



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 service is online. To access the dedicated digital resources, students must register through the [Blackboard page](#) of CAP.

For further information (e.g., assistance on registration procedure, language advisors schedule for the Fall 2021) please email: cap.selda@unicatt.it.