

# LESSON 0.7

How can active listening make me more influential?

Module 0: Mindset Family Culture

## **LESSON ESSENTIAL QUESTIONS**

- Students will engage in an active listening dyad and use a checklist to assess how well they listen.
- Students will apply active listening best practices to their partner and class discussions.

#### TIME FRAME

One 40-minute period. (Lesson seven of fifteen in this module)

### **MATERIALS**

- General: Speakers, LCD projector, laptop
- The Power of Active Listening Handout (One per student)
- Course syllabus (One per student)

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## **DO NOW**





You will have 3 minutes to complete a response. We will come back to your response.

#### **Extension opportunity/s:**

- Students do a pair share and the teacher hot calls students to share. Students give snaps for encouragement and if the situation resonates with them.
- Teacher can discuss examples from experience of why this quote is true.

2

### **ACTIVE LISTENING**



1 MIN



#### **Teacher Best Practice:**

Have a student read the essential question. "\_\_\_\_\_, can you read the essential question for us? Thank you!" "Think about why this topic today is important for you. How will answering this question benefit you?"

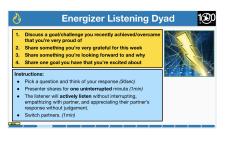
"How will answering this question benefit your life? Discuss with your partner for 30 seconds."

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## **ENERGIZER DYAD**



3 MIN

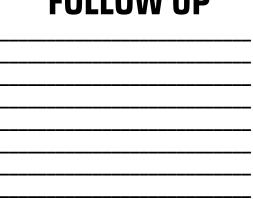


This listening activity improves empathy and active listening skills, while putting students in a positive mindset for learning. It also helps staff and students with trauma and stressors. Partners use their body language to convey that they are listening. It improves concentration and:

- 1. Puts students in a positive mode: positive thoughts (visuals), result in positive emotions->better actions->results
- 2. Strengthens Emotional Management
- 3. Improves Empathy
- 4. Encourages them to celebrate their partner's successes




# **FOLLOW UP**



# **CLASS DISCUSSION**





#### **Possible Student Responses:**

- I feel more relaxed, more positive, more connected.
- 2. It felt safe, comfortable, encouraging, amazing, motivating, etc.
- 3. Their body language, they were fully present, they nodded, smiled, made expressions that mirrored mine, etc.

# BENEFITS OF ACTIVE LISTENING () 3 MIN





#### Benefits of active listening:

- 1. Learn more: Being open minded and really to listen allows you to learn purely for learning and not confirm what you already know.
- 2. Earn more: More people trust you and appreciate when they feel listened to.
- **3.** Become a better problem solver, because you understand the problem from all sides.
- 4. You become more influential: People will listen to you, because you listen to them.
- 5. You'll be more likeable: People have more confidence in people who listen to them.
- Better relationships and communication: You will listen to understand and not to judge others. A lot of relationships have issues because one or both partners aren't listening.
- 7. Listening makes communication effective. Communication has to do with talking and listening, and without listening communication is ineffective.
- 8. Being a good listener teaches you to be patient with people, to tolerate them better and to have meaningful relationship with them.
- 9. With listening to people, you learn to solve problems; you become open to ideas and opportunities.




# **FOLLOW UP**

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## **ACTIVE LISTENING ACTIVITY**



Active Listening Activity

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#### Slide script:

"Active listening helps us build trust and strong relationships with people and allows us to learn more effectively. Let's explore the power of active listening in this experiment."

**Teacher note:** Circulate to answer questions so that students understand the questions and can complete this section of the worksheet. Partner with a student who is working alone.

7

## **ACTIVE LISTENING ACTIVITY**



5 MIN



#### Partner Share: (4 min total)

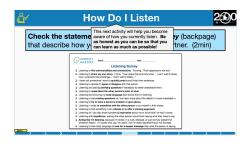
- Each partner will share their responses to Qs 1-6 without interruptions. (2min/partner)
- The listener will do their very best to actively listen.
- Switch!

8

## **HOW DO I LISTEN?**



2 MIN



#### **Best Practice:**

This activity will help you become aware of how you currently listen. Be as honest as you can be so that you can learn as much as possible!

#### Teacher note:

Circulate to answer questions so that students understand the questions and can complete this checklist well. Complete this along with your students.



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# **FOLLOW UP**

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## WHAT IS ACTIVE LISTENING?



#### What Is Active Listening

"Most people do not listen with the intent to understand; they listen with the intent to reply.

listening without wanting to reply, impress, win, or judge in order to truly understand someone's point of view.

Active listening is

**Teacher Tips:** So what is active listening? Let's have a scholar read the quote first.

- 1. Class, what does this teach us about active listening? (30sec)
- 2. Have you ever listened to reply instead of listened to understand? (30sec)

## **EXPLORE**



Best practice: Play the video twice to help students understand the video or pause the video midway and give 30 seconds for students to finalize notes or check with a partner to make sure they captured key ideas.

# CHECKING MY LISTENING SKILLS ()2MIN



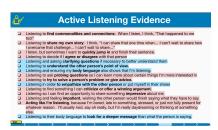
**Checking My Listening Skills** 

#### **Teacher Note:**

Using your video knowledge, look at your listening checklist again, but this time place a

# **ACTIVE LISTENING EVIDENCE**



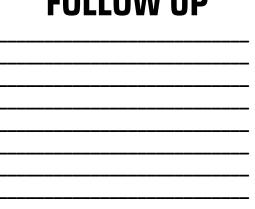


#### **Teacher Note:**

"These items in blue are evidence of a great listener. Check to see if you used these when you listened. If you didn't, think about how you might want to increase these when you listen."



<b>FOLLOW</b>	UP	



13

## **CLASS DEBRIEF**





**Teacher Tips:** Select one of the following topics to discuss.

14

## **LEARNING SHOWCASE**



3 MIN



"Now let's show off what we learned today in our learning showcase. Remember, you can also identify which habits you need more support with."

3min student's complete the learning showcase in their notebook.

### **Extension Opportunities:**

You can have students share their responses

15 STOP HERE



#### **GOT FEEDBACK?**

Do you have feedback, concerns, questions, and best practices to share?

Click here to complete our quick 1 min feedback form!