

HOW YOU HEAR DEPENDS ON THE SITUATION

UNDERSTAND-O-METER							
Huh?	Tough going!	Sometimes I get it, sometimes I don't	It takes work but usually I can get it	Okay but not easy	Pretty good	Good	Great
1	2	3	4	5	6	7	8
Don't know that someone is talking and I can miss all of the message	Sometimes don't know right away that someone is talking and I miss most of the message	Hear words but I seem to understand less than half of what was said	Hear most of the words, and I understand more than half of what was said	Hear almost all the words, sometimes I	Hear almost all the words and usually understand everything	Hear it all, miss part of an occasional word, still understand everything	Hear every word, understand everything
Excerpted from Children's Home Inventory of Listening Difficulties (CHILD), Karen Anderson & Joseph Smaldino (2000)							

We all have difficulty hearing and understanding sometimes!

You have learned more about how you hear, what you hear, and when your hearing is most challenged. For the following worksheet, you will use what you have learned about listening, communication repair and advocating for your listening needs.

1. Use the Understand-O-Meter descriptions above to help you identify your easiest and hardest listening situations. Try to think of 2-3 situations for each listening difficulty level. If you need help thinking of situations you can use the *LIFE - Revised* listening situations or the role playing situations from Chapter 4. The situations can be at school with your teacher, friends and classmates. If you want, you can do a separate list of situations about listening at home with your family and being with friends outside of school. All of the situations should be times you are listening and trying to understand something that is said to you. Write the situations down on the next page.
2. For scores 6 and higher, identify what YOU can do to help yourself continue to listen well. For scores 5 and lower, identify what YOU can do to help yourself hear and understand your best.
3. Identify what YOUR TEACHER or FRIENDS/CLASSMATES can do to help you continue to listen well or to help yourself hear and understand your best. Use the self-advocacy strategies that you have learned!

Think about:

- Using technology
- How you can change where you are sitting or something in the room
- Being an assertive communicator that knows the rules of conversation
- Advocating for your listening needs (you have a RIGHT to understand what was said, just like all students)
- Using communication repair strategies

Age Range: Grades 3+

Karen L. Anderson, PhD, 2011

HOW I CAN HEAR AND LISTEN MY BEST

Student _____ Grade _____ School _____

Understand-O Meter Rating		Example situations		
8	Great			
7	Good			
6	Pretty Good			
Understand-O Meter Rating		Example situations	What YOU can do	What your TEACHER, FRIENDS or FAMILY can do
5	Okay but not easy			
4	It takes work but I can usually get it			
3	Sometimes I get it, sometimes I don't			
2	Tough going!			
1	Huh?			

This information can be shared with school staff and family members. It can be used to in-service future school staff.

Age Range: Grades 3+

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