

Are You a Good Listener?

Let's evaluate your listening skills. Think about a time when you discussed some issues with another person. Choose a conversation that was quite lengthy. Go over the conversation in your mind and then read each question. Tick the appropriate yes/no answer.

Did you	Yes	No
interrupt?		
show impatience as you waited for the other person to finish speaking?		
continually think about what you were going to say when the other person had finished?		
pace around?		
look elsewhere?		
give limited eye contact?		
fidget and not sit still?		
ask any questions to clarify your understanding?		
talk the most?		

Now that you've made a quick check on your listening skills, do you think you're a good listener? How could you improve your skills?

Do you think everyone needs to improve his or her listening skills?

If you had to indicate the most important aspect of listening, what would it be, and why?
