

# LISTENING SELF ASSESSMENT

---

To help you start to be more aware of your listening habits, complete the following Listening Self-Evaluation. Answer each question thoughtfully and after you have answered all the questions, score your self-assessment.

#	COMMUNICATING KNOWLEDGE AND ATTITUDES DO YOU ...	MOST OF THE TIME	FREQUENTLY	OCCASIONALLY	ALMOST NEVER
1	Tune out people who say something you don't agree with or don't want to hear?				
2	Concentrate on what is being said even if you are not really interested?				
3	Assume you know what the talker is going to say and stop listening?				
4	Repeat in your own words what the talker has just said?				
5	Listen to the other person's viewpoint, even if it differs from yours?				
6	Learn something from each person you meet, even if it is ever so slight?				
7	Find out what words mean when they are used in ways not familiar to you?				
8	Form a rebuttal in your head while the speaker is talking?				
9	Give the appearance of listening when you aren't?				
10	Daydream while the speaker is talking?				
11	Listen to the whole message – what the talker is saying verbally and nonverbally?				
12	Recognize that words don't mean exactly the same thing to different people?				
13	Listen to only what you want to hear, blotting out the talker's whole message?				
14	Look at the person who is talking?				
15	Concentrate on the talker's meaning rather than how he or she looks?				

## LISTENING SELF ASSESSMENT (Continued)

---

#	COMMUNICATING KNOWLEDGE AND ATTITUDES DO YOU ...	MOST OF THE TIME	FREQUENTLY	OCCASIONALLY	ALMOST NEVER
16	Know which words and phrases you respond to emotionally?				
17	Think about what you want to accomplish with your communication?				
18	Plan the best time to say what you want to say?				
19	Think about how the other person might react to what you say?				
20	Consider the best way to make your communication (written, spoken, phone, bulletin board, memo, etc.) work?				
21	Think about what kind of person you're talking to (worried, hostile, disinterested, rushed, shy, stubborn, impatient, etc.)?				
22	Interrupt the talker while he or she is still talking?				
23	Think, "I assumed he or she would know that"?				
24	Allow the talker to vent negative feelings towards you without becoming defensive?				
25	Practice regularly to increase your listening efficiency?				
26	Take notes when necessary to help you to remember?				
27	Hear noises without being distracted by them?				
28	Listen to the talker without judging or criticizing?				
29	Restate instructions and messages to be sure you understand correctly?				
30	Paraphrase what you believe the talker is feeling?				

From "Listening: The Forgotten Skill" A Self Teaching Guide, Second Edition, Madelyn Burley Allen, John Wiley T. Sons, Inc.

# SCORE SHEET

1. Circle the number that matches the time frame (most of the time, frequently, etc.) you checked on each of the 30 items of the self-evaluation. *Example: If you put an X under "Frequently" for number 1, you would circle 2 in the "Frequently" column.*
2. Add the circled scores in each of the columns.
3. Write the scores of each column in the lines under each time frame category.

	Most of the Time	Frequently	Occasionally	Almost Never
1.	1	2	3	4
2.	4	3	2	1
3.	1	2	3	4
4.	4	3	2	1
5.	4	3	2	1
6.	4	3	2	1
7.	4	3	2	1
8.	1	2	3	4
9.	1	2	3	4
10.	1	2	3	4
11.	4	3	2	1
12.	4	3	2	1
13.	1	2	3	4
14.	4	3	2	1
15.	4	3	2	1
16.	4	3	2	1
17.	4	3	2	1
18.	4	3	2	1
19.	4	3	2	1
20.	4	3	2	1
21.	4	3	2	1
22.	1	2	3	4
23.	1	2	3	4
24.	4	3	2	1
25.	4	3	2	1
26.	4	3	2	1
27.	4	3	2	1
28.	4	3	2	1
29.	4	3	2	1
30.	4	3	2	1
<b>Totals</b>	_____	_____	_____	_____

4. Total of items circled in each column:

