

Listening Checklist Adults

Whether one has good listening skills can only be measured in an indirect fashion. This checklist offers some insight into the way we listen to ourselves (our awareness of our inner voice) and the way we relate to the world outside.

Name:

Date:

Please tick (√) the most suitable option.

Receptive Skills

	<u>Never</u>	<u>Sometimes</u>	<u>Often</u>	<u>Always</u>
Short attention span.				
Oversensitivity to high-pitched sounds.				
Misinterpretation of written or spoken word.				
Confusion between similar sounding words.				
Need of repetition and explanation.				
Easily disengaged; bored.				
Difficulty keeping up in discussions.				
Having the impression that people speak too quickly.				
Having the impression that people speak too loudly.				
Poor short-term memory.				
Poor long-term memory.				
Becoming sleepy or tired when listening or reading.				
Difficulty hearing low male voices.				
Difficulty hearing high female voices.				

Expressive Skills

	<u>Never</u>	<u>Sometimes</u>	<u>Often</u>	<u>Always</u>
Flat and monotonous voice.				
Hesitant speech.				
Difficulty recalling exact word usage & spelling.				
Singing out of tune.				
Difficulty with reading out loud.				
Poor spelling.				
Difficulty summarizing a story.				
Difficulty relating isolated facts.				
Any specific events that you recall where you felt inhibited to speak?				

Sensory Integration:

The following list is related to the integration of several sensory systems, such as balance, co-ordination, body image, spatial awareness, and our sense of time.

Tick (✓) if any of the following apply.

- Poor posture, including slouching and slumping
- Lacking sense of personal space and boundaries
- Unusual need for movement and or touch
- Uncoordinated body movement
- Fidgeting behaviour
- Clumsiness
- Confusion between right and left
- Frequent confusion about location and direction
- Poor sense of rhythm
- Poor sports skills
- Messy handwriting
- Difficulty with organization and structure

Social Adaptation Related To Listening:

Tick (✓) if any of the following apply.

- Easily frustrated and impatient
- Poor self-image or low self-confidence
- Difficulty in making and keeping friends
- Avoiding social gatherings and chit chat
- Low motivation to learn new things
- Tense or anxious even in neutral environments
- Difficulty setting goals and priorities
- Difficulty in completing projects
- Difficulty with being on time
- Does not tolerate stress well

Listening And Our Ability To Enjoy Life:

The ear stimulates the brain and nervous system.

Tick (✓) if any of the following apply.

- Difficulty getting up
- Tiredness all through the day
- Tired half-way the afternoon
- Habit of procrastinating
- Tendency toward depression
- Feeling overburdened, even with simple tasks

Listening And Developmental Issues Related To Birth And Early Childhood:

Tick (✓) if any of the following apply.

- Developmental delay
- Delayed language development
- Recurring ear infections
- Mother had stressful pregnancy
- Difficult delivery
- Experienced early separation from mother (hospitalization of either mother or self, post-natal depression of mother, adoption)
- Recurring ear infections
- Had severe allergies
- Frequent use of antibiotics
- Experienced frightening events
- Experienced emotional trauma

Other Environmental Factors That May Affect Listening:

Tick (✓) if any of the following apply.

- Exposure to loud sounds
- Tinnitus
- Any form of head trauma
- Migraines, headaches
- Tinnitus
- Vertigo

Listening And Foreign Language Learning:

All languages have different sound characteristics. List the languages spoken in your home.

Other things you'd like us to be aware of?

Contact us

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