

LISTENING SKILLS SELF-ASSESSMENT

Be objective, honest, and kind to yourself in the self-rated categories. Most closely with your assessment and how frequently you perform the behavior:

Before listening 1...	often	sometimes	never
Identify the speaker's main idea or purpose in the message (e.g., inform, persuade, entertain)	3	2	1
Identify the speaker's feelings in the message (e.g., happiness, sadness, anger)	3	2	1
Identify the speaker's main idea or purpose and feelings in the message (e.g., inform, persuade, entertain)	3	2	1
During the listening 2...			
Concentrate on the listening task in the office (e.g., listening to a presentation or meeting) by the speaker	3	2	1
Identify the speaker's main idea or purpose in the message	3	2	1
After the listening 3...			
Identify the speaker's main idea or purpose in the message	3	2	1
Identify the speaker's feelings in the message	3	2	1
Identify the speaker's main idea or purpose and feelings in the message	3	2	1

Think on what you have assessed and write it by: This will help you to improve your listening skills.

Now, it is time to develop your own personal listening system:

At the end of the course, I will be able to: _____
