

THE NCLC 7 QUICK START

10 high-yield French upgrades for
TEF & TCF Canada

B1 → B2

A practical mini-guide for learners who want
more controlled, connected and developed
French.

TEF Canada • TCF Canada
Writing • Speaking • Grammar



THE CHIC FRENCH CLUB • FREE 2026 EDITION

Don't chase complicated French. Build controlled French.

A free companion resource for TEF Canada & TCF Canada preparation.



What changes from B1 to NCLC 7?

You do not need “fancy French.” You need French that is more developed, connected and controlled.

B1 tendency	NCLC 7 upgrade
I give an opinion.	I give an opinion and develop it.
I give a reason.	I explain the reason and add a relevant example.
I connect with et / mais / parce que.	I vary connectors such as cependant, de plus, en revanche, par conséquent.
I use mostly simple sentences.	I add controlled complex structures.
I stop after the idea.	I link ideas and show a consequence or conclusion.

THE CORE IDEA

NCLC 7 is not about sounding sophisticated. It is about showing that you can communicate, develop, connect, justify and respond with reasonable control.

Your highest-return habit

Whenever you state an opinion, ask: Why? Can I give an example? What is the consequence?

Opinion → Reason → Example → Consequence



The 4-step B2 answer formula

Use this whenever you need to express and develop an opinion.

01	POSITION	Say what you think clearly.
02	REASON	Explain why you think it.
03	EXAMPLE	Make the idea concrete.
04	CONSEQUENCE	Show the result or implication.

Example: Should cities invest more in public transportation?

POSITION — À mon avis, les villes devraient investir davantage dans les transports publics.

REASON — Tout d'abord, cela permettrait de réduire la dépendance à la voiture.

EXAMPLE — Par exemple, lorsqu'une ville dispose d'un réseau fiable, les habitants peuvent plus facilement laisser leur véhicule chez eux.

CONSEQUENCE — Par conséquent, les transports collectifs peuvent améliorer la mobilité quotidienne tout en réduisant certaines dépenses.

B1

Les transports sont importants parce qu'ils sont pratiques.

NCLC 7 UPGRADE

Bien que les transports publics puissent parfois être moins flexibles, ils constituent une solution intéressante pour les personnes qui souhaitent réduire leurs dépenses quotidiennes.

Rule: controlled complexity beats complicated mistakes.



10 connectors worth mastering

Do not force all ten into one answer. Choose connectors that genuinely match your logic.

TOUT D'ABORD first of all • Start an argument	DE PLUS furthermore • Add a point
EN EFFET indeed • Explain / support	CEPENDANT however • Contrast
EN REVANCHE on the other hand • Contrast two sides	BIEN QUE + SUBJ. although • Concession
MÊME SI + IND. even if / even though • Concession / condition	À TITRE D'EXEMPLE for example • Give evidence
PAR CONSÉQUENT consequently • Show a result	EN DÉFINITIVE ultimately • Conclude

EXAM TRAP

Many connectors do not automatically make your French B2. A connector helps only when the logical relationship between your ideas is clear.

Useful minimum

In a developed answer, aim for roughly one progression + one contrast/concession + one cause/consequence, when appropriate.



5 small upgrades that prevent big mistakes

You do not need advanced grammar everywhere. You need reliable grammar in high-frequency structures.

01	PERMETTRE À ☐ Cela permet les étudiants de travailler. ☐ Cela permet aux étudiants de travailler.
02	SI + IMPARFAIT → CONDITIONNEL ☐ Si j'aurais plus de temps... ☐ Si j'avais plus de temps, je ferais davantage de pratique.
03	BIEN QUE + SUBJONCTIF ☐ Bien que c'est difficile... ☐ Bien que ce soit difficile.
04	VERB + PREPOSITION ☐ Je participe cette activité. ☐ Je participe à cette activité.
05	TENSE CONTROL Background / habit → imparfait Completed event → passé composé

HIGH-YIELD VERB PATTERNS

permettre à • contribuer à • participer à • dépendre de • profiter de • avoir besoin de • empêcher de • inciter à • encourager à

Learn these as complete patterns, not isolated verbs.



The anti-freeze speaking card

When you run out of ideas, do not search for a perfect sentence. Follow the sequence.

SPEAKING FORMULA

OPINION → REASON → EXAMPLE → CONSEQUENCE

1	Opinion	À mon avis, cette solution présente plusieurs avantages.
2	Reason	Tout d'abord, elle permet de...
3	Example	Par exemple, on peut imaginer une situation où...
4	Consequence	Par conséquent, cela pourrait...

5 recovery phrases

Pour ma part, je considère que... • Il faut également prendre en considération le fait que... • À titre d'exemple, on peut citer... • Cependant, cet argument doit être nuancé. • En définitive, il me semble préférable de...

Important: TEF and TCF oral tasks are not identical. Use the task instructions and register required by the specific exam. This formula is a development tool, not a script to recite mechanically.



Two compact structures — two different exams

TEF Canada and TCF Canada have different written-expression tasks. Keep their formats separate.

TEF CANADA • SECTION B

35 minutes • minimum 200 words

POSITION

À mon avis, [position].

ARGUMENT

Tout d'abord, [reason]. En effet, [explanation].

EXAMPLE

Par exemple, [specific example].

CONTRAST

Certes, [counterpoint]. Cependant, [response].

CONCLUSION

En définitive, [position / recommendation].

TCF CANADA • TASK 3

120–180 words

VIEWPOINT 1

Le premier point de vue met l'accent sur...

VIEWPOINT 2

Le second point de vue souligne plutôt...

YOUR POSITION

Pour ma part, je considère que...

JUSTIFICATION

Tout d'abord... De plus... Par exemple...

CONCLUSION

En définitive, il me semble que...

REGISTER CHECK

For TCF Task 1 and Task 2, the prompt determines the required message type and register. For TEF written Section B, focus on answering the task and developing your position rather than forcing a generic formal-letter format.



The 15-minute NCLC 7 routine

Short, repeatable practice beats occasional marathon sessions.

05 MIN	CONNECTORS	Take one topic and make 5 sentences using different logical relationships.
05 MIN	SPEAK	Answer one question using Opinion → Reason → Example → Consequence.
05 MIN	UPGRADE	Rewrite 3 simple B1 sentences using one connector or one controlled complex structure.

Before you submit or finish speaking, ask:

- ☐ Did I state my position clearly?
- ☐ Did I explain at least one reason?
- ☐ Did I give a concrete example?
- ☐ Did I show a consequence or conclusion?
- ☐ Did I use connectors because they fit — not just to look advanced?
- ☐ Did I control my verb + preposition patterns?
- ☐ Did I avoid a structure I cannot control?



Don't chase complicated French.

Build controlled French.

THE NCLC 7 MINDSET

**Connect your ideas.
Develop your arguments.
Use complexity when you can control it.
Make every sentence serve the task.**

Want the complete system?

The NCLC 7 French Formula — Deluxe Edition

A full-length study guide and workbook covering high-yield connectors, TEF/TCF writing structures, speaking frameworks, subjunctive and hypothesis patterns, B1 → B2 upgrades, practice labs and exam-focused checklists.

47-PAGE DELUXE GUIDE

Writing • Speaking • Grammar • Connectors • Practice Workbook

Available through TheChicFrenchClub.

FREE RESOURCE • 2026 EDITION

Independent educational resource. Not produced, endorsed, affiliated with or sponsored by IRCC, CCI Paris / Le français des affaires, France Éducation internationale, TEF Canada or TCF Canada.

© 2026 TheChicFrenchClub. All rights reserved. Personal educational use only. Unauthorized copying, redistribution, resale, uploading or commercial distribution is prohibited without prior written permission.

