

12-week NCLC 7 study plan

For TCF Canada and TEF Canada candidates around B1: weekly focus, daily routine, mock test checkpoints and a checklist to tick off.

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Interactive version: nclcfrench.com/nclc-7-study-plan

QUICK ANSWER

To prepare for the TCF Canada or TEF Canada in 3 months, start with a full timed mock test, then give each fortnight one focus: grammar and listening, reading and opinion writing, speaking, then exam technique. Study 60–90 minutes a day plus a longer weekend session, take mock tests in weeks 1, 6 and 10, and move time to your weakest skill. This works best if you are already a solid B1.

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Who this 3-month plan is for

This plan is for you if you already handle everyday French with some ease (around B1), a first mock test puts you close to NCLC 7 in at least some skills, and you can study about 10 hours a week: 60–90 minutes on weekdays and a longer session at the weekend. Over 12 weeks that is roughly 120 hours.

Be honest about the gap. One school's estimate (Alliance Française de Lyon) puts B1 > B2 at 200–250 hours of classes, and B2 is the level that matches NCLC 7 on the TCF Canada scale. So 12 weeks works best when you are already well into B1 and need exam practice and polish, not a whole new level. If you are at the start of B1 or below, use the free [study planner](#) for a personalised timeline and read [French from zero to NCLC 7](#) to see how the hours add up.

- Not sure where you are? Take the [free 10-question level check](#) first.
- The same plan works for the TCF Canada and the TEF Canada: only the exam-technique weeks follow your test's format.

- The plan is a structure, not a promise. Your mock test results decide when you are ready.

12-week TCF and TEF Canada preparation plan, week by week

One focus per block. Whatever the block, keep the daily routine below going so no skill goes cold.

1

WEEK 1

Baseline and routine

Sit the full timed **free mock test**, even if it feels hard, and note your NCLC level in each skill. Read the format of your test on the **TCF and TEF cheat sheet**. Fix your study times in your calendar and start an error notebook.

2

WEEKS 2–3

Grammar and listening

Revise the past tenses, the future, the conditional and si-clauses with the **grammar cheat sheet**. Listen to 20 minutes of radio or podcasts at natural speed each day. Write two short messages a week (TCF task 1, TEF section A style) and correct them against your error list.

3

WEEKS 4–5

Reading and opinion writing

Add the subjunctif and relative pronouns. Read one opinion article a day against the clock and find the writer's point of view. Write two argued texts a week (TCF task 3, TEF section B) using the **writing phrases**. Learn six themes from the **vocabulary list**.

4

WEEK 6

Checkpoint mock

Sit a second full timed mock in your test's format. Compare each skill with week 1. If one skill is still two levels below target, give it half of your study time for the next four weeks.

5

WEEKS 7–8

Speaking and your weakest skill

Speak every day: one role-play where you ask for information, then one opinion answer you record and replay. Use the **speaking questions** and reuse your new vocabulary. Learn the last six vocabulary themes.

6

WEEKS 9–10

Exam technique

Do every section under real timings: listening with each recording once, reading at a steady pace per question, writing within the word counts, speaking with the real preparation time. Practise moving on from a question you can't answer. End week 10 with a third full mock.

7

WEEK 11

Close the gap

Spend two-thirds of your time on the skill your third mock shows lowest. Reread your error notebook and rewrite two old writing tasks without those errors.

8

WEEK 12**Last week before the exam**

Keep it light: short daily practice, no new grammar, a final check of your documents and the test centre. The checklist for this week is below.

Daily study routine: 60–90 minutes

Weekdays follow this order. Do the first four blocks (60 minutes) every day and add the last one when you have 90.

