

AMERICAN EMPOWER

CEFR overview B1

Skills area	Goal	Lesson
Listening	Can understand the main points made in clear standard language or a familiar variety on familiar matters regularly encountered at work, school, leisure, etc., including short narratives. (OVERALL ORAL COMPREHENSION)	1A, 1B, 1C, 1D, 2A, 2B, 2C, 2D, 3A, 3B, 3C, 3D, 4A, 4B, 4C, 4D, 5A, 5B, 5C, 5D, 6B, 6C, 6D, 7A, 7C, 7D, 8B, 8C, 8D, 9A, 9B, 9C, 9D, 10A, 10B, 10C, 10D, 11A, 11C, 11D, 12B, 12C, 12D
	Can generally follow the main points of extended discussion around them, provided it is clearly articulated in standard language or a familiar variety. (UNDERSTANDING CONVERSATION BETWEEN OTHER PEOPLE)	1A, 1C, 1D, 2C, 2D, 3C, 4B, 4C, 5C, 6C, 7C, 8C, 9C, 9D, 10C, 11C, 12C
	Can understand the main points of news bulletins and simpler recorded material about familiar subjects delivered relatively slowly and clearly. (UNDERSTANDING AUDIO MEDIA AND RECORDINGS)	1B, 3A, 3B, 3D, 4D, 5B, 5D, 6D, 7A, 8B, 8D, 9A, 9B, 10A, 10B, 10D, 11A, 11D, 12D
	Can understand the main points and important details in stories and other narratives (e.g. a description of a holiday), provided the delivery is slow and clear. (UNDERSTANDING AUDIO MEDIA AND RECORDINGS)	1C, 2A, 2B, 2C, 3C, 4A, 4C, 5A, 5C, 6B, 6C, 7C, 7D, 8C, 9C, 10C, 11C, 12B
Reading	Can read straightforward factual texts on subjects related to their field of interest with a satisfactory level of comprehension. (OVERALL READING COMPREHENSION)	1A, 1B, 1D, 2A, 2B, 2D, 3A, 3B, 3D, 4A, 4D, 5A, 5B, 5D, 6A, 6B, 6D, 7A, 7B, 7D, 8A, 8D, 9A, 9B, 9D, 10B, 10D, 11A, 11B, 11D, 12A, 12B, 12D
	Can understand the description of events, feelings and wishes in personal letters well enough to correspond regularly with a pen friend. (READING CORRESPONDENCE)	1D
	Can understand straightforward personal letters, emails or postings giving a relatively detailed account of events and experiences. (READING CORRESPONDENCE)	1D, 4D, 6D, 10D
	Can understand standard formal correspondence and online postings in their area of professional interest. (READING CORRESPONDENCE)	3D, 5D, 10D
	Can assess whether an article, report or review is on the required topic. (READING FOR ORIENTATION)	1A, 1B, 2D
	Can recognize significant points in straightforward news articles on familiar subjects. (READING FOR INFORMATION AND ARGUMENT)	2B, 3A
	Can understand most factual information that they are likely to come across on familiar subjects of interest, provided they have sufficient time for rereading. (READING FOR INFORMATION AND ARGUMENT)	1A, 1B, 2A, 2D, 3B, 4A, 5A, 5B, 6A, 7B, 8A, 8D, 9A, 9B, 9D, 10B, 11A, 11B, 11D, 12B

