WHAT CAN BE DONE ABOUT LISTENING?

10 Bad Listening Habits:

1. Calling the Subject Dull
2. Criticizing the Speaker
3. Getting Overstimulated
4. Listening Only for Facts
5. Trying to Outline Everything
6. Faking Attention
7. Tolerating Distraction
8. Choosing Only What’s Easy
9. Letting Words get in the Way
10. Wasting the Differential
WHAT CAN BE DONE ABOUT LISTENING?

10 Ways to Turn It Around:

1. Listen with a fresh ear. You may hear learn something new!
2. Look beyond the speaker themselves to the message being delivered!
3. Try not to judge the argument until you have heard it all.
4. Look for main ideas and principles instead of facts.
5. Remain flexible in your note taking strategies.
6. Be active and engaged in your attention!
7. Avoid distractions and distracting behavior.
8. Broaden your listening arena to include new things!
9. Strange or strong language can be off-putting. Remain patient.
10. Rain your thoughts to follow everything that is being said, without running away!