letter or e-mail (e.g. inviting or thanking somebody).	***	
6.	I can write about my own and my family's plans (e.g. holiday plans).	***	
7.	I can briefly describe a real or imaginative event.	***	
8.	I can write down a simple telephone message.	***	
9.	I can fill in basic information in forms (e.g. personal data).	***	
10.	I can write short texts about things I like to do or subjects that I'm interested in.	***	



# Writing

## LEVEL A2

Date

11.	I can write simple poems.	★★★★	
12.	I can write short dialogues.	★★★★	
13.		★★★★	
14.		★★★★	
15.		★★★★	

## LEVEL B1

Date

1.	I can write on topics which are familiar to me or which interest me personally in a simple and clearly structured way.	★★★★	
2.	I can express my personal views and opinions in a simple written text.	★★★★	
3.	I can write a short simple text about an event (e.g. about a trip for a school newspaper or to a pen pal).	★★★★	
4.	I can write personal letters to friends and acquaintances.	★★★★	
5.	I can give news and narrate events in a written text.	★★★★	
6.	I can express feelings such as happiness, grief and sympathy in a letter or a note.	★★★★	
7.	I can describe a book or a film in a personal letter.	★★★★	
8.	I can write an organised text on a topic, highlighting the points that I consider important.	★★★★	
9.	I can reply in written form to advertisements (e.g. concerning a summer job, or contacting somebody to buy something).	★★★★	
10.		★★★★	
11.		★★★★	
12.		★★★★	

## LEVEL B2

Date

1.	I can write clear and detailed texts on topics that are of interest to me (compositions, stories and summaries).	★★★★	
2.	I can discuss or debate a topic in a composition and explain the advantages and disadvantages of different alternatives.	★★★★	
3.	I can write summaries of articles on topics of general interest.	★★★★	
4.	I can write texts for which I have searched information from different sources.	★★★★	
5.	I can organise my writing and present my point of view clearly and in detail.	★★★★	
6.	I can write long and easily comprehensible stories.	★★★★	



# Writing

## LEVEL B2

Date

7.	I can write about events and real or fictional experiences in a fluent and multifaceted way.	★★★★	
8.	I can write a short review of a film or a book.	★★★★	
9.	I can express feelings and attitudes and tell about topics of interest to me in a personal letter.	★★★★	
10.	I can write a letter to the editor making a statement in favour of or against a point of view.	★★★★	
11.	I can write a job application.	★★★★	
12.	I can write an account or a short memo (e.g. of a class or a sports club meeting).	★★★★	
13.		★★★★	
14.		★★★★	
15.		★★★★	

## LEVEL C1

Date

1.	I can write a composition or an article on a demanding topic.	★★★★	
2.	I can take a stand on cultural events in a text.	★★★★	
3.	I can take a stand on a plan or a topical question, arguing it clearly and justifying my opinion.	★★★★	
4.	I can write a summary of a document or a piece of literature.	★★★★	
5.	I can widely discuss the topic that I have studied in a report or an essay.	★★★★	
6.	I can write well-organised formal letters (e.g. applications, complaints, offers).	★★★★	
7.	I can express myself in a consciously ironic, ambiguous or humorous way in a written text.	★★★★	
8.		★★★★	
9.		★★★★	
10.		★★★★	