

Sample Self-assessment for Listening

Circle the appropriate column:

Learning How to Listen

Yes No Sometimes

- Do I pay attention?

Yes No Sometimes

- Do noises in the room interrupt my listening carefully?

Yes No Sometimes

- Am I willing to judge the speaker's words without letting my own ideas get in the way?

Yes No Sometimes

- Do I find the speaker's personal habits distracting (e.g., clearing the throat constantly?)

Listening for Information

Yes No Sometimes

- Can I mentally organize what I hear so that I can remember it?

Yes No Sometimes

- Can I think up questions to ask the speaker about ideas that I don't understand?

Yes No Sometimes

- Do I get the meaning of unknown words from the rest of what the speaker says?

Listening Critically

Yes No Sometimes

- Is the speaker expert enough to make his/her statements?

Yes No Sometimes

- Can I separate facts from explanations or opinions?

Yes No Sometimes

- Can I tell the difference between important and unimportant details?

Yes No Sometimes

- Can I pick out unsupported points that a speaker makes?

Yes No Sometimes

- Am I able to accept points of view that differ from my own?

Listening Creatively

Yes No Sometimes

- Am I able to pick out specific words or phrases that impress me as I listen?

Yes No Sometimes

- Do I become involved in the poem, story, essay, or play so that it seems as though the action is truly taking place?

Yes No Sometimes

- Am I able to put what I hear into my own words so that I can share it with others?

(Mowbray & George, 1992, p. 54. Used with permission of Pembroke Publishers Ltd.)