

# Introduction

*The Official MET Practice Test Book, Classroom Edition*, contains four full versions of the test. These practice materials will give you an idea of what the test is like as you prepare to take the actual exam. We suggest planning to take all four practice tests and scheduling plenty of time in between each test for additional study and review. Taking all the practice tests will increase your confidence and help you decide where to focus your additional study efforts based on your individual results.

These practice tests are approved by Michigan Language Assessment; they are meant to be used along with a regular course of English study or review to help you prepare for the MET. Practice tests are only one component of an effective test-preparation program and must be administered in accordance with the guidelines provided to be most useful. With continued study, including taking practice tests and carefully scheduled targeted follow-up study and review, you can expect to improve your chances of performing well on the MET. Please note, however, that obtaining a high score on any of these practice tests does not guarantee a high score on the actual exam.

## Overview of the Michigan English Test (MET)

The MET is a standardized international examination designed by Michigan Language Assessment (MLA), aimed at upper-beginner to advanced levels—A2 to C1 of the Common European Framework of Reference for Languages (CEFR). It assesses general English language proficiency in educational, social, and workplace contexts.

The MET can be taken as a two-skills or four-skills test. The Listening and Reading sections are required; test-takers can choose whether to take the optional Writing and Speaking sections. The test emphasizes the ability of the test-taker to communicate effectively in English. Listening recordings and reading passages reflect authentic, everyday interaction in an American-English linguistic environment. Grammar and vocabulary are included in the Listening and Reading sections.

The MET is intended for adults and adolescents at or above a secondary level of education who want to measure their general English language proficiency in a variety of linguistic contexts. The test results can be used for educational purposes, such as when finishing an English language course, or for employment purposes, like when applying for a job or pursuing a promotion that requires an English language qualification. The MET may also be used as a bridge to a higher proficiency-level exam, such as the ECPE. There is no pass or fail on the test; it is a multi-level exam covering a range of proficiency levels from A2 to C1 on the CEFR.

## Format and Content of the Test

The MET is a paper-and-pencil test with 100 multiple choice questions in two required sections: I: Listening and II: Reading and Grammar. **The total time allowed for the multiple choice portion of the test is 100 minutes.**

The optional portion of the test includes a 45-minute Writing section, which is taken at the same time as Sections I and II, and a 10-minute Speaking Test, which is scheduled separately.

The content of the MET reflects a range of situations likely to be familiar to most test-takers, focusing on the public, educational, and occupational domains, with an emphasis on topics from the educational domains.

The four components to the MET are outlined in this chart.

|  |                   |
|--|-------------------|
| <b>Section 1: Listening</b>                                      | <b>35 minutes</b> |
| Part 1: 19 short conversations between two people                | 19 questions      |
| Part 2: 4 longer conversations between two people                | 14 questions      |
| Part 3: 4 short talks  | 17 questions      |
| <b>Section 2: Reading/Grammar</b>                                | <b>65 minutes</b> |
| Grammar  | 20 questions      |
| 2 extended reading passages                                      | 10 questions      |
| 2 sets of thematically linked reading passages                   | 20 questions      |
| <b>OPTIONAL SECTIONS</b>   |                   |
| <b>Section 3: Writing</b>  | <b>45 minutes</b> |
| Task 1: 3 questions on a related theme                           |                   |
| Task 2: 1 extended essay response                                |                   |
| <b>Speaking Test</b>   | <b>10 minutes</b> |
| Part 1: 3 short questions (60 seconds allowed for each response) |                   |
| Part 2: 2 tasks (90 seconds allowed for each response)           |                   |

## *Listening*

This Listening section of the MET consists of three parts with a total of 50 questions. The first two parts are based on conversations. Part 1 includes short conversations between two people with one question per conversation. Part 2 includes four longer conversations between two speakers with two to four questions per conversation. Part 3 is based on four short monologues with three to five questions per talk. The format of the questions is multiple choice with four answer choices. The question and answer choices are printed in the book. Candidates hear the recording and the questions only once and answer the questions as they listen. Once the audio for each part of the Listening test has started, it will not stop; it will play continuously and include pauses to allow time to answer the questions.

## *Reading*

This Reading section consists of three parts with 50 questions. Part 1 consists of 20 questions on a variety of grammar structures with a majority of the topics focusing on the academic domain. Part 2 includes two extended reading passages about a range of academic or general topics and has five questions for each passage. Part 3 includes two sets of three longer texts on a related theme. The texts are on topics of general interest. All questions are multiple choice and have four answer choices. Questions and answer choices are printed in the book.

## *Writing*

The MET Writing Test requires test-takers to answer questions in writing at the sentence level and the paragraph level and to produce a short essay in response to another single prompt. Task 1 includes three short questions that can be answered in a few sentences or a short paragraph. The writing tasks are progressively more difficult. The final longer essay task (Task 2) demands a response of one to two paragraphs and a higher level of skill. Students write their answers in the book.

