

## How would you rate your listening skills?



Contrary to popular belief, good listening does not develop naturally nor is it a passive enterprise. Good listening aids our comprehension, reduces misunderstandings, enhances our critical thinking, and helps determine a person's real needs and concerns so that they may be translated into actions.

Take the listening skills test below to see how well your ranking matches your perceptions of your own listening skills. The questions should be scored with a numerical ranking as follows: **5 = almost always, 4 = frequently, 3 = occasionally, 2 = rarely, 1 = almost never.**

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Do you ever anticipate what people will say next as they are speaking?

**5            4            3            2            1**

Do you ever find you want to jump in to fix the problem or provide a solution while the other person is still talking?

**5            4            3            2            1**

Do you ever feign attention while you are listening to someone?

**5            4            3            2            1**

Do you ever pay more attention to the speaker's mannerisms, or what words he/she is using, than to what is being said?

**5            4            3            2            1**

Do you ever interrupt others to speed the conversation along or to inject your opinion?

**5            4            3            2            1**

Does your mind tend to wander when you are listening to someone speak about something you believe you have heard before from others in similar circumstances?

**5            4            3            2            1**

## How would you rate your listening skills?



Do you find yourself preparing a response to what the other person is saying while that person is still talking?

5            4            3            2            1

Do you ever try to multi-task while you are listening to someone?

5            4            3            2            1

Do you get so overly stimulated about what someone is saying that you have difficulty listening to what is being said?

5            4            3            2            1

Do you daydream or allow your mind to wander if you are listening to someone speak about something that is difficult for you to understand or is uninteresting?

5            4            3            2            1

### How do you rank?

**10 - 15**    You are a good listener.

**16 - 39**    You are okay, but you could stand some improvement. Others would not call you a “bad” listener, but you may be judged as insensitive or indifferent.

**40 - 50**    You need some work on your listening skills.

Courtesy of John Greer Clark, PhD, Professor Emeritus, University of Cincinnati, and Past President of the Academy of Rehabilitative Audiology.