Read each statement and tick the box for what you can already do ('I can do'). Use the other column ('My Goals') to mark those things that you cannot yet do but which might be your next learning goals (say for your current course/ over the next six months). If neither column applies, move on to the next statements for this level.

Spoken Interaction	I can do this	My Goals
I can keep up with an animated conversation between very proficient speakers.		
I can use language flexibly and effectively for social purposes, including emotional,		
allusive and joking usage.		
I can express my ideas and opinions clearly and precisely, and can present and respond		
to complex lines of reasoning convincingly.		
I can comfortably lead a conversation.		
I can give a clearly developed presentation on a subject in my fields of personal or		
professional interest, departing when necessary from the prepared text and following		
up spontaneously points raised by members of the audience.		

Spoken production	I can do this	My Goals
I can give clear, detailed descriptions of complex subjects, using a range of adjectives		
and adverbs to describe these with precision, e.g. cuimseach, gu tur.		
I can orally summarise long, demanding texts.		
I can give an extended description or account of something, integrating themes,		
developing particular points and concluding appropriately.		
I can identify different points in what I'm saying with phrases like air an làimh eile, a		
bharrachd air, mus tèid mi gu taobh eile na cùis.		
I can use my Gaelic fluently, accurately and effectively on a wide range of general,		
professional or academic topics.		

Strategies to help me communicate or understand	I can do this	My Goals
I can substitute an equivalent term for a word I can't recall without distracting the		
listener.		

Language Quality	I can do this	My Goals
I can express myself fluently and spontaneously, almost effortlessly. Only a		
conceptually difficult subject can make me hesitate for a long time.		
I can produce clear, smoothly-flowing, well-structured speech, showing control over ways of developing what I want to say in order to link both my ideas and my expression		
of them into coherent speech. I can use phrases like air sàillibh, ged a, gus an, and a		
thaobh to do this.		
I have a good command of a broad vocabulary allowing gaps to be readily overcome		
with circumlocutions; I rarely have to search obviously for expressions or compromise		
on saying exactly what I want to.		
I can consistently maintain a high degree of grammatical accuracy, even when using		
more complex structures.		
I can regularly use longer sentences that have sub-sections which begin with things like		
far a bheil, ma bhios, and nam biodh.		