

Listening Quiz

Am I a Good Listener?

Answer the following questions to find out how well you listen to others. The term "speaker" refers to anyone who might be talking to you.

1. Check the appropriate frequency for each item.
2. Score your answers using the Scoring Key below.
3. When you have totaled your score, look at the Evaluation Key on the next page to find out how you are doing as a listener.

| Questions | Usually | Sometimes | Seldom | Score |
|---|---------|-----------|--------|-------|
| Do I interrupt? | | | | |
| Do I pretend I am interested, even when I am not? | | | | |
| Do I listen to words but not to feelings? | | | | |
| Do I ignore a speaker who is critical or emotional? | | | | |
| Do I get angry at the speaker? | | | | |
| Do I think about my response while I am listening? | | | | |
| Do I avoid asking questions even when I am not sure what the speaker is saying? | | | | |
| Do I allow uncomfortable pauses to continue rather than prompt a reluctant speaker? | | | | |
| Do I avoid acknowledging or paraphrasing what the speaker says? | | | | |
| Do I daydream while the speaker is talking? | | | | |
| Total Score: | | | | |

Scoring Key:

- Usually = 0
 Sometimes = 5
 Seldom = 10

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Evaluation Key

| | |
|----------|--|
| 90 – 100 | Consider yourself one of the great listeners alive today. You truly are a fantastic listener. Keep doing more of what you do so well. |
| 70 – 89 | You are among the average listeners, but there's plenty of room for improvement. |
| 50 – 69 | You are not doing so well. Look carefully at your self-assessment and decide which areas you can concentrate on right away to improve your listening skills. |
| 0 – 49 | You have scored yourself as a poor listener. Go back through your self-assessment questions and pick several areas where you can begin emergency action. |