EIKEN S-CBT Preparation Checklist

Petra Tutors | Printable A4, 4 pages Official information checked on 23 October 2026

This checklist is a study aid. Always confirm the latest test information on the Eiken Foundation's official pages. Petra Tutors is separate from the Eiken Foundation.

1. Test basics

Grade:

Test date:

Venue:

Where you will sit it: [ ] Japan [ ] Overseas

Writing answer method: ☐ Handwriting ☐ Typing

Admission ticket (printed on A4): ☐ Printed ☐ Not yet

Official demo: ☐ Tried ☐ Not yet

What worries you (free notes):

2. Skills and controls readiness

Tick each item when you have done it.

Speaking (recorded)

- [ ] Checked how to use the headset (or earphones)
- [ ] Recorded my own answer and listened back
- [ ] Chose one thing to fix and recorded again

Listening and reading (on screen)

- [ ] Practised choosing answers on screen with the mouse
- [ ] Practised moving between passage and questions on screen
- [ ] Sorted my mistakes (misheard / chose wrongly / overlooked)

Writing

- [ ] Wrote to a set time in my chosen method (handwriting / typing)
- [ ] Reviewed on four points: content, structure, grammar, vocabulary
- [ ] Decided my proofreading routine (the last minute)

Controls

- [ ] Comfortable with the mouse
- [ ] Went through the official demo screens once

3. Seven-day practice log

One short line a day is enough.

Day	Date	Goal	Skill / controls	Done	Mistake / notice	Fix next
Day 1				☐		
Day 2				☐		
Day 3				☐		
Day 4				☐		
Day 5				☐		
Day 6				☐		
Day 7				☐		

4. Test day checks (Japan guidance)

Based on the Eiken Foundation's official guidance (checked 23 October 2026). Always confirm the latest on the official page.

- [ ] Admission ticket printed on A4 (a phone or other screen is not valid)
- [ ] Valid original photo ID ready (name matches the ticket)
- [ ] Checked the venue location and route
- [ ] Will follow the venue's instructions on the day
- [ ] Re-checked the official items-to-bring page the day before

Not accepted as ID (official guidance)

- Documents without a photo (business cards, membership cards, commuter passes, residence certificates)
- Electronic student IDs or other IDs shown on a phone screen

Official pages

- https://www.eiken.or.jp/s-cbt/administration/carryingItems/
- https://www.eiken.or.jp/s-cbt/demo/

If you sit at an overseas venue, do not apply the Japan guidance. Check the official overseas S-CBT pages for current requirements.