

Name:

Listening Skills Self-Evaluation Almost

Always Usually Sometimes Seldom Never

Giving in to mental distractions.

Giving in to physical distractions.

Trying to recall everything a speaker says.

Rejecting a topic as uninteresting before hearing the speaker.

Faking paying attention

Jumping to conclusions about speaker's meaning Deciding a speaker is wrong before hearing everything he or she has to say

Judging a person on personal appearance

Not paying attention to a speaker's evidence Focusing on delivery rather than on what the speaker says.

Totals:

Multiply: x 2 x 4 x 6 x 8 x 10

Results:

Evaluation: Add the sum of the results row to determine your score. My score is _____

Below 70: Better listening needed!

71 - 90: Good listening skills

Above 90: You listen very well!

Do you agree with the evaluation? What particular weaknesses should you address to improve your listening skills?