



Listening Checklist

Listening and hearing are different. Hearing is the passive reception of sound. Listening is the active participation in what you hear. You can have good hearing at the same time that you have poor listening.

Listening is invisible. The only way to get at it is indirectly – through skills that are related to it in one way or another. Use this Listening Checklist* to evaluate your own or your child's listening skills. There is no score; simply check as many boxes as you feel apply.

Listening, Language & Learning:

- oversensitivity to certain sounds
- misinterpretation of questions, requests
- frequent need for repetition
- flat and monotonous voice
- dislike of own voice
- poor reading comprehension
- confusion or reversal of letters
- poor reading aloud
- poor spelling
- hesitant speech, weak vocabulary
- short attention span
- distractibility
- lack of creativity
- low motivation
- hard time with structure
- difficulty planning and organizing

Energy Levels:

- tiredness at the end of the day
- habit of procrastinating

- tendency toward depression
- feeling overburdened with everyday tasks
- easily frustrated
- poor self-confidence
- tendency to withdraw or avoid others

Motor Skills & Music:

- fidgety behavior
- inability to sing in tune
- clumsy, uncoordinated movements
- poor sense of rhythm
- poor sense of timing
- poor posture
- messy handwriting
- poor athletic skills

Foreign Language:

- difficulty learning vocabulary
- unable to attune to the sounds, rhythms, & intonations of the language

If you checked one or more boxes, contact us to learn how listening can be changed quickly and with lasting impact through Solisten™, the educational application of the Tomatis Method.

*Originally sourced from and used with permission of Paul Madaule & The Listening Centre, Inc.