



UNIVERSITÀ  
CATTOLICA  
del Sacro Cuore

## CAP - Centro per l'autoapprendimento

### ***What is CAP?***

*CAP* stands for Centro per l'Autoapprendimento: it is the self-access centre for languages of the **SeLdA (Servizio Linguistico d'Ateneo)** of our University.

### ***What does CAP offer?***

The *CAP* offers a wide range of practice exercises and tools supporting and integrating topics covered during classes, as well as a language advisory service.

### ***What does CAP aim at?***

The *CAP* can help students to become autonomous and responsible language learners, that is: being able to define their own learning path according to individual needs, to select study material, and to learn how to self-evaluate their progress.

### ***Who are the language advisors?***

The language advisors at the *CAP* help students in the definition of their personalised study programme and method.

### ***How to access the CAP?***

The entrance is **free** and there is **no need of reservation**. Students have to show their university ID (Carta Ateneo+). If looking for language advice, students should refer to [the language advisors schedule](#).

### ***Where and when are CAP services available?***

The *CAP* is located on the third floor of the building in Via Morozzo della Rocca 2/A, Milano. Opening hours are as follows:

Monday to Thursday: 09:30-17:00

Friday 09:30-13:00

For further information:

Tel. 02/7234 5745

e-mail: [cap.selda@unicatt.it](mailto:cap.selda@unicatt.it)