

Listening Quiz Instructions: For each question, circle the response that best describes you. Then, in the blank line at the end of the question, write down the corresponding number for the response you circled.

1. Do you listen for the big picture and the main ideas?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____
2. Do you focus on what you want to hear and dismiss what you don't want to hear?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____
3. Do you listen to the speaker without being distracted by his/her appearance?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____
4. Does your mind wander when you are listening?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____
5. Do you listen to a speaker's ideas when they contradict your own?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____
6. Do you repeat back to the speaker what you hear to confirm your understanding?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____
7. Do you think through your "argument" while the other person is still speaking?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____
8. Do you know what words or phrases trigger an emotional reaction from you?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____
9. Once you think you know what the person will say, do you tune out?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____
10. Do you interject your ideas before a person is finished speaking?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____
11. Do you maintain eye contact when listening to someone?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____
12. Do you try to learn something from every person you listen to?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____
13. Do you find yourself making incorrect assumptions when listening to others?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____
14. Do you write down key points you hear that you want to remember?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____
15. Do you consider the speaker's point of view as you interpret what you're hearing?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____

16. Are you distracted by “outside” noise when listening to someone?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____

17. Do you get impatient and quit listening when someone speaks slowly?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____

18. Do you remain neutral, without judgment, when listening to someone?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____

19. Do you multi-task when listening?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____

20. Do you seek patterns and connect ideas while listening?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____

21. Do you quit listening when you don’t agree or want to hear what is said?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____

22. Do you think about how some words are interpreted differently by people?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____

23. Do you ask questions to clarify your understanding?
Almost always (4) Often (3) Once in a while (2) Rarely (1) _____

24. Do you get caught up in the details and miss the overarching meaning?
Almost always (1) Often (2) Once in a while (3) Rarely (4) _____

Listening Score Card

87 – 96	Excellent
77 – 86	Above Average
67 – 76	Average
57 – 66	Fair