

Sample Listening Self-assessment

Student's Name: _____

Date: _____

Listening Experience: _____

	Yes	Most of the time	Some of the time	Not at all
I tried to listen attentively throughout the presentation. Comments:				
I took effective notes if I was expected to or if the speaker was presenting information that might be useful to me. Comments:				
I was polite and showed consideration to the speaker. Comments:				
I was able to determine important points or ideas in what I heard. Comments:				
I thought about how the presentation might be relevant to me. Comments:				
I thought about the speaker's perspective or point of view, whether I agreed or disagreed with him/her, and why. Comments:				