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Test Taker Guide

for B1

English proficiency tests for life and study
[skillsforenglish.com](https://www.skillsforenglish.com)

Hello, and welcome to your B1 test taker guide!

We are the *Skills for English* team, and we are here to help you get to know the *Skills for English: SELT* test, to help you become test ready.

This guide can help you in lots of ways.

Are you ready? Let's explore ...



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1.

First let's check *why* you are taking a *Skills for English B1* test

If you are taking the test to help you get a UKVI visa and require a SELT Unique Reference Number (URN) on your visa application, **you need a B1 Skills for English: SELT.**

Skills for English: SELT is a computer-based test that you take in a *Skills for English: SELT* test centre. You will take all parts of the test one after the other in one session.

B1 Skills for English: SELT has two tests: Speaking and Listening (2-skill test) or Speaking, Listening, Reading and Writing (4-skill test).

Remember you can take a 2-skill or 4-skill *Skills for English: SELT* test. You can see a list of visa types and which *Skills for English: SELT* test you will need for each one [on our website](#).

For B1:

- 2-skill tests can be used for Indefinite Leave to Remain — ILR (Settlement/Permanent Residency) and British Citizenship (Naturalisation)
- 4-skill tests can be used for Tier 2 (General) visa and Tier 2 Health and Care visa
- 4-skill tests can also be used to apply to any higher education institution that accepts *Skills for English: SELT* as a test of English

The Speaking and Listening questions are the same in the 2-skill and the 4-skill tests.

REMEMBER! If you are taking the test to help you get a UKVI visa and require a SELT Unique Reference Number (URN) on your visa application, you need to book [Skills for English: SELT](#).

2.

What is B1 level?

Before we look at the test and how you can prepare for it in detail, let's check what you need to show us at B1 level, and find out if you are at B1 level yet!

We have a quick and easy 10-question test called a 'level indicator' test. Spend a few minutes finding out what your level is at the moment.

Visit [our website](#) and click the B1 link to do the level indicator test for B1.

The Common European Framework of Reference (CEFR) calls B1-level students 'independent users' and says you should be able to:

- understand the main points of day-to-day communication, such as work, school and leisure
- deal with situations when travelling in an English-speaking country
- produce simple language on familiar topics of personal interest
- describe experiences and events, dreams, hopes and ambitions, and give reasons and explanations for opinions and plans



3.



Now let's look at the design of the B1 test

Speaking (about 10 minutes)

First you will introduce yourself. Then you will listen to a series of recordings and answer recorded questions and tasks you will see on the screen. You will do this by recording your spoken answers.

Reading (60 minutes)

You will see a series of texts of different lengths on the screen. Then you will answer questions about the texts. These questions include multiple-choice questions, true/false/not given, and answer matching questions.

Listening (about 40 minutes)

You will listen to a series of recordings of spoken English. These will have one or more speakers. After each, you will answer a series of multiple-choice questions or answer matching questions.

Writing (60 minutes)

You will see two tasks on the screen, which may be about a number of topics. You will then complete a written answer for each task. Your writing has to address the task and include the key information that you are asked for.

4.

Watch these test experience videos to see exactly what a 2-skill or 4-skill *Skills for English B1* computer-based test looks like.

Watch the videos by visiting [Understand the Test](#).



5.

What was that like? Are you feeling more test confident? To learn even more about the test, let's go to the test specifications

Remember, you can find all the information about our tests [here](#).

Skills for English: SELT Specification

All the information about the *Skills for English: SELT* test at B1 is from page 25 to 41.

This information includes:

- What tasks to expect for each skill
- How B1 is scored
- What topics to expect at B1
- B1 results

6.

Want to explore *Skills for English* even more? You are ready to look at the test information sheets

These include the different tasks you will need to do in the test, examples of the tasks and tips for preparing for them.

Visit <https://skillsforenglish.com/test/selt/selt-practice-tests/> and choose 'Exploring *Skills for English*'.

7.

You may want to study and practise more at B1 level, so have a look at our test partner SQA's B1 learning materials

Visit <https://skillsforenglish.com/test/self/self-practice-tests/> and click the white link at the top of the page that says 'Improve Your Knowledge'.

Visit our partner site, SQA Academy, to access learning materials designed for *Skills for English* tests. Please note you will have to create an SQA Academy account. **This is all free to you!**

Once you have created an account, you can get to the *Skills for English* page. Click on 'Online Learning Material'. You can practice B1 or any other level.

The Online Learning Material section contains 30 tasks aimed at improving your English language skills at B1 level.

You can practise your grammar and spelling as well as your reading, writing, listening, and speaking skills. The topics covered in these tasks are similar to those found in *Skills for English* tests.

Make sure you allow popups from SQA Academy on your internet browser so that you can see and hear the questions.

There is no time limit to complete these exercises and the section can be re-taken as often as you like – go at your own speed!



8.

Now what you've been waiting for... are you ready and excited to do some PSI practice tests?

Full-length practice tests are a great way to become more confident and improve how you manage your time. Always leave enough time to check your answers and spend enough time on each task.

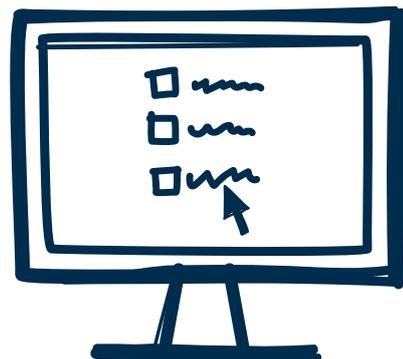
These tests will help you practise doing a test on a computer and speaking to a computer. They also help you get to know typical instructions and ways to answer each task.

Finally, you can practise forming your answers within the word counts in the Writing test.

Skills for English: SELT has **two full length practice tests at each level.**

Practice Test 2 has a document you can download which has sample answers for Speaking and Writing, answer keys for Reading and Listening, and the scripts for Listening.

Visit https://skillsforenglish.com/test/selt/selt-practice-tests/#practice_the_test and click the white link at the top of the page that says 'Practice the Test'.



9.

Now that you've practised fully, you will want to book your B1 test! Before you book your B1 test, you might have some questions about booking and sitting the test. If so, have a look at our FAQs [here](#)

10.

Ready to book your test?

Find your *Skills for English: SELT* session

Finding the best possible choice for your *Skills for English: SELT* is very easy!

Just visit <https://skillsforenglish.com/test/selt/selt-test-availability/>, enter your location details and the test you'd like to take, and we'll show you the test dates at your nearest PSI Authorised SELT Test Centre.

Then visit www.bookmyskillsforenglish.com to create an account and book your test.

We hope you found
this guide helpful!

**If you still have any questions
about the test, please contact us.**

<https://skillsforenglish.com/about/contact/>

We wish you good luck in your *Skills for
English: SELT* test!

The *Skills for English* team





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