

## Listening Skills Test

Rating Scale:      Never      Seldom      Sometimes      Often  
                                 1                    2                    3                    4

1. You find listening to others uninteresting. \_\_\_\_
2. You tend to focus attention on the speaker's delivery or appearance instead of the message. \_\_\_\_
3. You listen more for facts and details, often missing the main points that give the facts meaning. \_\_\_\_
4. You are easily distracted by other people talking, chewing gum, rattling paper, and so on. \_\_\_\_
5. You fake attention, looking at the speaker but thinking of other things. \_\_\_\_
6. You listen only to what is easy to understand. \_\_\_\_
7. Certain emotion-laden words interfere with your listening. \_\_\_\_
8. As you hear a few sentences of another person's problems, you immediately start thinking about all the advice you can give. \_\_\_\_
9. Your attention span is very short, so it is hard for you to listen for more than a few minutes. \_\_\_\_
10. You are quick to find things to disagree with, so you stop listening as you prepare your argument. \_\_\_\_
11. You try to placate the speaker by being supportive through head-nodding and uttering agreement, but you're really not involved. \_\_\_\_
12. You will change the subject when you get bored or uncomfortable with it. \_\_\_\_
13. As soon as someone says anything that you think reflects negatively on you, you jump in to defend yourself. \_\_\_\_
14. You second-guess the speaker, trying to figure out what he or she really means. \_\_\_\_
15. You direct the conversation back to yourself.

Now add up your score. The following subjective scale will give you some help in determining how well you listen.

15-24	Excellent
25-34	Good
35-44	Fair
45-54	Weak
55 +	Can you hear me in there?

**FIGURE 2.3** Use this test of listening skills to evaluate how well you listen to others.