

Listening Test A good skill for any group to learn is the art of listening. Take a moment to record your answers to the questions below and then tally up your score. Share your score with your group or share your impressions of your listening skills.

1. I frequently change the subject when it's my turn to talk.
A Always B Frequently C Sometimes D Rarely E Never
2. I will interrupt someone if I have something I want to say.
A Always B Frequently C Sometimes D Rarely E Never
3. After someone has spoken to me, I briefly summarize what they said, demonstrating I heard them.
A Always B Frequently C Sometimes D Rarely E Never
4. I am likely to fidget with something while someone is talking.
A Always B Frequently C Sometimes D Rarely E Never
5. I avoid eye contact when someone is talking to me.
A Always B Frequently C Sometimes D Rarely E Never
6. I purposefully ask questions that encourage someone to continue telling me about their topic
A Always B Frequently C Sometimes D Rarely E Never.
7. When someone tells me about a problem, I tend to give advice and try and solve their problem, even though they do not specifically ask for my input.
A Always B Frequently C Sometimes D Rarely E Never
8. In most conversations, I usually talk about myself.
A Always B Frequently C Sometimes D Rarely E Never
9. I strive to demonstrate my empathy when someone is talking to me about their concerns.
A Always B Frequently C Sometimes D Rarely E Never
10. When someone is talking to me, I think about what I am going to say next.
A Always B Frequently C Sometimes D Rarely E Never
11. I roll my eyes, laugh or make jokes when someone says something incorrect, embarrassing or revealing.
A Always B Frequently C Sometimes D Rarely E Never
12. I assure people that they are free to tell me anything.
A Always B Frequently C Sometimes D Rarely E Never
13. When someone tells me of a problem, I'm likely to say, "I know what you're going through."
A Always B Frequently C Sometimes D Rarely E Never
14. I frequently say "yes," "uh-huh," "yeah" or something similar when someone's talking to me
A Always B Frequently C Sometimes D Rarely E Never.
15. I try not to let my tasks or concerns keep me from being available to listen to someone.
A Always B Frequently C Sometimes D Rarely E Never
16. When someone hesitates while they are talking, I try to finish their sentences for them.
A Always B Frequently C Sometimes D Rarely E Never
17. I might scold someone if what they tell me makes me feel uncomfortable.
A Always B Frequently C Sometimes D Rarely E Never

18. I tell people that I am there if they need to be listened to.

A	B	C	D	E
Always	Frequently	Sometimes	Rarely	Never

SCORING: On questions 3, 6, 9, 12, 15 and 18 give yourself 5 points for each "A," 4 points for each "B," 3 points for each "C," 2 points for each "D" and 1 point for each "E." For the other questions, give yourself 1 point for each "A," 2 points for each "B," 3 points for each "C," 4 points for each "D" and 5 points for each "E." Higher scores indicate better listening skills.