

Reflection One

Date:

For each of the following statements, give a score from 1 (totally disagree) to 10 (totally agree). Don't think too hard, try to trust your first instinct.

- 1) I am very familiar with the content of the TOEIC exam.
- 2) If I took TOEIC tomorrow, I think I'd get the score I need.
- 3) I have a very good knowledge of Business English.

My Challenges

Choose the three main challenges you face with the TOEIC exam. These could relate to vocabulary, grammar, comprehension, task type, time, motivation, or anything else you find difficult.

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The Future Me

Reflection Two

Date:

When you have completed your first mock TOEIC exam from the Resource File, record your **Listening and Reading** grades below. You can check the CEFR level (A1 - C) [here](#).

Listening	Reading
___/495 = (A1, A2, B1, B2, C1, C2)	___/495 = (A1, A2, B1, B2, C1, C2)

You may like to grade your own performance in **Speaking and Writing** using the official [criteria](#). If you are working with a teacher, they will be able to estimate your scores in these exams. Otherwise, you might prefer to give yourself an impression mark on a scale of 1 - 10.

Speaking	Writing
___/495 = (A1, A2, B1, B2, C1, C2)	___/495 = (A1, A2, B1, B2, C1, C2)
Or grade yourself on a scale of 1 - 10	Or grade yourself on a scale of 1 - 10

Strengths (grammar and vocabulary)

Look back on the grammar and vocabulary units from your TOEIC preparation course. Select three or four areas that you now feel you are strong in.

- *E.g. I can recognise and use mixed conditionals with confidence.*

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Areas for improvement (grammar and vocabulary)

Look back on the grammar and vocabulary units from your TOEIC preparation course. Select three or four areas that you know you need to keep working on.

- *E.g. I still have difficulty using formal and uncommon phrasal verbs.*

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Reflection Three

Date:

Around 10 days before you take the official exam, take another mock TOEIC exam. Then, record your **Listening and Reading** grades below. You can check the CEFR level (A1 - C) [here](#).

Listening	Reading
___/495 = (A1, A2, B1, B2, C1, C2)	___/495 = (A1, A2, B1, B2, C1, C2)

You may like to grade your own performance in **Speaking and Writing** using the official [criteria](#). If you are working with a teacher, they will be able to estimate your scores in these exams. Otherwise, you might prefer to give yourself an impression mark on a scale of 1 - 10.

Speaking	Writing
___/495 = (A1, A2, B1, B2, C1, C2)	___/495 = (A1, A2, B1, B2, C1, C2)
Or grade yourself on a scale of 1 - 10	Or grade yourself on a scale of 1 - 10

Last-minute priorities

Think about the top priorities you'd like to focus on during your last week or so of TOEIC preparation and record them here.

- E.g. I will memorise 5 or 6 formal expressions that I can use to structure my opinion essay in the Writing exam.

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Reflection Three

Date:

For each of the following statements, give a score from 1 (totally disagree) to 10 (totally agree). Don't think too hard, try to trust your first instinct.

- 1) I am very familiar with the content of the TOEIC exam.
- 2) If I took TOEIC tomorrow, I think I'd get the score I need.
- 3) I have a very good knowledge of Business English.

My Challenges

Choose one of the challenges from Day 1 you now find easier, and one that's still tricky. Write a sentence or two about each.

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Thinking forward