Self-Assessment

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| Self-Assessment Title | **Self-Assessment 6.1** |
| Descriptive Title | **How Well Do I Listen?** |
| Short Title | SA 6.1 |
| *Activity Introduction and Description* | *Directions*  Answer the following questions about how well you listen. Evaluate your listening effectiveness by indicating if you always, sometimes, or never engage in the behavior described. |

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| **BEHAVIOR** | **ALWAYS** | **SOMETIMES** | **NEVER** |
| 1. When involved in a conversation with another person, how often do you find yourself thinking that what the other person is saying is unimportant? |  |  |  |
| 2. How frequently do you find yourself silently criticizing the mannerisms or the appearance of the person with whom you are conversing? |  |  |  |
| 3. How often do you refuse to give your complete attention to someone expressing a point of view that conflicts with yours? |  |  |  |
| 4. How often do you find yourself becoming emotional about something another person says? |  |  |  |
| 5. How often do you find yourself jumping ahead of the person speaking—perhaps even completing their thoughts? |  |  |  |
| 6. How frequently do you interrupt a person speaking with you? |  |  |  |
| 7. How often do you fake paying attention to someone?  \_\_\_\_\_\_ |  |  |  |
| 8. How frequently do you find yourself distracted by something while listening? |  |  |  |
| 9. How often do you try to avoid listening to difficult content? |  |  |  |
| 10. How often do you find yourself personally antagonized by another person using emotion-laden words? |  |  |  |

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| **Scoring Method** | **Total Score Interpretation** |
| Score your answers as follows: if your answer to a question is always, award yourself 1 point. If your answer is sometimes, award yourself 5 points. If your answer is never, award yourself 10 points. Add the scores in each column. Then add the column scores together to determine your total score. | If you score lower than 50, you’re not listening when you should be. If you score between 50 and 70, you have listening potential. If you score between 70 and 90, you are a fair to good listener. If you score between 90 and 100, you are an accomplished listener. |

Based on your answers and resulting score, describe and, if necessary, critique your listening behavior.