

## Are You a Good Listener?

by Amy Scholten, M.P.H.

Good listening skills are very important for our relationships, academic and professional work. Effective listening is not a passive process but an active one that requires effort. The following assessment is designed to help you determine if you have good listening skills. Please keep in mind that this is not a diagnostic tool but a general assessment.

Directions: Please read each statement carefully and select the answer that best describes you. When finished, interpret your score at the bottom of the page.

**1. When someone is speaking to me, I refrain from engaging in other tasks at the same time.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**2. I make good eye contact with a person who is speaking to me.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**3. I wait until a person has finished speaking before forming my opinions about what was said.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**4. I allow people to finish speaking before I speak. I do not interrupt them.**

- a) Usually
- b) Frequently
- c) Sometimes

d) Seldom

**5. I listen patiently even if others are having difficulty expressing their thoughts.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**6. If I'm not sure I understand what someone has said, I ask questions.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**7. When someone is speaking to me, I stay focused on what he/she is saying. I do not get distracted.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**8. Even if a speaker is boring, I pay attention to what is being said.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**9. When someone is speaking, I pay attention to his/her body language.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**10. I ask questions to encourage the speaker to better explain what he/she has said.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**11. If I'm having a serious discussion with someone, I refrain from accepting interruptions such as phone calls.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**12. I refrain from interrupting a speaker, even when I'm eager to say something.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**13. I listen for the speaker's main ideas.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**14. I allow people to vent their negative emotions. I do not become defensive.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

**15. When someone is speaking to me, I try to pay attention instead of focusing on what I will say next.**

- a) Usually
- b) Frequently
- c) Sometimes
- d) Seldom

## Scoring

Number of a, b, c and d Answers	Point Value for Answers	Total Point Value (multiply total number of a, b, c and d answers by their corresponding point value)
Number of a answers:	All a answers = <b>4 points</b>	
Number of b answers:	All b answers = <b>3 points</b>	
Number of c answers:	All c answers = <b>2 points</b>	
Number of d answers:	All d answers = <b>1 points</b>	
		<b>Score (add total of a, b, c, d, and e points):</b>

Your Score	Interpretation
<b>45-60</b>	Congratulations! Your score suggests that you have very good listening skills. Keep up the good work!
<b>30-44</b>	Your score suggests that you are making efforts to be a good listener but you could use some improvement.
<b>15-29</b>	Your score suggests that listening isn't one of your strengths.

### Source:

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### Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham

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