

How often do you do the following things to improve your speaking skills?

5 = always 4 = usually 3 = sometimes 2 = rarely 1 = never

When preparing to speak ...	
1. Do you prepare topics you know well or are interested in before starting conversations?	5 4 3 2 1
2. Do you rehearse conversations in your head?	5 4 3 2 1
3. Do you tell yourself “ relax ” or “ have fun ” when you are feeling nervous about starting conversations?	5 4 3 2 1
4. Do you imagine what you would say in English in different situations (in a classroom / at a party / in a shop)?	5 4 3 2 1

When speaking ...	
5. Do you rephrase when it is difficult to say exactly what you want to say?	5 4 3 2 1
6. Do you ask for help if you have trouble expressing what you want to say?	5 4 3 2 1
7. Do you start conversations with other English speakers?	5 4 3 2 1
8. Are you an active speaker (ask questions/ comment and add information/ use body language)?	5 4 3 2 1

When reflecting ...	
9. Do you record and listen to your conversations?	5 4 3 2 1
10. Do you think about the strengths and weaknesses of your conversations after you finish?	5 4 3 2 1

Look at your answers. Are you already using effective strategies? What can you improve? If you need help with any learning strategies, come ask in the ILC.