

# Public Speaking Activity

## Chapter 3-Listening Listening Self Evaluation

How often do you indulge in the following 10 bad listening habits? Check yourself carefully on each one:

	Almost Always	Usually	Sometimes	Seldom	Almost Never
	2	4	6	8	10
1. Giving in to mental distractions					
2. Giving in to physical distractions					
3. Trying to recall everything a speaker says					
4. Rejecting a topic as uninteresting before hearing the speaker					
5. Faking paying attention					
6. Jumping to conclusions about a speaker's meaning					
7. Deciding a speaker is wrong before hearing everything she or he has to say					
8. Judging a speaker on personal appearance					
9. Not paying attention to a speaker's evidence					
10. Focusing on delivery rather than on what the speaker says					
Total Score					

**Total score interpretation:**

Below 70	You need lots of training in listening.
From 71-90	You listen well.
Above 90	You listen exceptionally well.