

The Official

 **MET**

Practice Test
Book

with Answers



MICHIGAN LANGUAGE ASSESSMENT

University of Michigan Press

Ann Arbor

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Published in the United States of America

The University of Michigan Press

Manufactured in the United States of America

♻️ Printed on acid-free paper

ISBN-13: 978-0-472-03762-9

2022 2021 2020 2019 4 3 2 1

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Introduction for the Student

The Official MET Practice Test Book with Answers 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. In addition, the book includes the accompanying answer keys and audioscripts for each of the four practice tests, as well as a Progress Tracking Log and selected vocabulary lists from the practice tests, so it is ideally suited to self-study. We suggest planning to take all four practice tests and scheduling plenty of time in between each test for additional study and review. Taking the practice test multiple times 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 or at the conclusion of a regular course of English study or review as you prepare yourself 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 test practice 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.

This book of practice tests provides an opportunity to simulate an actual MET, including both the multiple choice Listening and Reading sections and the optional Writing and Speaking tests. All the test items have been developed by Michigan Language Assessment and correspond in content, form, length, and difficulty to an official test. There are some minor differences in the way the test is presented in this practice test book compared to the test booklet; however, none of these differences should affect a test-taker's performance on the test. In addition, for the Listening section, there are some minor differences in the audio instructions provided; a student or teacher may choose to pause the audio recording between the different parts of the Listening test, whereas on the actual test, there is no pause between each part.

For the Writing and Speaking tests, the book is both a preparation aid as well as an opportunity to practice the writing and speaking tasks under timed conditions. Each practice test in this book has a corresponding set of writing prompts that have been specifically selected to go with a specific practice test.

There are four sets of Speaking prompts in a separate section of this book. These prompts are not necessarily paired with a specific practice test because during the actual administration of the speaking test, the examiner can choose from several available speaking prompts. A range of possible similar prompts is included in this book.

Introduction for the Instructor

The Official MET Practice Test Book with Answers is your official teacher's version of the practice test book for the MET. Your students will be using the Classroom Edition of *The Official MET Practice Test Book*. This book contains the full text of all four practice tests and the speaking test prompts provided in the Classroom Edition, plus a Progress Tracking Log and selected vocabulary lists from the practice tests. It also contains answer keys for each test, audioscripts for the Listening sections, suggested answers to the sample written responses for Tests 1 and 2, and the examiner instructions and script for the Speaking test.

Because the practice tests are approved by Michigan Language Assessment, you can be assured that your students are receiving the most relevant targeted test preparation available 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 in order to be most useful. Please note, however, that obtaining a high score on any of these practice tests does not guarantee a high score on the actual exam. With continued study, including test practice scheduled with targeted additional study and review, students can be expected to improve their chances of performing well on the MET.

This introductory section provides a detailed overview of the test, information about how to use this book, including specific suggested strategies for the most effective test-taking practice, and instructions for scoring and interpreting the practice tests.

Introduction to 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 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 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.

Section 1: Listening	35 minutes
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
Section 2: Reading/Grammar	65 minutes
Grammar	20 questions
2 extended reading passages	10 questions
2 sets of thematically linked reading passages	20 questions
OPTIONAL SECTIONS	
Section 3: Writing	45 minutes
Task 1: 3 questions on a related theme	
Task 2: 1 extended essay response	
Speaking Test	10 minutes
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 test 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 six longer conversations between two speakers with two to four questions per conversation. Part 3 is four short talks 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 (or test booklet). Candidates hear the recording and the questions only once; they answer the questions as they listen. Once the audio for the Listening test has started, it will not stop; it will play continuously and include pauses to allow time to answer the questions.

Reading

The 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 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 a 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 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 taking a position on another topic and trying to convince the examiner to agree with their idea. The Speaking test is taken separately from the other parts of the test.

How to Use This Book

This practice test book with answers contains answer keys, audioscripts, and accompanying sample writing responses with commentary. These practice materials with answers are provided for teachers whose students are using the Classroom Edition of the practice test book and also offer English language learners the opportunity for self-study outside of a class or formal test-preparation program.

The Official MET Practice Test Book with Answers includes:

- 4 complete practice tests
- 4 sets of practice Speaking test prompts
- information on accessing the audio (MP3) files
- a progress tracking log for recording practice test scores
- selected practice test vocabulary lists
- answer keys
- audio transcripts for the Listening tests
- sample Writing Test responses with commentary for Tests 1 and 2
- the examiner instructions and script for the Speaking test
- actual test instructions and a sample answer sheet

Suggested Practice Strategies

Scheduling of Practice Tests and Review

Each practice test should be taken under the same conditions by following the exam administration procedures provided in this book. Teachers or test-takers should then mark the exam and schedule additional study and review according to the specific results of each practice test.