## *Speaking*

The MET Speaking Test is a structured, one-on-one interaction between an examiner and the test-taker that consists of two parts and five distinct tasks. The tasks in Part 1 require test-takers to convey information about a picture and a similar personal experience and to then give a supported opinion on a related topic. The two tasks in Part 2 involve explaining the advantages and disadvantages of a particular idea or proposal and then taking a position on another topic and trying to convince the examiner to agree with their idea. The Speaking section is taken separately from the other parts of the test.

## How to Use This Book

*The Official MET Practice Test Book, Classroom Edition*, contains four full versions of the test plus sample speaking prompts. It also includes practice strategies, actual test form instructions and a sample answer sheet, selected practice test vocabulary lists, and a Progress Tracking Log for you to record your practice test scores. The Log pages also provide space to take notes to help with your test preparation.

When you take a practice test, follow these steps:

1. Gather all of the test materials:
  - a. the **practice test book**
  - b. a **device on which to play the audio (MP3) files** for the Listening sections; find the free access to audio at [www.press.umich.edu/elt/compsite/met](http://www.press.umich.edu/elt/compsite/met)
  - c. **pencils**
  - d. a **timing device** such as a clock or stopwatch.
2. Turn to the instructions for **Section I: Listening**. Listen to the test instructions on the audio. Start the recording for each part of the Listening test. Once you start the audio recording, do not pause it or stop it. By using the time permitted on the recording, you will get practice listening and responding in the set amount of time. **The entire Listening section will last about 35 minutes.**
3. Mark your answer to each question directly in the book. The audio includes a pause after each question so that you can mark your answer immediately after hearing each item. Once the audio recording has finished, do not replay it or change your answers. Move on to Section II immediately.
4. Read the instructions to **Section II: Reading and Grammar. You will have 65 minutes for this section of the test.** When you have finished reading the instructions, note the time you are starting this section and the time you must stop working on it. Then begin answering the questions in Section II. Mark your answers directly in the book. You may go back to review your answers in the Reading section as long as you have time remaining.
5. Stop working after 65 minutes. Do not change any of your answers after the 65 minutes of test time for this section is over.
6. Follow the instructions for each section of the Writing test. **Allow for an additional 45 minutes.** Note the start time and stop writing after 45 minutes. You should complete the writing tasks in the order they are given because they are progressively more difficult. Part 1 of the Writing test should take less than half of the 45 minutes; Part 2 requires a longer response so plan for more time to complete this task.

When you are finished, consult with your teacher about how to score your practice test. Following each practice test, turn to the Practice Test Progress Tracking Log (page 119) to find a place to log your results, set goals for your next attempt (practice test), and take notes to help you study.

### *Scheduling of Practice Tests and Review*

Each practice test should be taken under the same conditions by following the exam administration procedures as directed by your teacher. Once your exam has been scored, you and your teacher should schedule time for additional study and review according to the specific results of each practice test. The more time you have between practice tests and the more review time you can plan for, the better your chances for improvement will be. Memorization of specific test questions is not recommended, and familiarization with the topics, format, and timing of the test—while helpful—is not sufficient as a test-preparation strategy without additional study.

### *Listening and Reading: Review Your Mistakes*

- Whenever you take a practice test, go over your results with your teacher. Study all your incorrect answers and make sure you understand the correct answer. Your errors will help you know what you still need to study.
- If you guessed at an answer and got it right, review those items to confirm your guesses.
- Track your scores using the Progress Tracking Log. Record key vocabulary and other things you want to remember to do on the next practice test or on the actual test. For example, you may want to note listening or reading items missed or vocabulary or grammatical structures that you were unsure of. Organize them in a way that helps you review them.

### *Writing and Speaking: Get Expert Help*

- For the Writing and Speaking sections, make sure to have your teacher, tutor, or an expert English user review your responses and give recommendations and suggestions for improvement. Although it will not be possible to accurately score the speaking or writing practice test, the scoring criteria are available online ([www.michiganassessment.org](http://www.michiganassessment.org)), and your teacher can help you understand how your responses compare to the sample responses and scoring criteria.
- Set specific goals for additional speaking and writing practice based on this feedback.
- Record things you want to remember to do on the next practice test or the actual test in the Progress Tracking Log.

- Learn how to eliminate wrong answers and narrow down your choices for multiple choice questions.
- Practice taking notes while listening to the audio passages.
- Use a stopwatch to practice reading and answering questions within a time limit.

The MET is used for a variety of purposes at different proficiency levels. Some test-takers take the MET before they have reached a level of proficiency suitable for their intended use of the test. We hope this practice test book helps test-takers to better judge their preparedness for the exam and to target additional study activities based on the results of each practice test.

## **Preparing for the Practice Test and for Test Day**

It is important to prepare for the practice test as you would for the actual test. The Listening, Reading, and Writing sections will be given at the same time in one sitting. The 10-minute Speaking test is administered separately on the same day or within a few days before or after the written test.

When you take a practice test, mark your answer to each question directly in the book. The sample answer sheet in the back of the book is provided so you can see what it looks like before taking the test. The instructions that you will see on the test are also included with the sample answer sheet. Before your official test date, read over these general test instructions and make sure you understand the answer sheet so you are able to complete it correctly on the day of the test.