

Listening Checklist

Name: _____ Date: _____

The ability to listen cannot be seen. The only way to gauge listening is indirectly - through an evaluation of related skills. This checklist offers a catalog of such skills and will enable you to assess your ability to listen. There is no score, and no "right" or "wrong" answer. Check as many boxes as you feel are appropriate.

RECEPTIVE LISTENING AND LANGUAGE

Receptive listening is listening that focuses outside of the self. It is how we understand what others are saying or what is going on in the school or home environment. Check all that you feel apply to you.

- Difficulty staying focused at school or work
 rarely _ sometimes _ often _ always
- Short attention span
 rarely _ sometimes _ often _ always
- Easily distracted, especially by noise
 rarely _ sometimes _ often _ always
- Oversensitive to certain sounds
 rarely _ sometimes _ often _ always
- Misinterpret questions or requests
 rarely _ sometimes _ often _ always
- Difficulty in sound discrimination
 rarely _ sometimes _ often _ always
- Confuse similar sounding words
 rarely _ sometimes _ often _ always
- Need repetition and clarification more than usual
 rarely _ sometimes _ often _ always
- Able to follow only one or two instructions in a sequence
 rarely _ sometimes _ often _ always
- Difficulty understanding discussions
 rarely _ sometimes _ often _ always
- Poor short-term memory
 rarely _ sometimes _ often _ always
- Poor long-term memory
 rarely _ sometimes _ often _ always
- Must read material several times to absorb content
 rarely _ sometimes _ often _ always

- Tire easily
 rarely _ sometimes _ often _ always
- Become sleepy when listening to speakers or reading
 rarely _ sometimes _ often _ always
- Difficulty hearing low male voices
 rarely _ sometimes _ often _ always
- Difficulty hearing high female voices
 rarely _ sometimes _ often _ always
- Feel that most people speak too fast
 rarely _ sometimes _ often _ always

EXPRESSIVE LISTENING AND LANGUAGE

This listening focuses inside the self. It is how we monitor and reproduce correctly what we hear, especially our own voices and speech. Again, check all that apply to you.

- Flat and monotonous voice quality
 rarely _ sometimes _ often _ always
- My speech lacks fluency and rhythm is hesitant
 rarely _ sometimes _ often _ always
- Difficulty recalling exact word usage
 rarely _ sometimes _ often _ always
- Sing out of tune
 rarely _ sometimes _ often _ always
- Difficulty with reading, especially out loud
 rarely _ sometimes _ often _ always
- Poor spelling
 rarely _ sometimes _ often _ always
- Difficulty summarizing a story
 rarely _ sometimes _ often _ always
- Difficulty relating isolated facts
 rarely _ sometimes _ often _ always
- Stumble over words
 rarely _ sometimes _ often _ always

MOTOR SKILLS

This is listening to the body. These skills are related to the vestibular system of the ear and affect balance, coordination, body awareness and spatial orientation. Check all that apply.

- Poor posture, including slouching and slumping
- Uncoordinated body movements and fidgeting
- Clumsy, including tripping and stumbling
- Confusion of right and left
- Poor sense of rhythm
- Messy handwriting
- Difficulty with organization and structure
- Difficulty with location and direction
- Poor athletic skills

BEHAVIORAL AND SOCIAL ADJUSTMENT

These behaviors and attitudes may accompany a listening problem. Check all that apply.

- Low tolerance for frustration
- Poor self-image or low self-confidence
- Difficulty in making and keeping friends
- Withdraw from or avoids social interactions
- Tend towards irritability
- Inordinately tired at end of the day
- Unmotivated, minimal interest in school or work, little desire to participate
- Tense and anxious
- Difficulty setting goals and priorities
- Difficulty in beginning and completing projects
- Difficulty with time concepts and punctuality
- Difficulty making judgments and generalizing to new situations
- Hesitant to accept responsibility
- Difficulty completing assignments
- Lack of tactfulness
- Tend to act immaturely
- Do not tolerate stress well

LEVEL OF ENERGY

The ear acts as a dynamo, providing us with electrical energy that stimulates the brain and nervous system. This energy is necessary for our survival and for us to achieve fulfilling lives. Poor listening can contribute to any of the following. Check all that apply.

- Difficulty getting up
- Tired at the end of the day
- Habit of procrastinating
- Hyperactive
- Tend toward depression
- Feel overburdened with everyday tasks

DEVELOPMENTAL HISTORY

Listening difficulties often develop early in life. Please note if any of the following events apply.

- Delayed motor development
- Delayed speech development
- Delayed language development
- Recurring ear infections
- Emotional Trauma (please explain)

- Had dangerous experiences
- Had frightening experiences
- Mother had stressful pregnancy
- Mother had difficult delivery
- Was adopted
- Experienced early separation from mother (i.e. hospitalization, incubation or mother ill)

ENVIRONMENTAL HISTORY

- Exposure to loud sounds such as gunfire or loud concerts
- Ringing in one or both ears
- Suffered from concussion or head trauma
- Suffers from headaches (please describe)

Completed By

Name: _____

Relationship: _____

Phone number: _____

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