Skills for ESL Learning:
Checklist & Self-Assessment

Do you use these ways to learn & study English?

Listening

☑ listen for the general idea
☑ listen for important details
☑ listen for grammatical forms
☑ listen to tapes or radio programs about your personal interests
☑ check your progress with comprehension questions

Reading

☑ read quickly for the general idea (skimming)
☑ read silently without moving your mouth
☑ read carefully for important details
☑ notice word order and grammatical patterns while reading
☑ find the most important words and highlight only these words
☑ read about your personal interests in English
☑ check your progress with comprehension questions

Vocabulary

☑ repeat new words in speaking and writing
☑ gesture while repeating a new action verb
☑ list new words by topic
☑ read dictionary entries thoughtfully
☑ check dictionaries for all the meanings of a word
☑ check other similar-sounding or similarly-spelled words
☑ write hard-to-remember words on cards
☑ sort vocabulary cards into topics
☑ sort vocabulary cards alphabetically
☑ sort vocabulary cards by how well you know the words
☑ think about ways you can use a new word in your life
☑ make an example sentence with a new word
☑ speak or write your new words in real communication
☑ chart words by meanings – with similar and opposite meanings
☑ cut apart long compound words and identify prefixes, roots and suffixes
☑ study variant forms of prefixes, roots and suffixes

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Pronunciation
- test your hearing of similar but distinct English sounds
- use a mirror to see if your tongue and lips are in the correct position
- repeat difficult phrases to exercise your mouth muscles
- copy English speech rhythm with a drum or nonsense syllables
- check your progress by dictation to a native speaker

Grammar
- compare the charts and explanations of one grammar point in different books
- compare English word order and grammar forms with your language
- use computer grammar practice for quick feedback
- listen for grammar
- practice grammar in speaking
- check progress with grammar tests

Speaking
- rehearse model recorded conversations
- relax to develop fluency
- meet people who use English for conversation
- use English at certain times with friends or family members
- arrange a conversation practice group
- give a little speech about something of personal importance

Writing
- study spelling rules
- learn cursive writing or italic calligraphy
- write your personal story in English
- write letters to a pen pal
- write a letter to a newspaper or politician
- write stories and practice irregular past tense forms
- write a report after reading something interesting
- translate something from your language then compare your English with a native speaker's translation to study word order and communication style.

Self-assessment
I use _________ of these 55 study/learning skills.
I think my study skills are □ excellent □ good □ average □ poor □ terrible
I think I □ can □ cannot improve my study skills.