	Can understand descriptions of places, events, explicitly expressed feelings and perspectives in narratives, guides and magazine articles that employ high frequency everyday language. (READING AS A LEISURE ACTIVITY)	2A, 4A, 6B, 7A, 7D, 11B, 12A
	Can understand a travel diary mainly describing the events of a journey and the experiences and discoveries of the writer. (READING AS A LEISURE ACTIVITY)	2D
	Can follow the plot of stories, simple novels and comics with a clear linear storyline and high frequency everyday language, given regular use of a dictionary. (READING AS A LEISURE ACTIVITY)	12D
Speaking	Can reasonably fluently sustain a straightforward description of one of a variety of subjects within their field of interest, presenting it as a linear sequence of points. (OVERALL ORAL PRODUCTION)	1B, 1D, 2A, 2B, 3A, 3B, 4GS, 4A, 4B, 5B, 6B, 6C, 7A, 8B, 8D, 9GS, 10B, 10D, 11B, 12A, 12B
	Can give straightforward descriptions on a variety of familiar subjects within their field of interest. (SUSTAINED MONOLOGUE: DESCRIBING EXPERIENCE)	1B, 1D, 4GS, , 8B, 12B
	Can reasonably fluently relate a straightforward narrative or description as a sequence of points. (SUSTAINED MONOLOGUE: DESCRIBING EXPERIENCE)	4B, 6B, 6C, 7A, 10D, 11B, 12A, 12B
	Can give detailed accounts of experiences, describing feelings and reactions. (SUSTAINED MONOLOGUE: DESCRIBING EXPERIENCE)	2A, 2B, 3A, 5B, 9GS, 10B, 10D, 12A
	Can relate the plot of a book or film and describe their reactions. (SUSTAINED MONOLOGUE: DESCRIBING EXPERIENCE)	8D
	Can describe dreams, hopes and ambitions. (SUSTAINED MONOLOGUE: DESCRIBING EXPERIENCE)	4A, 9GS
	Can describe events, real or imagined. (SUSTAINED MONOLOGUE: DESCRIBING EXPERIENCE)	2A, 2B, 3A, 3B, 4A, 5B, 6B, 6C, 7A, 9GS, 10B, 10D, 11B, 12A, 12B
	Can exploit a wide range of simple language to deal with most situations likely to arise whilst traveling. (OVERALL ORAL INTERACTION)	2C
	Can enter unprepared into conversation on familiar topics, and express personal opinions and exchange information on topics that are familiar, of personal interest or pertinent to everyday life (e.g. family, hobbies, work, travel and current events). (OVERALL ORAL INTERACTION)	1GS, 1A, 1B, 1C, 1D, 2GS, 2A, 2B, 2C, 2D, 3GS, 3A, 3B, 3C, 3D, 4GS, 4A, 4B, 4C, 4D, 5GS, 5A, 5B, 5C, 5D, 6GS, 6A, 6B, 6C, 6D, 7GS, 7A, 7B, 7C, 7D, 8GS, 8A, 8B, 8C, 8D, 9GS, 9A, 9B, 9C, 9D, 10GS, 10A, 10B, 10C, 10D, 11GS, 11A, 11B, 11C, 11D, 12GS, 12A, 12B, 12C, 12D
	Can enter unprepared into conversations on familiar topics. (CONVERSATION)	1GS, 1A, 1B, 1C, 1D, 2GS, 2A, 2B, 2C, 2D, 3GS, 3A, 3B, 3C, 3D, 4GS, 4A, 4B, 4C, 4D, 5GS, 5A, 5B, 5C, 5D, 6GS, 6A, 6B, 6C, 6D, 7GS, 7A, 7B, 7C, 7D, 8GS, 8A, 8B, 8C, 8D, 9GS, 9A, 9B, 9C, 9D, 10GS, 10A, 10B, 10C, 10D, 11GS, 11A, 11B, 11C, 11D, 12GS, 12A, 12B, 12C, 12D

	Can express and respond to feelings such as surprise, happiness, sadness, interest and indifference. (CONVERSATION)	1C, 6C, 7C, 8C
	Can give or seek personal views and opinions in discussing topics of interest. (INFORMAL DISCUSSION)	1D, 2B, 3B, 3C, 5A, 5B, 5D, 6A, 6C, 7B, 7D, 8GS, 8A, 8B, 9A, 9B, 9D, 10A, 10B, 11A, 11B, 11D, 12GS, 12B, 12C
	Can make their opinions and reactions understood as regards solutions to problems or practical questions of where to go, what to do, or how to organize an event (e.g. an outing). (INFORMAL DISCUSSION)	4B, 4C, 5C, 6A, 6C
	Can express beliefs, opinions and agreement and disagreement politely. (INFORMAL DISCUSSION)	1D, 2B, 3B, 3C, 5A, 5B, 5D, 6A, 6C, 7B, 7D, 8GS, 8A, 8B, 9A, 9B, 9D, 10A, 10B, 11A, 11B, 11D, 12GS, 12B, 12C
	Can make their opinions and reactions understood as regards possible solutions or the question of what to do next, giving brief reasons and explanations. (GOAL-ORIENTED COOPERATION)	4B, 4C, 5C
	Can invite others to give their views on how to proceed. (GOAL-ORIENTED COOPERATION)	4B, 4C, 5C
	Can deal with most transactions likely to arise while traveling, arranging travel or accommodation, or dealing with authorities during a foreign visit. (OBTAINING GOODS AND SERVICES)	2C
	Can ask in a shop for an explanation of the difference between two or more products serving the same purpose, in order to make a decision, posing follow-up questions as necessary. (OBTAINING GOODS AND SERVICES)	3C
	Can cope with less routine situations in shops, post offices, banks, e.g. returning an unsatisfactory purchase. (OBTAINING GOODS AND SERVICES)	10C
	Can make a complaint. (OBTAINING GOODS AND SERVICES)	10C
	Can deal with most situations likely to arise when making travel arrangements through an agent or when actually traveling, e.g. asking a passenger where to get off for an unfamiliar destination. (OBTAINING GOODS AND SERVICES)	2C
	Can find out and pass on straightforward factual information. (INFORMATION EXCHANGE)	1A, 1B, 1D, 2A, 2B, 2C, 2D, 3A, 3C, 4A, 4D, 5A, 7A, 7B, 7C, 8A, 8B, 9A, 9B, 11A, 11C
	Can ask for and follow detailed directions. (INFORMATION EXCHANGE)	11C
	Can obtain more detailed information. (INFORMATION EXCHANGE)	1A, 2A, 2B, 2C, 4A, 9A
	Can offer advice on simple matters within their field of experience. (INFORMATION EXCHANGE)	5B, 6A, 6C, 10B
	Can describe symptoms in a simple way and ask for advice when using health services, and can understand the answer, provided this is given clearly in everyday language. (INTERVIEWING AND BEING INTERVIEWED)	7C