The four practice tests in this book are equivalent in difficulty and may be taken in any order. For best results, take the first practice test at the beginning of the course or semester in which you will be taking the exam. Score the test immediately and study your results. For teachers: Further classroom study can be tailored according to the needs of the class as a whole, with suggestions for individualized study and review based on each students' performance. In the middle of the semester or course term, or after at least six to eight weeks of additional study and review, the second practice test can be taken. Again, further study and review should be planned based on results and improvement from the first to the second practice test. Finally, the last two tests can be taken closer to the date of the actual exam, again with ample study time in between.

For an accelerated practice test schedule, either for independent study or in a classroom setting, it is suggested that you allow at least one week in between practice tests, with intensive, targeted study and review based on the sections of the test needing the most improvement. Without sufficient practice and review time in between practice tests, significant improvement in scores is unlikely. 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 and Grammar: Review Your Mistakes

- Whenever you take a practice test, study all your incorrect answers and make sure you understand the correct answer. Your errors will help you know what you 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 the actual text. For example, you may want to note listening or reading items missed or vocabulary or grammatical structures that you were unsure of and organize them in a way that helps you review them.

Writing and Speaking: Get Expert Help

- For the Writing and Speaking tests, make sure you have a qualified teacher, tutor, or expert English user review your responses and give recommendations and suggestions for improvement. Although it will not be possible to accurately score your speaking or writing practice test, the scoring criteria are available online (www.michiganassessment.org), and your teacher can help you understand how your response compares to the sample responses and scoring criteria.
- Set specific goals for additional speaking and writing practice based on this feedback.
- Record vocabulary, notes, or outlines of the topics you want to remember to help to prepare you for the next practice test or the actual text.

Practice Good Test-Taking Strategies

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

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.

Administering the Practice Test

It is important to take the practice test under proper test conditions. You should take it in a place with a table and chair that is quiet and free from distractions. For the two-skills version (Listening/Reading only), allow approximately 1 hour and 45 minutes of uninterrupted time. For the four-skills version of the test, the Listening, Reading, and Writing sections are administered in one sitting without a break. For the most realistic practice, please allow 2 hours and 30 minutes of uninterrupted time for these three sections. The 10-minute practice 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, 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, which can be found at 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**. Start the Listening Section audio recording. 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 this 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.

7. Refer to page 184 for the Speaking test instructions. The practice Speaking test must be given by a proficient language teacher or expert English user who will read and follow the examiner instructions and script in the book (pp. 185–188), while the students look at the illustration and questions provided in the test portion of the practice test book (pp. 117–124). (In the Classroom Edition, the pages are 111–118.) The test should be conducted in a quiet, one-on-one, face-to-face setting. For the best practice and review opportunities after the test, the entire Speaking test should be recorded (as it will be on test day), either on a device supplied by the instructor or on the student’s own device.

Scoring and Interpreting Your Test

Scoring the Test

When students have finished taking Sections I and II of the practice test, they should have a completed practice test with one answer per question. Teachers will need to decide how to score students’ practice tests. Depending on the students’ ages and your time constraints, you may want to provide the answer key to the class and either ask students to exchange books and score a partner’s exam or ask them score their own exams. Or, if time permits, you can collect the books and score them yourself. Please follow these steps to score the multiple choice section answers.

1. Compare answers with the corresponding answer key for each practice test. If the answer matches the answer key, then award one point. Please note that if more than one answer is marked to a single question, no point is earned.
2. Add up all of your correct answers in Section I: Listening. This is your Listening score. Record it in the Progress Log.
3. Add up all of your correct answers in Section II: Reading and Grammar. This is your Reading and Grammar score. Record it in the Progress Log.
4. Make notes in the Progress Log about vocabulary and grammar items you want to remember or study further.
5. The next section explains how your scores on the practice test may be interpreted in terms of MET scaled scores, which are the official MET scores.

Interpreting Your Scores

This section provides information helpful to understanding how your performance on the MET practice test is related to how you might perform on an official MET.

