

Incorporate regular assessments into your sustainment routine.

Sustaining language proficiency requires a routine. If you know what to do on a [daily](#) and [weekly](#) basis, you're more likely to... well, do it.

If you don't have a routine yet, or your existing routine is feeling stale, it might be time for an assessment. **The CL-150 Platform includes open, [online assessments in 23 languages](#)***. You can take any of these assessments anytime (whether it's your primary language or not.)

The screenshot shows the CL-150 Platform interface. At the top, it says "CL-150 Platform Transparent Language" and "Powered by Avant". There are "STOP TEST" and "LOGOUT" buttons. The main area displays a reading comprehension test in Russian. The text is about planting trees in memory of war veterans. A question asks "What is reported in the passage?" with four multiple-choice options. A "Test Results" pop-up window is overlaid on the bottom right, showing the test title "Language Proficiency Test", the section "READING COMPREHENSION", the examinee ID "mmcgongale3 (188511) (mmcgongale3)", the ILR Rating "3", and the date and duration of the test.

What's the test like?

Taking about one hour to complete, the tests measure general proficiency in reading or listening comprehension. While the scores are only for self-assessment, **the tests mirror what you might find on a DLPT**, determining your readiness for duties that require a broad range of relevant skills.

The test design is based on a computer-adaptive, multi-stage testing model^{[1][2]}

that is more reliable than a traditional computer-adaptive test. **The test adjusts as you take it**, presenting test questions at or near your proficiency level, rather than questions so easy or difficult that they provide no useful information about your capabilities.

I took the test. Now what?

For each language you're maintaining, we recommend taking the available assessments every six months and fine-tuning your sustainment routine accordingly. That includes:

- **Enrolling in level-appropriate materials.** If you're enrolled in an ILR 2+ Cohort lesson stream, but you now test at an ILR 3, it's time to enroll in the next level up. (And if you're

not enrolled in a Cohort lesson stream, now you'll know which is right for you!)

- **Focusing on the right modality.** If you're sustaining a R2+/L2+, but the tests indicate you're now a R3/L2, you know you want to spend more time working on your listening skills.
- **Informing your program manager.** As you test, you can communicate your new scores to your program manager so he or she can assign you a mentor or provide additional assistance if needed.

Incorporating informal assessments are a regular part of your sustainment routine ensures there will be no surprises on your next formal assessment.

Want to explore our assessments and other learning features for sustainment?
[Attend a new user orientation](#) or visit the [CL-150 Training Kit](#) to explore on-demand help materials.

**Note that the diagnostic assessments for Arabic and Farsi due to Adobe discontinuing Flash. None of the open proficiency tests will be impacted.*

[1] Luecht & Nungester, 1998;

[2] Luecht, 2000