

# Assessing your Listening Skills

## Instructions

The following statements reflect various habits we use when listening to others. For each statement, indicate the extent to which you agree or disagree with it by selecting one number from the scale provided. Circle your response for each statement. Remember, there are no right or wrong answers. After completing the survey, add up your total score for the 17 items, and record it in the space provided.

1 = strongly disagree   2 = disagree   3 = neither agree nor disagree   4 = agree   5 = strongly agree

- |                                                                                                             |                   |
|-------------------------------------------------------------------------------------------------------------|-------------------|
| 1. I daydream or think about other things when listening to others.                                         | 1 — 2 — 3 — 4 — 5 |
| 2. I do not mentally summarize the ideas being communicated by a speaker.                                   | 1 — 2 — 3 — 4 — 5 |
| 3. I do not use a speaker's body language or tone of voice to help interpret what he or she is saying.      | 1 — 2 — 3 — 4 — 5 |
| 4. I listen more for facts than overall ideas during classroom lectures.                                    | 1 — 2 — 3 — 4 — 5 |
| 5. I tune out dry speakers.                                                                                 | 1 — 2 — 3 — 4 — 5 |
| 6. I have a hard time paying attention to boring people.                                                    | 1 — 2 — 3 — 4 — 5 |
| 7. I can tell whether someone has anything useful to say before he or she finishes communicating a message. | 1 — 2 — 3 — 4 — 5 |
| 8. I quit listening to a speaker when I think he or she has nothing interesting to say.                     | 1 — 2 — 3 — 4 — 5 |
| 9. I get emotional or upset when speakers make jokes about issues or things that are important to me.       | 1 — 2 — 3 — 4 — 5 |
| 10. I get angry or distracted when speakers use offensive words.                                            | 1 — 2 — 3 — 4 — 5 |
| 11. I do not expend a lot of energy when listening to others.                                               | 1 — 2 — 3 — 4 — 5 |
| 12. I pretend to pay attention to others even when I'm not really listening.                                | 1 — 2 — 3 — 4 — 5 |
| 13. I get distracted when listening to others.                                                              | 1 — 2 — 3 — 4 — 5 |
| 14. I deny or ignore information and comments that go against my thoughts and feelings.                     | 1 — 2 — 3 — 4 — 5 |
| 15. I do not seek opportunities to challenge my listening skills.                                           | 1 — 2 — 3 — 4 — 5 |
| 16. I do not pay attention to the visual aids used during lectures.                                         | 1 — 2 — 3 — 4 — 5 |
| 17. I do not take notes on handouts when they are provided.                                                 | 1 — 2 — 3 — 4 — 5 |

Total: \_\_\_\_\_

# Assessing your Listening Skills

Scoring:

17 - 34 points: Good Listening Skills

35 - 53 points: Moderately Good Listening Skills

54 - 85 points: Poor Listening Skills

What are your strengths as a listener?

---

---

---

---

In what areas could you improve?

---

---

---

What benefits do you see in improving your listening skills?

---

---

---

What is one specific action you will make to deepen your listening?

---

---

---

What impact do you expect this might have on your communication with others?

---

---

---