

Listening Skills: Self-Assessment

Name: _____ Date: _____

Speaker/Presentation: _____ Class: _____

My Listening Performance	Yes	An area to improve
I knew the reason for listening to help keep me focused.		
I was prepared and knew what the speaker would talk about.		
I looked at the speaker and stayed focused.		
I kept my movement to a minimum and did not fidget or shift around.		
I often looked at the speaker, made eye contact, nodded, or smiled.		
I listened carefully to the main points, even if I didn't agree.		
I made notes and wrote down questions or comments.		
I did not judge the speaker's ideas before he or she was finished.		
I used respectful language to ask questions or make comments.		
I listened carefully to detect exaggeration, bias, prejudice, or emotion.		
I can recall the main ideas and some details of what I heard.		
I can make comments and/or give my own opinion on what I heard.		
I assessed/evaluated the validity of the evidence the speaker presented.		

Additional Comments:
