

## Straightforward Upper Intermediate CEF Checklists

Choose from 0–5 for each statement to express how well you can carry out the following skills practised in *Straightforward Upper Intermediate*.

0 = I can't do this at all.

1 = I can do this with a lot of help from my teacher.

2 = I can do this a little.

3 = I can do this fairly well.

4 = I can do this really well.

5 = I can do this almost perfectly.

### Unit 1

#### Listening

• I can understand details in an informal conversation between workmates. (1B, p8)	0 1 2 3 4 5
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• I can understand different speakers talking about the same topic. (1D, p12)	0 1 2 3 4 5
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#### Reading

• I can understand the main ideas in an article. (1A, p6)	0 1 2 3 4 5
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• I can understand the content and significance of an article. (1C, p10)	0 1 2 3 4 5
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#### Spoken interaction

• I can say <i>no</i> politely and appropriately. (1B, p9)	0 1 2 3 4 5
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• I can discuss a topical issue. (1B, p9)	0 1 2 3 4 5
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#### Spoken production

• I can describe a person's personality from their handwriting. (1C, p10)	0 1 2 3 4 5
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• I can describe a plan of action for obtaining an autograph. (1C, p11)	0 1 2 3 4 5
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• I can talk about collectors and their collections. (1D, p12)	0 1 2 3 4 5
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• I can use stress for emphasis. (1D, p13)	0 1 2 3 4 5
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• I can talk about markets for collectors in my country. (1D, p13)	0 1 2 3 4 5
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#### Language quality

• I can identify the main verb forms in English. (1A, p7)	0 1 2 3 4 5
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• I can ask questions with the correct form of the auxiliary verb. (1B, p8)	0 1 2 3 4 5
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• I can choose appropriate time adverbials when writing a text. (1C, p11)	0 1 2 3 4 5
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#### Writing

• I can write a CV. (p126)	0 1 2 3 4 5
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• I can use capital letters, useful phrases and correct spelling when applying for a job. (Workbook, p78)	0 1 2 3 4 5
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### Unit 2

#### Listening

• I can understand views for and against a subject in a debate. (2B, p18)	0 1 2 3 4 5
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• I can understand someone's opinions. (2B, p18)	0 1 2 3 4 5
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• I can understand a radio interview. (2D, p22)	0 1 2 3 4 5
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#### Reading

• I can find a series of linked points in an article. (2A, p17)	0 1 2 3 4 5
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• I can compare and contrast different texts. (2C, p20)	0 1 2 3 4 5
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#### Spoken interaction

• I can discuss controversial topics. (2B, p19)	0 1 2 3 4 5
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• I can discuss owners and their pets. (2C, p20)	0 1 2 3 4 5
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• I can discuss a subject in detail. (2B, p23)	0 1 2 3 4 5
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#### Spoken production

• I can talk about people who annoy me. (2A, p16)	0 1 2 3 4 5
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• I can react to controversial statements. (2B, p19)	0 1 2 3 4 5
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• I can compare photographs. (2D, p23)	0 1 2 3 4 5
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#### Language quality

• I can distinguish between similar words. (2A, p16)	0 1 2 3 4 5
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• I can use <i>will/won't</i> + infinitive to talk about predictable behaviour. (2A, p16)	0 1 2 3 4 5
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• I can use <i>keep</i> + verb + <i>-ing</i> to talk about repeated behaviour. (2A, p16)	0 1 2 3 4 5
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• I can use verb idioms and functional language to express opinions. (2B, p19)	0 1 2 3 4 5
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• I can use the past simple, <i>used to</i> + infinitive and <i>would</i> + infinitive to talk about past habits. (2C, p21)	0 1 2 3 4 5
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• I can use <i>be/get</i> + <i>used to</i> to talk about situations that are familiar to me. (2D, p22)	0 1 2 3 4 5
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#### Writing

• I can write a covering letter. (Workbook, p79)	0	1	2	3	4	5
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<b>Unit 3</b>						
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<b>Listening</b>						
• I can summarize conversations I have listened to. (3B, p28)	0	1	2	3	4	5
• I can understand key words in an interview. (3D, p32)	0	1	2	3	4	5
<b>Reading</b>						
• I can quickly understand concepts in an article. (3A, p26)	0	1	2	3	4	5
• I can identify different opinions in an article. (3C, p30)	0	1	2	3	4	5
<b>Spoken interaction</b>						
• I can discuss a hypothetical situation. (3A, p26)	0	1	2	3	4	5
• I can carry out a survey. (3B, p28)	0	1	2	3	4	5
• I can talk about my tastes in fashion. (3B, p29)	0	1	2	3	4	5
• I can discuss changes that have occurred over time. (3C, p31)	0	1	2	3	4	5
<b>Spoken production</b>						
• I can use compound adjectives to describe people and objects. (3A, p26)	0	1	2	3	4	5
• I can compare, contrast and rank different characteristics. (3D, p33)	0	1	2	3	4	5
<b>Language quality</b>						
• I can use defining relative clauses to identify people or things. (3B, p29)	0	1	2	3	4	5
• I can use non-defining relative clauses to give additional information about people or things. (3B, p29)	0	1	2	3	4	5
• I can use participle clauses to express causes, results and reasons. (3C, p31)	0	1	2	3	4	5
<b>Writing</b>						
• I can use linking expressions to add extra information. (3D, p32)	0	1	2	3	4	5
• I can write a composition. (p128)	0	1	2	3	4	5
• I can use paragraphing, topic sentences and useful phrases. (Workbook, p80)	0	1	2	3	4	5

<b>Unit 4</b>						
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<b>Listening</b>						
• I can identify different opinions in a conversation. (4B, p38)	0	1	2	3	4	5
• I can make notes while listening to a recording. (4D, p42)	0	1	2	3	4	5
<b>Reading</b>						
• I can understand the progression of a text. (4A, p36)	0	1	2	3	4	5
• I can understand details in a text about a historical subject. (4C, p40)	0	1	2	3	4	5
<b>Spoken interaction</b>						
• I can discuss fears and phobias. (4A, p36)	0	1	2	3	4	5
• I can respond sympathetically to someone's problems. (4A, p37)	0	1	2	3	4	5
• I can discuss a hypothetical situation. (4B, p38)	0	1	2	3	4	5
• I can compare cultural differences between countries. (4B, p39)	0	1	2	3	4	5
<b>Spoken production</b>						
• I can describe a picture. (4D, p43)	0	1	2	3	4	5
• I can tell a story. (4D, p43)	0	1	2	3	4	5
<b>Language quality</b>						
• I can use linkers to give a reason for doing something. (4A, p37)	0	1	2	3	4	5
• I can use the present perfect to talk about actions and states that started in the past and continue in the present. (4B, p39)	0	1	2	3	4	5
• I can use the past simple to talk about finished actions and actions when the time is stated. (4B, p39)	0	1	2	3	4	5
• I can use the present perfect continuous to emphasize an action, or duration of an action. (4D, p42)	0	1	2	3	4	5
<b>Writing</b>						
• I can write a composition. (Workbook, p81)	0	1	2	3	4	5

<b>Unit 5</b>						
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<b>Listening</b>						
• I can understand details in an interview. (5B, p48)	0	1	2	3	4	5
• I can understand the sequence of events in a profile of a famous person. (5D, p52)	0	1	2	3	4	5
<b>Reading</b>						

