

Receivers accommodating carrier frequency selection methods in wireless communications systems employing multiple carrier frequencies are described. Although the receiver is tuned to a single band, an estimate of the channel quality corresponding to the currently used carrier and an alternative carrier is generated without switching between carriers. Transmitters of different cells and/or different sectors primarily use different carrier frequencies but periodically transmit using a neighboring sector's carrier frequency. Mobile node receivers use a single RF chain with a controllable RF filter to receive and process a signal within a first selected carrier band including two components, a first signal component identified with the first currently selected band and a second signal component identified with a second alternative band. Separate quality indicator values are obtained from the first and second signal components, compared, and a determination is made as to whether the receiver's RF filter should be switched to the second band.