

Personal Best

Do your personal best with English! ♥

B2
Upper Intermediate

PERSONAL BEST B2 – CEFR Companion volume with New Descriptors MAPPING¹

The following mapping is based on the **Personal Best B2 Student's Book**.

¹For practical reasons, some new descriptors of the CEFR have been left out, such as those related to sign language or those that were already present in the former version of the Framework.

Personal Best



Unit 1

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 10

Online interaction

Can engage in online exchanges, linking his/her contributions to previous ones in the thread, understanding cultural implications and reacting appropriately.

p. 11, Ex. 8
(adaptable to the online forum)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 5, p. 9

Building on multicultural repertoire

Can generally interpret cultural cues appropriately.

p. 6



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Unit 2

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 12,
p. 15, p. 16

Online interaction

Can participate actively in an online discussion, stating and responding to opinions on topics of interest at some length, provided contributors avoid unusual or complex language and allow time for responses.

p. 11 (activity 8,
prepare and practise),
p. 19 (Personal Best
Activity, adaptable to the
forum)

Overall Mediation

Can further develop other people's ideas, pose questions that invite reactions from different perspectives and propose solutions or next steps.

p. 11
(Personal Best activity)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 13, p. 17

Building on multicultural repertoire

Can generally interpret cultural cues appropriately.

p. 13, p.114

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Unit 3

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 22, p. 26, p. 28

Online interaction

Can engage in online exchanges, linking his/her contributions to previous ones in the thread, understanding cultural implications and reacting appropriately.

p. 23, p. 29 (Personal Best activities, adaptable to the forum)

Overall Mediation

Can establish a supportive environment for sharing ideas and facilitate discussion of delicate issues, showing appreciation of different perspectives, encouraging people to explore issues and sensitively adapting the way he/she expresses things.

p. 23
(activity 7, adapted to groups or small groups)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 23,
p. 27 linking

Building on multicultural repertoire

Can generally interpret cultural cues appropriately.

p. 23



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Unit 4

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 30, p. 33, p. 34

Overall Mediation

Can establish a supportive environment for sharing ideas and facilitate discussion of delicate issues, showing appreciation of different perspectives, encouraging people to explore issues and sensitively adapting the way he/she expresses things.

p. 37
(Ex. 9, adapted
to groups)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 31, p. 35

Building on multicultural repertoire

Can reflect on and explain particular ways of communicating in his/her own and other cultures, and the risks of misunderstanding they generate.

p. 30 (Ex. 2)



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Unit 5

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 40, p. 44, p. 46

Online interaction

Can engage in online exchanges, linking his/her contributions to previous ones in the thread, understanding cultural implications and reacting appropriately.

p. 47 (Ex. 7, adaptable to the forum)

Overall Mediation

Can establish a supportive environment for sharing ideas and facilitate discussion of delicate issues, showing appreciation of different perspectives, encouraging people to explore issues and sensitively adapting the way he/she expresses things.

p. 171 (Communication practice 5A, adapted to groups), p. 172 (Communication practice 5C, adapted to groups)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 41, p. 45



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Unit 6

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 48, p. 51, p. 52

Overall Mediation

Can convey detailed information and arguments reliably, e.g. the significant point(s) contained in complex but well-structured texts within his/her fields of professional, academic and personal interest.

p. 160, 166
(Communication
Practice 6C)

Can work collaboratively with people from different backgrounds, creating a positive atmosphere by giving support, asking questions to identify common goals, comparing options for how to achieve them and offering suggestions for what to do next.

p. 161, 167
(Communication
Practice 6D,
adapted to groups)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 49, p. 53



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Unit 7

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 58, p. 62,
p. 63, p. 64

Online interaction

Can engage in online exchanges, linking his/her contributions to previous ones in the thread, understanding cultural implications and reacting appropriately.

p. 65 (Ex. 8, adapted
to the forum)

Overall Mediation

Can work collaboratively with people from different backgrounds, creating a positive atmosphere by giving support, asking questions to identify common goals, comparing options for how to achieve them and offering suggestions for what to do next.

p. 63 (Ex. 6)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 59, p. 63



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Unit 8

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 66, p. 69, p. 70

Overall Mediation

Can work collaboratively with people from different backgrounds, creating a positive atmosphere by giving support, asking questions to identify common goals, comparing options for how to achieve them and offering suggestions for what to do next.

p. 73 (Ex. 9, adapted to groups)

Can convey detailed information and arguments reliably, e.g. the significant point(s) contained in complex but well-structured texts within his/her fields of professional, academic and personal interest.

p. 161, 167
(Communication Practice 8A)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 67, p. 71

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Unit 9

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 76, p. 80, p. 82

Online interaction

Can engage in online exchanges, linking his/her contributions to previous ones in the thread, understanding cultural implications and reacting appropriately.

p. 83 (Ex. 8, adapted to the forum)

Overall Mediation

Can convey detailed information and arguments reliably, e.g. the significant point(s) contained in complex but well-structured texts within his/her fields of professional, academic and personal interest.

p. 162, 168
(Communication practice 9C)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 77, p. 79, p. 81

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Unit 10

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 84, p. 87, p. 88

Overall Mediation

Can establish a supportive environment for sharing ideas and facilitate discussion of delicate issues, showing appreciation of different perspectives, encouraging people to explore issues and sensitively adapting the way he/she expresses things.

p. 91 (Ex. 8, adapted to groups)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 85, p. 89



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Unit 11

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 94, p. 98

Online interaction

Can engage in online exchanges between several participants, effectively linking his/her contributions to previous ones in the thread, provided a moderator helps manage the discussion.

p. 101 (Ex. 7, adapted to the forum)

Overall Mediation

Can establish a supportive environment for sharing ideas and facilitate discussion of delicate issues, showing appreciation of different perspectives, encouraging people to explore issues and sensitively adapting the way he/she expresses things. Can build upon others' ideas, making suggestions for ways forward.

p. 97 (Ex. 9)

Can convey detailed information and arguments reliably, e.g. the significant point(s) contained in complex but well-structured texts within his/her fields of professional, academic and personal interest.

p. 99 (Personal Best activity), p. 173 (Communication practice 11C)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 95, p. 99

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Unit 12

Reading as a leisure activity

Can read for pleasure with a large degree of independence, adapting style and speed of reading to different texts (e.g. magazines, more straightforward novels, history books, biographies, travelogues, guides, lyrics, poems), using appropriate reference sources selectively.

p. 105, p. 106

Online interaction

Can engage in online exchanges, linking his/her contributions to previous ones in the thread, understanding cultural implications and reacting appropriately.

p. 103
(Personal Best activity)

Overall Mediation

Can establish a supportive environment for sharing ideas and facilitate discussion of delicate issues, showing appreciation of different perspectives, encouraging people to explore issues and sensitively adapting the way he/she expresses things.

p. 109 (Ex. 9)

Linguistic competence: phonological control

Can generally use appropriate intonation, place stress correctly and articulate individual sounds clearly; accent tends to be influenced by other language(s) he/she speaks, but has little or no effect on intelligibility.

p. 103, p. 107

Building on multicultural repertoire

Can generally interpret cultural cues appropriately.

p. 109 (skill box),
p. 173
(Communication practice 12D)