• I can understand a sequence of events in a text. (5A, p46)	0 1 2 3 4 5
• I can understand progression in a text. (5C, p50)	0 1 2 3 4 5
• I can find evidence in a text to back up my opinions. (5C, p51)	0 1 2 3 4 5
<b>Spoken interaction</b>	
• I can discuss questions relating to art. (5A, p46)	0 1 2 3 4 5
• I can discuss literary prizes and contemporary writers. (5D, p53)	0 1 2 3 4 5
<b>Spoken production</b>	
• I can talk about how much I think an object is worth. (5B, p49)	0 1 2 3 4 5
• I can compare and contrast three pieces of art. (5B, p49)	0 1 2 3 4 5
• I can talk about my reading habits. (5D, p52)	0 1 2 3 4 5
• I can give a small presentation about something I have read. (5D, p53)	0 1 2 3 4 5
<b>Language quality</b>	
• I can use different narrative tenses to tell an anecdote. (5A, p47)	0 1 2 3 4 5
• I can use the past perfect continuous to talk about actions that were in progress before or up to a certain point in the past. (5C, p51)	0 1 2 3 4 5
• I can use phrasal verbs to sound more natural. (5D, p43)	0 1 2 3 4 5
<b>Writing</b>	
• I can write a review. (p130)	0 1 2 3 4 5
• I can use dependent prepositions, useful phrases and present simple for narrative tenses. (Workbook, p82)	0 1 2 3 4 5

<b>Unit 6</b>	
<b>Listening</b>	
• I can identify different opinions in a radio programme. (6B, p58)	0 1 2 3 4 5
• I can understand two people talking about a problem. (6D, p62)	0 1 2 3 4 5
<b>Reading</b>	
• I can identify the sequence of events in a text. (6A, p56)	0 1 2 3 4 5
• I can understand the content and significance of texts. (6C, p60)	0 1 2 3 4 5
<b>Spoken interaction</b>	
• I can talk about prejudices. (6D, p62)	0 1 2 3 4 5
• I can ask for and give clarification. (6D, p63)	0 1 2 3 4 5
• I can participate in a one-to-one meeting with someone. (6D, p63)	0 1 2 3 4 5
<b>Spoken production</b>	
• I can paraphrase stories. (6A, p56)	0 1 2 3 4 5
• I can talk about voting and general elections in my country. (6B, p58)	0 1 2 3 4 5
<b>Language quality</b>	
• I can use conditional sentences to describe a real or imaginary situation and its probable consequences or results. (6A, p57)	0 1 2 3 4 5
• I can use <i>wish</i> (+ <i>that</i> ) or <i>if only</i> to express regret. (6B, p59)	0 1 2 3 4 5
• I can use <i>should/shouldn't have</i> + past participle to make criticisms of past actions. (6C, p60)	0 1 2 3 4 5
<b>Writing</b>	
• I can write a review of a TV series. (Workbook, p83)	0 1 2 3 4 5

<b>Unit 7</b>	
<b>Listening</b>	
• I can understand general points in a conversation. (7B, p68)	0 1 2 3 4 5
• I can understand details in a radio programme. (7D, p72)	0 1 2 3 4 5
<b>Reading</b>	
• I can understand the organization of a text. (7A, p66)	0 1 2 3 4 5
• I can understand the main ideas in a text. (7B, p70)	0 1 2 3 4 5
<b>Spoken interaction</b>	
• I can talk about environmental topics. (7A, p66)	0 1 2 3 4 5
• I can try to persuade someone to make small changes to their lifestyle. (7A, p66)	0 1 2 3 4 5
• I can evaluate different products. (7B, p69)	0 1 2 3 4 5
• I can give verbal support and guidance. (7C, p71)	0 1 2 3 4 5
<b>Spoken production</b>	
• I can talk about different lifestyles. (7B, p73)	0 1 2 3 4 5
<b>Language quality</b>	

• I can choose the best verb form to talk about future plans, arrangements and decisions. (7B, p68)	0 1 2 3 4 5
• I can use the future continuous to talk about an action that will be in progress at a point of time in the future. (7C, p71)	0 1 2 3 4 5
• I can use the future perfect to talk about an action that will be completed before a point of time in the future. (7C, p71)	0 1 2 3 4 5
• I can use a variety of phrases for giving examples. (7D, p72)	0 1 2 3 4 5
<b>Writing</b>	
• I can write an email to a friend. (p132)	0 1 2 3 4 5
• I can open and close emails and can use appropriate register. (Workbook, p84)	0 1 2 3 4 5

