Name:

*Listening Skills Self-Evaluation*  Almost

Always  Usually  Sometimes  Seldom  Never

Giving in to mental distractions.
Giving in to physical distractions.
Trying to recall everything a speaker says.
Rejecting a topic as uninteresting before hearing the speaker.
Faking paying attention
Jumping to conclusions about speaker's meaning
Deciding a speaker is wrong before hearing everything he or she has to say
Judging a person on personal appearance
Not paying attention to a speaker's evidence
Focusing on delivery rather than on what the speaker says.

**Totals:**

**Multiply:**  \(x 2 \times 4 \times 6 \times 8 \times 10\)

**Results:**

**Evaluation:** Add the sum of the results row to determine your score. My score is _____

Below 70: Better listening needed!
71 - 90: Good listening skills
Above 90: You listen very well!

Do you agree with the evaluation? What particular weaknesses should you address to improve your listening skills?