

Educational: Listening



Educational Details

Time: 5 minutes

Meant for session #: 3

Content

It's important not only to hear what someone is saying, but to listen and pay attention as well. We can't learn things or understand others if we don't!

Becoming a good listener requires shedding bad habits and adopting good ones. Consider your own listening habits.

Do you:

- **Tune out the speaker, or show them you are paying attention?**
- **Understand the speech purpose and content before evaluating?**
- **Take too many notes, or fake attention to the speaker?**

To be a good listener, you must:

- **Make eye contact with the speaker.**
- **Be attentive, face them as they speak.**
- **Show them you're listening – nod, smile, or laugh when appropriate.**
- **Ask questions or make comments, if appropriate (eg. I see. I never knew that! That's interesting.)**

If you're a good listener, the speaker will feel good about speaking, and there's a higher chance they will listen to you when YOU speak.

Activity Ideas

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