

Listening Self-Evaluation Worksheet

Name _____ Section _____

How often do you indulge in the following 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

Total score interpretation: 0 to 70 You need lots of training in listening.

71 to 89 You listen well.

90 to 100 You listen exceptionally well.