

## LISTENING SELF-EVALUATION

How often do you indulge in the following 10 bad listening habits? Check yourself carefully in each one.

HABIT	FREQUENCY					SCORE
	Almost Always	Usually	Sometimes	Seldom	Almost never	
1. Giving in to mental distractions	_____	_____	_____	_____	_____	_____
2. Giving in to physical distractions	_____	_____	_____	_____	_____	_____
3. Trying to recall everything a speaker says	_____	_____	_____	_____	_____	_____
4. Rejecting a topic as uninteresting before hearing the speaker	_____	_____	_____	_____	_____	_____
5. Faking paying attention	_____	_____	_____	_____	_____	_____
6. Jumping to conclusions about a speaker's meaning	_____	_____	_____	_____	_____	_____
7. Deciding a speaker is wrong before hearing everything she or he has to say	_____	_____	_____	_____	_____	_____
8. Judging a speaker on personal appearance	_____	_____	_____	_____	_____	_____
9. Not paying attention to a speaker's evidence	_____	_____	_____	_____	_____	_____
10. Focusing on delivery rather than on what the speaker says	_____	_____	_____	_____	_____	_____
TOTAL						_____

### How to score:

For every "almost always" checked, give yourself a score of	2
For every "usually" checked, give yourself a score of	4
For every "sometimes" checked, give yourself a score of	6
For every "seldom" checked, give yourself a score of	8
For every "almost never" checked, give yourself a score of	10

<b>Total score interpretation:</b>	Below 70	You need lots of training in listening.
	From 71–90	You listen well.
	Above 90	You listen exceptionally well.

• **FIGURE 3.1**