Ah Counter (AH):

The purpose of the Ah-Counter is to note any word or sound used as a crutch by anyone who speaks during the meeting. Words may be inappropriate interjections, such as *and, well, but, so* and *you know* . Sounds may be *ah, um* or *er* . You should also note when a speaker repeats a word or phrase such as "I, I" or "This means, this means." These words and sounds can be unpleasant to listeners. The Ah-Counter role is an excellent opportunity to practice your listening skills.

Name	UH/UM	AH	LIKE	SO	BUT	AND	WELL	You Know	Tongue Click	Repeated Words	