Time	Activity	Why
10 min	Vocabulary review with flashcards, English to French	Spaced repetition keeps old words alive while you add new ones.
20 min	Listening: one recording once, answer, then check the transcript	Both tests play each recording once, so train for one chance.
15 min	Reading or grammar, on alternate days	Reading speed and grammar control build up slowly and need little and often.
15 min	Speaking aloud: answer one question, record it, replay it	Speaking improves only by speaking; the recording shows hesitations and errors.
+30 min	Writing: one paragraph or part of a task, then correct it	Short, frequent writing with correction beats one long text a week.
Weekend, 2–3 h	One full writing task, one timed section, review of the week's errors	Builds stamina and tests what you learned under time.

Move minutes towards your weakest skill, but never drop a skill completely: NCLC 7 has to be reached in all four at the same sitting.

Weekly study checklist

Print it once a week and tick as you go. A week with every box ticked is a good week, whatever the mood.

Listening and reading

☐ **5 listening sessions, each recording heard once**
Answer first, then read the transcript and note what you missed.

☐ **3 reading sessions against the clock**
News or opinion articles. Write the main idea in one sentence.

Writing and speaking

☐ 2 writing tasks in exam format, within the word count

Count your words: too short or too long both cost marks.

☐ Feedback or self-correction on each text

Add every corrected error to your error notebook.

☐ 5 recorded speaking answers

Mix information role-plays and opinion answers.

Grammar and vocabulary

☐ 1 or 2 grammar points revised and used on purpose

Put each one in a writing task and a speaking answer this week.

☐ 1 vocabulary theme learned with articles

Plus two expressions you will reuse.

☐ Flashcards reviewed every day

Ten minutes is enough if you keep it daily.

Review

☐ Error notebook reread

Look for the error you make most and target it next week.

☐ Next week's study times in the calendar

Protect them like work meetings.

☐ Mock test done Weeks 1, 6, 10

Only in weeks 1, 6 and 10.

How to track your progress towards NCLC 7

Write down your result per skill after each mock test, not just an overall impression. Your target is NCLC 7 in listening, reading, writing and speaking at the same sitting, ideally with a small margin, because scores vary from one day to the next.

The table below shows the TCF Canada scores for each NCLC level. If you take the TEF Canada, use the **NCLC score converter**: IRCC uses the "Équivalence ancien score" on the TEF certificate.

- Listening and reading: your mock score per section.
- Writing and speaking: the level from feedback on full tasks, not on single sentences.

- Between mocks: the number of errors per writing task should go down.

TCF Canada scores for each NCLC level

NCLC	Listening (/699)	Reading (/699)	Writing (/20)	Speaking (/20)
10	549–699	549–699	16–20	16–20
9	523–548	524–548	14–15	14–15
8	503–522	499–523	12–13	12–13
7	458–502	453–498	10–11	10–11
6	398–457	406–452	7–9	7–9
5	369–397	375–405	6	6
4	331–368	342–374	4–5	4–5

What to do in the last week before the exam

The last week is for confidence and logistics, not for new material. Keep a short daily session so your French stays warm, and get your sleep in order.

- Do one timed section a day, rotating the four skills, and no full mock in the last two days.
- Reread your error notebook and your best two writing tasks.
- Rehearse your speaking openings: greeting, introducing yourself, asking for clarification.
- Check your convocation, the centre address, the start time and the ID you must bring.
- Plan the route and arrive early. The **exam day checklist** covers the rest.

Dos and don'ts for a 3-month TCF or TEF plan

DO

- Start with a full timed mock test, even if you expect a low score.
- Train every skill every week; NCLC 7 is needed in all four.
- Speak out loud daily and record yourself.
- Get feedback on your writing and keep an error notebook.

DON'T

- Don't spend the whole plan on the skill you enjoy most.
- Don't only read grammar rules: use each rule in your own sentences.
- Don't learn vocabulary without articles.
- Don't take a full mock every few days: you need the time between mocks to improve.

- Book the real exam when a mock shows NCLC 7 in all four skills, or join a waitlist early if seats are scarce.
- Don't cram new material in the last week.

Ready to test yourself?

Take a full timed TCF Canada or TEF Canada mock test in the real format, with an NCLC estimate for every skill.

Start a free mock test



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