Self-Awareness and Measurement of My Growth in English

Completed by: _____ **Date:** _____ / _____ / _____

We recommend setting a reminder every 1-2 months to retake the questionnaire to measure how your confidence level in English is changing. Do not refer to previous answers while retaking the questionnaire. Once completed, you can compare your answers to see what has changed and where you should focus now. If you are following a path with an MPEC Coach, you can agree to use this questionnaire as part of the progress check.

Email Writing

Think of an email you recently wrote in English and analyse that situation.

1. How did you write your email in English?
   - I wrote it only in Italian and had it translated by Google Translate.
   - I made an attempt on my own and then checked it with Google or AI.
   - I wrote most of the email myself and did a proofreading with AI.
   - I delegated it to others or procrastinated so long that I didn't have to write it in the end.
2. How long did it take you to write that email?
   - The same time as in Italian.
   - Much longer than I would have taken in Italian.
   - A little longer than I would have taken in Italian.
   - Less time than in Italian.
3. How many new words did you use in your email? Write them next to the option you chose.
   - None.
   - 1-2 words.
   - 3-5 words.
   - More than 5 words.
4. What kind of feedback did you receive on the correctness of your email? You can ask your MPEC Coach for feedback. Alternatively, ask Chat GPT to give you an opinion and a score. Feedback / Score:

   _____
5. How would you rate your current ability to communicate and explain ideas in an email in English?
   - 1 (Very low)
   - 2 (Low)
   - 3 (Medium)
   - 4 (Good)
   - 5 (Excellent)

Conversation

Think of a recent conversation in English that you had at work and analyse that situation.

1. How confident did you feel during that conversation?
   - Not confident at all.
   - Not very confident.
   - Quite confident.
   - Very confident.
2. How long did that conversation in English last?
   - I made it very short - I was aware that I wanted it to end as soon as possible.
   - I didn't intentionally prolong it but didn't do anything to shorten it either.
   - I don't know - I was focused on the topic and the time passed without me noticing.
   - Based on my mental fatigue at the end, it could have lasted 100 hours.
3. How much did you understand of that conversation?
   - Less than 25%.
   - Between 25% and 50%.
   - Between 50% and 75%.
   - More than 75%.
4. On a scale of 1 to 5, how would you rate your ability to converse in English in that situation?
   - 1 (Very low)
   - 2 (Low)
   - 3 (Medium)
   - 4 (Good)
   - 5 (Excellent)

Presentations

Think of a recent presentation you gave in English and analyse that situation.

1. How many times during the presentation did you feel panic related to your level of English?
   - Never.
   - Once.
   - A few times.
   - Often.
2. How confident did you feel during that presentation?
   - Not confident at all.
   - Not very confident.
   - Quite confident.
   - Very confident.
3. How long did it take you to prepare that presentation in English?
   - The same time as in Italian.
   - Much longer than I would have taken in Italian.

- A little longer than I would have taken in Italian.
- Less time than in Italian.
4. Record the presentation or part of it and ask your Coach (or a friend) to give you a score based on your confidence level.
    - 1 (Very low)
    - 2 (Low)
    - 3 (Medium)
    - 4 (Good)
    - 5 (Excellent)
5. On a scale of 1 to 5, how would you rate your current ability to give presentations in English?
    - 1 (Very low)
    - 2 (Low)
    - 3 (Medium)
    - 4 (Good)
    - 5 (Excellent)

Comprehension and Listening

In this skill, it is really about increasing frequency rather than the amount of time. Better to have little but often than a lot but sporadically.

1. How often do you listen to content in English (e.g. podcasts, videos, etc.)?
    - Never.
    - Once a month.
    - Once a week.
    - Daily.

Think of a recent moment when you had to listen to and understand English at work and analyse that situation.

2. How much did you understand of the content you listened to in English in that situation?
    - Less than 25%.
    - Between 25% and 50%.
    - Between 50% and 75%.
    - More than 75%.
3. How would you rate your focus during the conversation?
    - I was more focused on my thoughts and fears of not understanding than on what I needed to listen to.
    - Even though I felt thoughts distracting me or doubting my abilities, I managed to stay quite focused.
    - I was focused on the conversation and trying to understand and interact.
4. Did you feel comfortable listening to and responding in English during that situation?
    - Not comfortable at all.
    - Not very comfortable.

- ○ Quite comfortable.
- ○ Very comfortable.

5. On a scale of 1 to 5, how would you rate your ability to comprehend and listen in English in that situation?
    - ○ 1 (Very low)
    - ○ 2 (Low)
    - ○ 3 (Medium)
    - ○ 4 (Good)
    - ○ 5 (Excellent)