The MET is a multi-level exam, covering a range of proficiency levels from upper-beginner (CEFR level A2) to advanced (CEFR level C1). There is no pass score, but the emphasis of the MET is on the middle of the range (B1 and B2). The exact cut scores between adjacent CEFR levels, based on research conducted by MLA, are available on our website, where selected CEFR performance descriptors illustrate what test-takers should be able to do at each level. It is important to note that the score ranges for the CEFR levels are provided for each section but not for the final score because it is possible for an examinee to be at a higher language proficiency level in one language skill than in another. Therefore, all section scores should be taken into account when interpreting the test results for use in decision-making.

When the MET is taken under examination conditions, the raw scores from Sections I and II are converted to scaled scores, which relate to particular CEFR levels. This method ensures that the language ability required to receive a scaled score remains the same from year to year and that scores on all MET forms are comparable. The MET practice test is designed to be similar in difficulty to an official MET and to give you a reasonable idea of what scores you can expect to receive. However, there is no guarantee that your scores and CEFR levels on the practice test will be the same as those you receive when you take the MET.

Section I: Listening

- **Scores 44 and above:** If you have strictly followed the instructions for taking the practice test, you are likely to receive a scaled score that corresponds to CEFR level C1.
- **Scores 32–43:** You are likely to receive a scaled score that corresponds to CEFR level B2.
- **Scores 17–31:** You are likely to receive a scaled score that corresponds to CEFR level B1.
- **Scores 11–16:** You are likely to receive a scaled score that corresponds to CEFR level A2.
- **Scores 10 or below:** You are likely to receive a scaled score below A2 on the CEFR. You may benefit from more lessons or more practice before you register for the examination.

Section II: Reading and Grammar

- **Scores 45 and above:** If you have strictly followed the instructions for taking the practice test, you are likely to receive a scaled score that corresponds to CEFR level C1.
- **Scores 37–44:** You are likely to receive a scaled score that corresponds to CEFR level B2.
- **Scores 22–36:** You are likely to receive a scaled score that corresponds to CEFR level B1.
- **Scores 15–21:** You are likely to receive a scaled score that corresponds to CEFR level A2.
- **Scores 18 or below:** You are likely to receive a scaled score below A2 on the CEFR. You may benefit from more lessons or more practice before you register for the examination.

Section III: Writing

The writing responses are evaluated according to grammatical accuracy, vocabulary, mechanics, cohesion and organization, and task completion. Grammatical accuracy encompasses the number and kinds of errors and the degree to which these affect the intended meaning. Vocabulary is rated according to appropriateness of word choice and range of sophistication. Mechanics refers to the elements of basic writing such as capitalization, punctuation, and spelling. Cohesion and organization refers to the writer's ability to sequence and connect ideas, using clear transitions and connective devices. Task completion is evaluated according to the writer's ability to answer the question fully with enough relevant detail and stay on topic.

When you are finished with the Writing test, ask a teacher or expert English user to compare your responses to the sample writing responses and commentary included in this book. Each of the sample prompts are rated according to CEFR level, and the commentary should serve as a guideline for teachers who can evaluate the completed practice test writing responses. Keep in mind, however, that the Writing test scores you receive when you take the MET under examination conditions are determined by raters who have been trained and certified according to MLA standards. Therefore, it is not possible to assign an exact score on a practice test. Comparing your writing responses to the sample responses in this book will give you an approximation of your writing level.

The public version of the Writing test rating criteria is available at: <https://michiganassessment.org/wp-content/uploads/2014/11/MET-Rating-Scale-Writing.pdf>

The MET Speaking Test

The criteria for evaluating the Speaking test include task completion, vocabulary and grammar, and intelligibility. Task completion includes, for example, relevance of the response, quantity of language produced, and the amount of supporting detail. Language resources encompasses primarily the range and appropriateness of vocabulary and grammatical accuracy and complexity. Intelligibility includes pronunciation and delivery features such as fluency, rhythm, and hesitation. All Speaking test responses are recorded and rated by trained evaluators, so scores on practice tests cannot be accurately estimated. Students are encouraged to consult with their teachers, test examiners, or other expert users when evaluating their practice attempts on the Speaking test, and use this unofficial feedback to target specific sub-skills for further practice and improvement on the speaking test.

The public version of the Speaking test rating criteria is available at: <https://michiganassessment.org/wp-content/uploads/2014/11/MET-RatingScale-Speaking.pdf>

Preparing for Test Day

The sample answer sheet in the back of the book is provided so you know what it looks like before taking the test. The instructions that you will see on the actual 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.