

Figure 8 Are You Listening?

Directions: Ask yourself, “Am I really listening, or am I thinking about what I want to say next?” Mentors need to be active listeners who don’t judge, preach, or lecture to mentees. These statements reflect some barriers to actively listening. Read each statement and rate yourself.

<i>What do you do?</i>	<i>Always Sometimes Never!</i>
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 encourage people to ask questions?	
Do you ask people questions?	
Do you multitask in meetings?	
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?	