



Guidelines for self-study

- Before starting your self-study you should self-evaluate your language skills. For this purpose, you can take a look at the [CEF Self-Evaluation Grid](#).
- Studying a language **takes time and perseverance**; it is no use to study for 8 hours in two days and then stop for a week. It is much better to try to study 1 hour a day, every day.
- For the same reason, **you should not be anxious** and expect immediate and evident results. Be confident and don't feel discouraged if the beginning is hard, the results arrive in the distance.
- When you organize your study, try to **differentiate the activities as most as possible**, in order to practice all the receptive and productive skills (listening, reading, writing, speaking). This helps to keep a greater mental freshness and increases the effectiveness of studying.
- Richness and variety of the lexicon is basic for all the language skills. Therefore, use an online dictionary, multilingual or monolingual, according to your level. It is a good idea to look for and write on a notebook every new word you encounter.
- Try to **find out something that makes your study pleasant**. Finding a positive key will make your work much easier and will increase your motivation; for this reason, among the resources available, you will also find music, videos, quizzes and games.
- In the first stage, it is necessary to achieve familiarity with the use of the resources present on the website. It is therefore useful to write down the websites you use, the ones that satisfy you, what kind of activity you do and the results you have reached. **Keeping a record of your self-study makes you a manager of your path**. For this, on the website you will find the Self-study planner.

The material online is continuously updated and gives you the possibility to build a consistent and continuous path. **Explore the contents of the websites and practice your curiosity** to find out always new resources and possibilities.