



Active Listening Practicing Safely With a Trusted Peer

Select those dimensions of Active Listening that you are aware you would like to practice.

- ◇ Eye Contact
- ◇ Facial Expressions
- ◇ Body Language
- ◇ Clarify
- ◇ Summarize
- ◇ Paraphrase
- ◇ Give Full Attention
- ◇ Silence
- ◇ Perception check
- ◇ Empathy
- ◇ _____
- ◇ _____
- ◇ _____

Decide what level of, and how much, feedback do you want?

Review your favorite feedback guidelines, highlighting those items that are important for you and your learning.

Meet with your co-teacher, or if you aren't teaching, perhaps there is a trusted colleague who could help you practice active listening during a meeting or in another specific situation.

Share the guidelines with your "helper" highlighting those items that are most important for you and your learning.

Communicate what level of and how much feedback do you want.

Make sure to ask your helper to include all the things you did well. Almost every human needs affirmation and feedback that tell what worked!



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