<b>Unit 8</b>	
<b>Listening</b>	
• I can understand details in a radio programme. (8B, p78)	0 1 2 3 4 5
• I can understand advice and suggestions. (8D, p82)	0 1 2 3 4 5
<b>Reading</b>	
• I can find the information I need in an article. (8A, p77)	0 1 2 3 4 5
• I can understand the progression of a text. (8C, p80)	0 1 2 3 4 5
<b>Spoken interaction</b>	
• I can explain what is wrong with me to a chemist or doctor. (8A, p76)	0 1 2 3 4 5
• I can discuss medical care in my country. (8B, p79)	0 1 2 3 4 5
• I can politely change the topic of a conversation. (8D, p82)	0 1 2 3 4 5
• I can argue against someone and defend my own position. (8D, p83)	0 1 2 3 4 5
<b>Spoken production</b>	
• I can talk about medical symptoms. (8A, p76)	0 1 2 3 4 5
• I can describe the changes I would make to my school to make it healthier. (8C, p81)	0 1 2 3 4 5
<b>Language quality</b>	
• I can use <i>must, may, might, could</i> and <i>can't</i> to speculate about events in the present, past or future. (8B, p79)	0 1 2 3 4 5
• I can use modal verbs to express permission, obligation and prohibition. (8C, p81)	0 1 2 3 4 5
• I can use phrasal verbs with objects. (8D, p83)	0 1 2 3 4 5
<b>Writing</b>	
• I can write short notes and messages. (Workbook, p85)	0 1 2 3 4 5

<b>Unit 9</b>	
<b>Listening</b>	
• I can understand a radio news item. (9B, p88)	0 1 2 3 4 5
• I can understand the main ideas in a news programme. (9D, p92)	0 1 2 3 4 5
<b>Reading</b>	
• I can guess the meaning of unfamiliar words in a reading passage. (9A, p86)	0 1 2 3 4 5
• I can categorize information from a reading. (9C, p90)	0 1 2 3 4 5
<b>Spoken interaction</b>	
• I can talk about superheroes and heroines. (9B, p89)	0 1 2 3 4 5
• I can talk about crime in my country. (9C, p91)	0 1 2 3 4 5
<b>Spoken production</b>	
• I can describe my favourite film, music and sports stars. (9A, p86)	0 1 2 3 4 5
• I can talk hypothetically about my life. (9B, p89)	0 1 2 3 4 5
• I can talk about what I would say in a hypothetical situation. (9D, p92)	0 1 2 3 4 5
• I can use intonation to show completion and non-completion. (9D, p93)	0 1 2 3 4 5
<b>Language quality</b>	
• I can use adjectives of description in the right order. (9A, p87)	0 1 2 3 4 5
• I can use adjectives in a description with the correct modifying adverb. (9C, p91)	0 1 2 3 4 5
• I can use the appropriate linker to contrast information. (9D, p93)	0 1 2 3 4 5
<b>Writing</b>	
• I can write a story. (p134)	0 1 2 3 4 5
• I can avoid repetition and punctuate direct speech. (Workbook, p86)	0 1 2 3 4 5

