

# ENGLISH WITH CHANTEL

Online English Lessons for  
Adults



## English Skills Improvement Checklist for Adult Learners

**A practical checklist to track progress in speaking, grammar, vocabulary, and pronunciation**

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### How to Use This Checklist

This **English Skills Improvement Checklist** is designed for adult learners studying English online. Use it to regularly review your progress, identify areas for improvement, and stay motivated as you build confidence using English in real-world situations.

You can review this checklist monthly or after several lessons to clearly see progress from **beginner to advanced levels**.

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### Speaking Fluency and Confidence

- I can introduce myself and talk about familiar topics clearly
  - I can express opinions and ideas without long pauses
  - I can participate in conversations at work or in social situations
  - I feel more confident speaking English without translating in my head
  - I can ask questions and respond naturally in discussions
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## Grammar Accuracy and Sentence Structure

- I use correct verb tenses in everyday conversation
  - I can form clear, complete sentences
  - I make fewer repeated grammar mistakes
  - I understand why corrections are made
  - I can apply grammar rules naturally when speaking and writing
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## Vocabulary Growth and Usage

- I learn and review new vocabulary regularly
  - I can use new words in full sentences
  - I understand common expressions and collocations
  - I use appropriate vocabulary for work, daily life, and social situations
  - I can paraphrase when I don't know an exact word
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## Pronunciation and Clarity

- My pronunciation is clearer and easier to understand
  - I practice challenging sounds (such as /r/, /l/, and /th/)
  - I pay attention to word stress and sentence rhythm
  - I feel more confident being understood by others
  - I notice improvement in my listening comprehension
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## Listening and Comprehension

- I understand the main idea in conversations and videos
  - I can follow discussions at a natural speaking speed
  - I recognize common reductions and connected speech
  - I understand instructions and questions more easily
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## English for Work, Exams, and Real Life

- I can communicate more effectively at work or in professional settings
- I feel more prepared for interviews, presentations, or meetings

- I am improving English skills needed for exams such as IELTS
  - I can handle everyday situations confidently (travel, services, social events)
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## Study Habits and Consistency

- I practice English regularly outside of lessons
  - I review feedback and corrections after each session
  - I ask questions when I don't understand something
  - I track my progress and set realistic learning goals
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## Next Steps: Continue Improving Your English

Improving your English as an adult takes time, structure, and consistent practice. This checklist works best alongside **personalized online English lessons** that focus on your individual goals and learning needs.

Targeted feedback, regular speaking practice, and clear learning objectives help adult learners improve faster and gain lasting confidence.

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### English with Chantel

Online English Lessons for Adult Learners Worldwide

<https://englishwithchantel.com>