	Can use telecommunications to have relatively simple but extended conversations with people they know personally. (USING TELECOMMUNICATIONS)	4C, 9C
	Can use telecommunications for routine messages (e.g. arrangements for a meeting) and to obtain basic services (e.g. book a hotel room or make a medical appointment). (USING TELECOMMUNICATIONS)	9C
	Can start again using a different tactic when communication breaks down. (MONITORING AND REPAIR)	3C, 4C
	Can initiate, maintain and close simple, face-to-face conversation on topics that are familiar or of personal interest. (TURN TAKING)	1C
	Can repeat back part of what someone has said to confirm mutual understanding and help keep the development of ideas on course. (COOPERATING)	11C
	Can ask someone to clarify or elaborate what they have just said. (ASKING FOR CLARIFICATION)	11C
	Can explain why certain parts or aspects of a work especially interested them. (EXPRESSING A PERSONAL RESPONSE TO CREATIVE TEXTS)	1A, 1B, 2A, 2B, 3B, 3C, 4A, 4B, 5A, 6A, 6B, 8A, 9A, 10A, 10B
	Can explain in some detail which character they most identified with and why. (EXPRESSING A PERSONAL RESPONSE TO CREATIVE TEXTS)	4D, 7A, 9A
	Can relate events in a story, film or play to similar events they have experienced or heard about. (EXPRESSING A PERSONAL RESPONSE TO CREATIVE TEXTS)	8D
	Can explain briefly the feelings and opinions that a work provoked in them. (EXPRESSING A PERSONAL RESPONSE TO CREATIVE TEXTS)	8D, 12A, 12B
Writing	Can produce straightforward connected texts on a range of familiar subjects within their field of interest, by linking a series of shorter discrete elements into a linear sequence. (OVERALL WRITTEN PRODUCTION)	2D, 7D, 8D, 9D, 11D, 12D
	Can give straightforward, detailed descriptions on a range of familiar subjects within their field of interest. (CREATIVE WRITING)	8D, 9D, 11D
	Can give accounts of experiences, describing feelings and reactions in simple, connected text. (CREATIVE WRITING)	2D, 7D, 12D
	Can give a description of an event, a recent trip – real or imagined. (CREATIVE WRITING)	2D
	Can narrate a story. (CREATIVE WRITING)	12D
	Can compose personal letters and notes asking for or conveying simple information of immediate relevance, getting across the point they feel to be important. (OVERALL WRITTEN INTERACTION)	1D, 3D, 4D, 5D, 6D, 10D
	Can compose personal letters describing experiences, feelings and events in some detail. (CORRESPONDENCE)	1D, 10D
	Can compose basic emails/letters of a factual nature (e.g. to request information or to ask for and give confirmation). (CORRESPONDENCE)	3D, 4D, 6D, 10D

	Can compose a basic letter of application with limited supporting details. (CORRESPONDENCE)	5D
	Can post a comprehensible contribution in an online discussion on a familiar topic of interest, provided they can prepare the text beforehand and use online tools to fill gaps in language and check accuracy. (ONLINE CONVERSATION AND DISCUSSION)	11D
	Can relate events in a story, film or play to similar events they have experienced or heard about. (EXPRESSING A PERSONAL RESPONSE TO CREATIVE TEXTS)	8D
	Can explain briefly the feelings and opinions that a work provoked in them. (EXPRESSING A PERSONAL RESPONSE TO CREATIVE TEXTS)	8D