

1. After taking this assessment the results showed how I am a good listener. I don't think I need to improve much on my listening skills. Growing up my friends always saw me as the friend to come to with their problems because I was able to understand and be open to hear what they would say. I feel that I have gained good listening skills from being that type of friend for the loved ones in my life. I think one thing I can improve on in order to better my listening skills would be improving my memory skills. Sometimes I have a hard time remembering certain information and certain information that is valuable. One way to help me remember info would be taking good notes that I could look back on.
2. The Big 6 Active listening skills, Paying attention, Withhold judgement, Reflect, Clarify, Summarize, and Sharing. I feel that assessing someone's listening, feedback, critiquing, coaching and management skills all depends on those 6 active listening skills.
3. I assess my own listening, feedback, critiquing, coaching, and conflict management skills by using that Big 6 active listening skills. I reflect and improve based off of the feedback I get and what I am being critiqued on which allows me to understand what I need to improve on.
4. I best receive feedback by being coached instead of criticized, Most times I don't take criticism very well so it can beat me down at times. Growing up playing football my dad was always my coach so wherever we were it felt like I was being coached on something or criticized at times, but overall I realized how much it helped me to want to strive and be better than I was.
5. As a Social Worker being knowledgeable about this information will have a great impact on my career as it will help me when intervening with my clients. Good active listening skills are essential in order to help assess the needs of the clients and people you are helping. Active listening skills help Social Workers know and understand the needs of their clients and how they will need to advocate for those needs. I think gaining empathy plays a part in listening skills as well because it helps gain an understanding of an individual and what they may be going through.