

Introduction to the MET Go!

The MET Go! is a standardized international examination designed by Michigan Language Assessment (MLA), aimed at beginner- to intermediate-level adolescent language learners—A1 to B1 of the Common European Framework of Reference for Languages (CEFR). It assesses general English language proficiency in educational, social, and everyday contexts and emphasizes the ability of the test-taker to communicate effectively in English.

The MET Go! can be taken as a three-skills or four-skills test. The Listening, Reading, and Writing sections are required; test-takers can choose to take the optional Speaking test. Listening recordings and reading passages reflect authentic, everyday interaction in an American-English linguistic environment. Grammar and vocabulary are included in the Reading section.

The MET Go! is intended for early adolescents at the middle school to lower-secondary school level 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, as a motivational tool to encourage students as they progress through a course to the next level of English study, or as a supporting credential for youth opportunities requiring English skills. The MET Go! may also be used as a bridge to a higher proficiency-level exam, such as the MET. There is no pass or fail; MET Go! is a multi-level exam for beginning to intermediate learners, and each test-taker receives a certificate showing the overall CEFR level achieved. In addition, a detailed score report is provided with separate CEFR-linked scores for each skill section taken, as well as personalized recommendations and suggested follow-up learning activities tailored to the test-taker's specific results.

Format and Content of the Test

The MET Go! is a full-color paper-and-pencil test with 60 multiple choice questions in the Listening and Reading sections. **The total time allowed for the multiple choice portion of the test is 60 minutes, with another 30 minutes for the Writing section**, taken at the same time as the Listening and Reading sections.

The Speaking test is scheduled separately and **takes no more than 10 minutes**.

The content of the MET Go! reflects a range of familiar situations, activities, and locations, focusing on topics relevant to teens.

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

Section 1: Listening	30 minutes
Part 1: Identification of people in a picture based on short descriptions	4 questions
Part 2: Short questions with a choice of appropriate written responses	4 questions
Part 3: Short conversations followed by a question with picture options	4 questions
Part 4: Longer conversations between two people, with 2–4 questions	9 questions
Part 5: Announcements or short talks by one speaker, with multiple questions	9 questions
Section 2: Reading	30 minutes
Part 1: Gap-fill grammar and vocabulary items on two themes	16 questions
Part 2: Informational and narrative reading passages	14 questions
Section 3: Writing	30 minutes
Task 1: Write a short story based on 3 illustrations	
Task 2: Answer questions describing a personal experience	
Task 3: Write about a personal preference or opinion	
OPTIONAL	
Speaking Test	10 minutes
Part 1: Warm-up (not rated)	
Part 2: Compare two pictures/identify differences (90 seconds allowed)	
Part 3: Describe a picture and tell a story about it (60 seconds)	
Part 4: Tell about a personal experience and express an opinion (60 seconds)	

Listening

The Listening section consists of five parts with a total of 30 questions. The Listening test assesses students' ability to understand brief conversations of two to four turns, longer conversations, and brief monologues of one or two minutes or less with information they might hear in familiar settings. In each of these listening task types, students must recognize important words, understand the main idea, and/or identify important details. The recorded information is always played twice and, for most tasks, questions are heard on the audio and printed in the book (or test booklet).

Part 1 features a picture of a scene with six to eight people in it. Audio input consists of short sentences describing some of the people, and identification questions are printed in the book or test booklet and heard on the audio. Students identify the person in the scene by the correct letter label. In Part 2, test-takers hear a dialogue question and select an appropriate response from three printed options. Part 3 contains a series of short dialogues, each of which is followed by a question. Students respond to the question by selecting the correct response from one of three pictures printed in the book or test booklet. Part 4 includes longer conversations between two speakers, with two to four questions per conversation. In Part 5, students hear several short announcements or other brief monologues, each followed by two to four questions. The multiple choice questions all have three answer choices.

Reading

The Reading section consists of two parts with a total of 30 multiple choice questions. Part 1 consists of 16 vocabulary and grammar items, grouped into two thematically related sets, each represented by an illustration. The items are fill-in-the-blank sentences with three answer choices. Part 2 includes four reading passages with two to four questions on each passage. Two of the passages represent authentic informational texts such as advertisements, emails, flyers, or other written material that test-takers might encounter in everyday life. The other two texts are short narrative stories. All texts are supported by graphics or thematic illustrations.

Writing

The Writing test consists of three parts and requires test-takers to answer questions in writing at the sentence level and the paragraph level and then to produce a short essay in response to a single prompt. Task 1 asks test-takers to write a story of at least 20 words—or approximately three to four sentences—based on a three-part illustration. Task 2 involves describing a personal experience in response to a set of question prompts. Task 3 requires writing about a personal preference or opinion. The writing tasks are progressively more difficult, with the third task demanding a response of two paragraphs and a higher level of skill.

Speaking

The Speaking test is a structured, one-on-one interaction between an examiner and the test-taker that consists of four parts. Part 1 is a brief warm-up that is not rated. Part 2 is a picture comparison task. Part 3 asks test-takers to describe a more detailed picture with people and activities. Part 4 contains two tasks that ask the test-taker to describe a personal experience and then to express an opinion and give reasons to support it. The Speaking test is taken separately from the other parts of the test.