

Thinking On My Own

Video: The Active Listening Scavenger Hunt Part 1

Samantha spent the week practicing to improve her skills as a listener. She went out for ice cream with her mom and listened carefully by using eye contact while her mom spoke. This helped her really focus on what her mom was saying. Samantha also took time to listen to an online newscast with her grandfather. It helped to have her grandfather check the notes she took about the story. Her grandfather affirmed that she had heard the main ideas of the story correctly and that her reactions to the story showed she was really thinking about what the reporter said. Samantha now feels ready to listen to customers and her boss at her new after school job.

Now it's your turn to complete two activities on your own:

1. Complete a Listening Analysis

Answer each question below by circling either YES or NO in order to help you think about your listening skills and needs.

Do I ...

Get easily distracted by outside things when listening?	YES	NO
Think of other things while someone is talking?	YES	NO
Find myself interrupting others before they finish speaking?	YES	NO
Reject a topic because I don't think it is interesting?	YES	NO
Judge the speaker on how they look?	YES	NO
Fake paying attention while thinking about something else?	YES	NO
Check my phone while someone is speaking?	YES	NO
Leave a conversation without being able to remember what was said?	YES	NO

Reflect on the questions that you answered with a YES. Think about how you can change that answer to a NO.

(Adapted from: Lucas, S. (2009). *The art of public speaking*. McGraw-Hill Companies, Inc. New York, NY.)

2. Keep a Listening Log

Write down the different ideas and pieces of information that you hear throughout the day, week, or month. Your purpose is to collect as much information as possible. See how your listening improves as you work to collect what you hear. You can also challenge yourself to share at least one of the pieces of information that you hear with someone else.