**Speaking and listening self assessment**

Answer the following questions to identify your strengths and areas for improvement in speaking and listening.

1. How good are you at listening?

a) You keep listening really well throughout the task.

b) You listen well and show your understanding.

c) You listen and make a response.

2. How good are you at showing that you listened well?

a) You connect with some really complicated ideas.

b) You show good understanding of what you hear by following on from interesting things that others say.

c) You show some interest in what you hear, maybe nodding or shaking your head to show this.

3. How good are you at taking part?

a) You control the order of what is said.

b) You take part but do not lead the talk.

c) You speak briefly and don’t say much.

4. What do you say when you speak?

a) You build on what others say or challenge ideas if they don’t match yours.

b) You say ideas that are relevant to the discussion.

c) You make general comments.

5. How do you perform as part of the group?

a) You start, build and keep the discussion going and encourage others to take part.

b) You follow on from what others have said or feel.

c) You follow central ideas.

6. How do you respond to others?

a) You help the team to reach agreement or at least have full understanding of each part of the discussion.

b) You pick up on the opinions of others, identifying biased or prejudiced ideas.

c) You ask questions.

7. How strong do you feel you are at speaking and listening in a group?

a) Really strong. It's a real strength because you listen and engage with difficult ideas, and you communicate well.

b) OK. You know others are better than you, but that your speaking ability is good, and you listen reasonably well.

c) It's not your favourite thing, and you are shy when saying anything at all.

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**See below for your results**

You answered mostly As

Your answers suggest that speaking and listening in a group is right up your street! You would do well in an assessment by engaging so well with the tasks. Speaking in a group gives you a platform to be heard, and you enjoy challenging others' views. However, it's easy to fall into the trap of taking centre stage when you're this fluent and articulate, so make sure you allow others to be heard too!

You answered mostly Bs

Your answers suggest you're pretty good at speaking and listening in a group, and would do fine in an assessment. Your contributions are confident, but perhaps you need to challenge others more, and develop the discussion. You are also a good listener, but could ask more questions to understand more about what others have got to say.

You answered mostly Cs

Your answers suggest you are less confident speaking and listening in a group. This might be because you are shy or because English is not your first language. You would struggle to shine in an assessment if you make few responses and show limited interest in what is being discussed. You can follow what is being said, but if you want to pass the assessment you will need to push yourself a little more, make your ideas more relevant to the discussion topic and question what others say.