

Module 2

Are You Listening to Me? What Listening Looks Like/Sounds Like

Good listening skills will help you succeed in school, at work, and in your relationships. Are you a good listener? Do your friends say you are easy to talk to, and that you listen well?

Listening skills *can* be learned! You can learn to be less distracted, to focus on the speaker, and be a better listener.

Look at this picture. Are these boys using good listening skills? What are they doing? What does good listening look like? What does it sound like? What might the boys be saying to their coach?



Here is a chart that shows what good listening looks like and sounds like.

Looks Like	Sounds Like
<ul style="list-style-type: none"> ● Making eye contact ● Not playing with cell phone or iPod™ ● Facing the speaker ● Not looking around the room ● Leaning forward in the chair so that your body language says "I'm interested in what you're saying." ● Focusing on the speaker 	<ul style="list-style-type: none"> ● Saying "uh huh" sometimes to let the speaker know you are listening ● Asking follow-up questions ● Nodding head or using other body language to show that you understand ● Not labeling, judging, or giving advice too quickly ● Communicating that you are aware of the feelings of the speaker as well as what he or she is saying