Listening is an ability that cannot be seen. The only way to gauge listening is indirectly, through an evaluation of related skills. This checklist offers a catalog of skills related to listening. This information is helpful in assessing receptive and expressive listening ability.

**RECEPTIVE LISTENING AND LANGUAGE**
This is listening which focuses outside the self, relative to what others are saying, or what is going on in the work, school or home environment. Mark the most appropriate option.

<table>
<thead>
<tr>
<th>Skill</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty staying focused</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short attention span</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easily distractible, especially by noise</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oversensitivity to certain sounds</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Misinterprets questions or requests</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty in sound discrimination</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Confuses similar sounding words</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Needs repetition and clarification more than usual</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Able to follow only one or two instructions in a sequence</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty understanding discussions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor short-term memory</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor long-term memory</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Must read material several times to absorb content</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tires easily</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Becomes sleepy when listening to speakers or reading</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty hearing low male voices</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty hearing high female voices</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Seems that most people speak too fast</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**EXPRESSIVE LISTENING AND LANGUAGE**
This is listening which focuses inside the self, including checking, monitoring and reproducing correctly what one hears, especially one's own voice and speech. Mark the most appropriate option.

<table>
<thead>
<tr>
<th>Skill</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flat and monotonous voice quality</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speech lacks fluency and rhythm is hesitant</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty recalling exact word usage</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sings out of tune</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty with reading, especially out loud</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poor spelling</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty summarizing a story</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Difficulty relating isolated facts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stumbles over words</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Continued on next page
MOTOR SKILLS
This is listening to the body. These skills are related to the integration of several sensory systems, and involve balance, coordination, body image, spatial awareness, and temporal orientation. Mark if any of the following apply.

___ Poor posture, including slouching and slumping
___ Inadequate sense of personal space and or physical boundaries
___ Atypical drive for movement and or touch
___ Uncoordinated body movement
___ Fidgeting
___ Clumsiness, including tripping and stumbling
___ Confusion of right and left
___ Frequent confusion about location and direction
___ Poor sense of rhythm and/or timing of movement
___ Poor athletic skills
___ Messy handwriting
___ Difficulty with organization and structure

BEHAVIORAL AND SOCIAL ADJUSTMENT
A wide variety of behaviors and attitudes maybe related to listening problems. Mark if any of the following apply.

___ Low frustration tolerance
___ Poor self-image or low self-confidence
___ Difficulty in making and keeping friends
___ Withdraws from or avoids social interactions
___ Inordinately tired at end of school day
___ Low motivation, minimal interest in school, little desire to participate
___ Tense and anxious
___ Limited sense of aliveness
___ Difficulty setting goals and priorities
___ Difficulty in beginning and completing projects
___ Difficulty with time concepts and punctuality
___ Difficulty making judgements and generalizing to new situations
___ Hesitant to accept responsibility
___ Does not complete assignments
___ Lack of tactfulness
___ Tendency to act immaturely
___ Does not tolerate stress well

LEVEL OF ENERGY
The ear acts as a dynamo, providing us with electrical energy that affects the brain and nervous system. This energy is necessary for our survival and for us to achieve fulfilling lives. Mark if any of the following apply.

___ Difficulty getting up
___ Tiredness at the end of the day
___ Habit of procrastinating
___ Hyperactivity
___ Tendency toward depression
___ Feels overburdened with everyday tasks

DEVELOPMENTAL HISTORY
Listening difficulties also develop early in life and are related to other developmental issues. Mark if any of the following apply.

___ Delaying motor development
___ Delayed speech development
___ Delayed language development
___ Recurring ear infections
___ Experienced emotional trauma
___ Had dangerous experiences
___ Had frightening experiences
___ Mother had stressful pregnancy
___ Mother had difficult delivery
___ Experienced early separation from mother (i.e. hospitalization, incubation or mother ill)

ENVIRONMENTAL HISTORY
Environmental factors or trauma may affect listening. Mark if any of the following apply.

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

FOREIGN LANGUAGES
Different languages offer unique sound characteristics. Repeated exposure to specific languages is thought to affect listening.

List the languages (other than English) spoken in your home.

__________________________
__________________________
__________________________
__________________________

COMMENTS:
__________________________
__________________________
__________________________
__________________________
__________________________
__________________________
__________________________
__________________________