

Figure 6 Are You Listening?

Directions: Ask yourself, “Am I really listening, or am I thinking about what I want to say next?” You need to be an active listener who can hear what your mentor is saying without judging it. Being open to suggestions and changes that you may need to make is not always easy. These statements reflect some barriers to actively listening. Read each statement and rate yourself. Are you listening?

What do you do?	Always Sometimes Never!
Do you assume what the speaker is going to say before she finishes her statement?	
Do you finish other people’s sentences?	
Are you easily distracted (by phone, e-mail, someone walking by) when in a conversation?	
Do you argue or try to strongly persuade someone to do it your way?	
Would you say you like to control the conversation?	
Do you accept feedback easily?	
Are you open to suggestions?	
Do you ask people questions?	
Do you multitask in meetings or during conversations?	
Do you put your phone on silent when you are in a meeting?	
Are you writing your shopping list in your head (or for real on paper) while listening?	