If you would like to improve a specific skill area, e.g.Listening, Speaking, Writing, Reading, Grammar, or Vocabulary,but are not sure how to improve or how to make a study plan, you can use the worksheets below to help you.  
Steps for using the Problems & Needs Pathways  
Click on a skill area to find resources that will help you improve specific problems in that skill area.

URL: https://lc.hkbu.edu.hk/main/sall/english/link-self.php