



Sample Test Instructions



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BEFORE TAKING AN MET SAMPLE TEST

You Will Need

- an answer sheet
- a pen or pencil
- 2 hours and 15 minutes of uninterrupted time
- a timing device, such as a clock or stopwatch. It is important that you follow the time limits given for each section so that you get practice working under timed conditions.
- access to the listening section of the test

Section I: Listening

Look at the test booklet as you listen to the instructions and the questions. After each question, there is a pause so that you can mark your answers on the answer sheet. Do not pause the recording after each question. By using the time permitted on the recording, you will get practice listening and responding in a set amount of time. This listening section takes about 45 minutes.

Section II: Reading and Grammar

Read the instructions, then allow yourself 90 minutes to mark your answers to the Section II questions.

AFTER TAKING AN MET SAMPLE TEST

After you have finished taking the MET sample test, follow these instructions to calculate your scores:

- Check your answers using the scoring key.
- If your answer matches the answer key, then award yourself one point. If your answer does not match the answer key do not award yourself a point.
- Add up all of your correct answers for Section I. This is your Section I score.
- Add up all of your correct answers for Section II. This is your Section II score.
- Read how to interpret these scores in the next column.

INTERPRETING YOUR SCORES

When the MET is taken under examination conditions, Sections I and II are scored by computer using Item Response Theory (IRT) to arrive at scaled scores. This method ensures that the language ability required to receive a scaled score remains the same from year to year and that scores are comparable. IRT-based scaled scores are not the same as number-right scores or percentage scores, but there is a very high correlation between the number of correct answers provided and the IRT-based scaled scores.

Section I: Listening

- **Scores 51 and above:** If you have strictly followed the instructions for taking the sample test, you are likely to receive a scaled score that corresponds to CEFR level C1.
- **Scores 40–50:** You are likely to receive a scaled score that corresponds to CEFR level B2.
- **Scores 22–39:** You are likely to receive a scaled score that corresponds to CEFR level B1.
- **Scores 21 or below:** You are likely to receive a scaled score that corresponds to CEFR level A2. You may benefit from more lessons or more practice before you register for the examination.

Section II: Reading and Grammar

- **Scores 68 and above:** If you have strictly followed the instructions for taking the sample test, you are likely to receive a scaled score that corresponds to CEFR level C1.
- **Scores 55–67:** You are likely to receive a scaled score that corresponds to CEFR level B2.
- **Scores 36–54:** You are likely to receive a scaled score that corresponds to CEFR level B1.
- **Scores 35 or below:** You are likely to receive a scaled score that corresponds to CEFR level A2. You may benefit from more lessons or more practice before you register for the examination.

IMPORTANT POINTS TO NOTE

- Although the sample test is designed to be similar in difficulty to the MET and will give you a reasonable idea of how you should expect to score on the exam, there is no guarantee that your CEFR level on the sample test will be the same as the CEFR level indicated by scaled scores you receive after you take the MET.
- The MET scaled scores are explained in the MET Results section on our website.