

# Listening Journal

For this performance assessment you will be reflecting on your active listening skills through a journal. Your journal should reflect reality and what you think, not what you think the instructor wants to hear.

1. You may utilize your own journal style, or the included template to log your information. However, regardless of what journal style you use, each entry should include the following information:

- Date
- Description of how the class went Your analysis of the outcome of listening actively.
- Did you listen better?
- Arguments that support your position
- References to other sources (if appropriate)

If you raise questions, discuss them. Appropriate topics could include what had meaning to you and why, concepts that fit/don't fit with your experience and why, potential use or application of the information, current news items that relate to topic, questions you would like resolved, areas that you agree or disagree with and why, and impacts the topic is having/has had on your life.

2. At the end of the two weeks, you are to complete a summary/analysis (2-3 pages) of your listening journal.

3. Self-assess your work using the scoring guide. Revise if necessary.

3. Submit your journal and the scoring guide to your instructor for feedback and evaluation.

You will be responsible for turning in your logs and summary sheets at the end of the exercise so please make sure that you are keeping a daily record.