Unit 10	
<b>Listening</b>	
• I can understand an anecdote. (10B, p98)	0 1 2 3 4 5
• I can understand questions in a job interview. (10D, p102)	0 1 2 3 4 5
<b>Reading</b>	
• I can understand the transition of ideas in a text. (10A, p96)	0 1 2 3 4 5
• I can check information in an article. (10C, p101)	0 1 2 3 4 5
<b>Spoken interaction</b>	
• I can discuss a moral issue. (10A, p96)	0 1 2 3 4 5
• I can discuss what I would do in a series of situations. (10B, p98)	0 1 2 3 4 5
• I can discuss a hypothetical situation. (10D, p102)	0 1 2 3 4 5
<b>Spoken production</b>	
• I can talk about charity-giving in my country. (10B, p99)	0 1 2 3 4 5
• I can talk about my job or the job of someone I know. (10C, p100)	0 1 2 3 4 5
• I can answer questions about myself in a job interview. (10D, p103)	0 1 2 3 4 5
<b>Language quality</b>	
• I can report someone's words or thoughts with the correct verb form. (10B, p99)	0 1 2 3 4 5
• I can turn a statement into a question by using rising intonation. (10D, p103)	0 1 2 3 4 5
<b>Writing</b>	
• I can write a story with a twist in the tale. (Workbook, p87)	0 1 2 3 4 5

Unit 11	
<b>Listening</b>	
• I can understand details in a discussion. (11B, p108)	0 1 2 3 4 5
• I can understand details in an interview. (11D, p112)	0 1 2 3 4 5
<b>Reading</b>	
• I can understand detailed information in an article. (11A, p106)	0 1 2 3 4 5
• I can understand the main ideas in a text and summarize them. (11C, p110)	0 1 2 3 4 5
• I can understand the meaning of new words from their context. (11C, p110)	0 1 2 3 4 5
<b>Spoken interaction</b>	
• I can discuss different aspects affecting personal happiness. (11C, p111)	0 1 2 3 4 5
• I can discuss well-known film and TV studios. (11D, p112)	0 1 2 3 4 5
<b>Spoken production</b>	
• I can talk about places that have importance for me. (11B, p109)	0 1 2 3 4 5
• I can describe locations and landscapes. (11D, p112)	0 1 2 3 4 5
<b>Language quality</b>	
• I can use <i>the</i> correctly when talking about geographical names. (11A, p106)	0 1 2 3 4 5
• I can use binomial expressions to talk about myself. (11B, p109)	0 1 2 3 4 5
• I can use the correct article depending on the type of noun being referred to. (11C, p111)	0 1 2 3 4 5
• I can use <i>so</i> and <i>such</i> to make adjectives, adverbs and nouns more emphatic. (11D, p113)	0 1 2 3 4 5
<b>Writing</b>	
• I can write a report. (p136)	0 1 2 3 4 5
• I can use suitable beginnings and endings in a report. (Workbook, p88)	0 1 2 3 4 5
• I can describe a place and use linking words. (Workbook, p88)	0 1 2 3 4 5

Unit 12	
<b>Listening</b>	
• I can identify information mentioned in a radio programme. (12A, p118)	0 1 2 3 4 5
• I can understand the sequence of events in a radio programme. (12B, p121)	0 1 2 3 4 5
<b>Reading</b>	
• I can understand the organization of text. (12A, p116)	0 1 2 3 4 5
• I can guess the meaning of idiomatic expressions in an article. (12B, p120)	0 1 2 3 4 5
<b>Spoken interaction</b>	
• I can discuss a hypothetical situation. (12A, p118; 12D, p122)	0 1 2 3 4 5
• I can talk about the topic of credit cards and debt with reference to my country. (12B, p123)	0 1 2 3 4 5
<b>Spoken production</b>	

• I can describe films that I've seen. (12A, p116)	0 1 2 3 4 5
• I can make generalizations about different topics. (12D, p122)	0 1 2 3 4 5
<b>Language quality</b>	
• I can use the passive form to emphasize an action or object of that action. (12A, p117)	0 1 2 3 4 5
• I can use the passive to report opinions and facts without naming the source. (12B, p119)	0 1 2 3 4 5
• I can use the causative to talk about actions that I ask or persuade someone else to do for me (12D, p121)	0 1 2 3 4 5
<b>Writing</b>	
• I can write a news story about a celebrity. (12B, p119)	0 1 2 3 4 5
• I can write a report about a meeting. (Workbook, p89)	0 1 2 3 4 5