

## Sample Self-assessment for Listening: Form Two

Student:

Date:

Task:

Rating Scale: 1--poor, 2--weak, 3--average, 4--good, 5--excellent

### Preparing for Listening

I entered the situation with a positive listening attitude. I was prepared to listen and knew what I wanted to accomplish. I set my purpose (and adjusted it as necessary). I focused my attention on the task.

Rating Scale: 1 2 3 4 5

Comments:

Suggestions for Improvement:

### During Listening

I concentrated on what the speaker was saying. I attempted to ascertain the speaker's purpose. I stayed mentally involved and physically alert. I was open-minded and objective. I distinguished the message from the speaker. I used a notemaking system (e.g., split-page, outline, map, précis). I was first concerned with accurately and completely understanding what I heard. I "made sense" of what was heard and seen by listening for main ideas, and by distinguishing between main ideas and supporting evidence. I distinguished between relevant and irrelevant material. I listened for specific organizational patterns and noted transitional expressions. I made inferences and drew conclusions. I wrote down new words (and found out what they meant later). I asked myself questions while listening. I gave appropriate verbal and nonverbal feedback.

Rating Scale: 1 2 3 4 5

Comments:

Suggestions for Improvement:

### After Listening

I reflected upon and interpreted what I had heard. I evaluated what I heard in an open-minded and objective manner. I weighed all evidence before making a decision or drawing a conclusion. I analyzed the speaker's ideas and evidence, the speaker's reasoning, and the speaker's emotional appeals. I asked appropriate questions for constructive purposes, not to trap the speaker.

Rating Scale: 1 2 3 4 5

Comments:

Suggestions for Improvement: