

8 Tips for ACTIVE LISTENING

PARAPHRASE.

Try to paraphrase what the student said to make sure you understand and to show that you are paying attention.

ASK QUESTIONS.

Ask questions to encourage the student to elaborate on their thoughts and feelings.

USE POSITIVE BODY LANGUAGE.

Show that you are engaged and interested by nodding, facing the other person, and maintaining an open and relaxed body posture.

SHOW EMPATHY.

If the student voices negative feelings, try to validate them. Consider why they feel this way and put yourself in their shoes.

AVOID JUDGMENT.

Your goal is to understand your student's perspectives. Try not to interrupt with your own opinions while the student is speaking.

LISTENING MAY BE ENOUGH.

We may be tempted to "fix" the problem, but at times, students just want us to listen.

EVALUATE THE CONVERSATION.

After you have fully taken in what the student has said, take a moment to evaluate the conversation.

DON'T GIVE ADVICE TOO QUICKLY.

Allow the student to finish speaking before attempting to give advice. You want to make sure that you fully understand them first.

Practice Agape.
Be kind.
Hold Safe Space.
Listen.

Pay Attention.
Be Present.
Don't Judge.
Don't Criticize.

Focus on understanding.
Ask yourself if what you have to say
is REALLY that important.
What IS really important?