

Self-Efficacy Scale for Lesson 18 – Listening Effectively (Active Listening)

Student: _____ Date: _____

Please rate how certain you are that you can do the things described below by circling the appropriate number. Rate your degree of confidence by recording a number from 0 to 10 using the scale below.

0 1 2 3 4 5 6 7 8 9 10
0 = I cannot do at all 5 = I usually can 10 = I always can

1. When listening, I can maintain an appropriate distance to the speaker.
0 1 2 3 4 5 6 7 8 9 10
2. When I'm listening to a speaker, I am able to make consistent eye contact.
0 1 2 3 4 5 6 7 8 9 10
3. When listening, I can keep my mind focused on what a speaker is trying to say.
0 1 2 3 4 5 6 7 8 9 10
4. When I don't understand something, I am comfortable asking questions.
0 1 2 3 4 5 6 7 8 9 10
5. When listening to a speaker, I can effectively take notes on key points when necessary.
0 1 2 3 4 5 6 7 8 9 10
6. I am able to listen for and identify the main idea(s) of a speech or presentation.
0 1 2 3 4 5 6 7 8 9 10
7. I can use body language and expression (like a nod or a smile) to show the speaker when I understand.
0 1 2 3 4 5 6 7 8 9 10
8. I can use body language and expression (a confused look or shrugged shoulders) to show the speaker when I don't understand.
0 1 2 3 4 5 6 7 8 9 10
9. I can review or summarize the speaker's message in my own words to check if I understand.
0 1 2 3 4 5 6 7 8 9 10