

BEING AN ACTIVE LISTENER

Senior High

Description

Active listening is an important part of any relationship. When someone is speaking to you, it is important you listen rather than just hear. Active listeners let the speaker finish without interrupting them, they who interest, show that they understand, check and recheck the meaning of a conversation and accept without judging. When a person cannot actively listen, they are not fully grasping the importance of a conversation.

Family and Consumer Sciences Classes

- Communication Skills
- Family Living
- Relationships

Classroom Activities

- Pair off students and have each group have a three minute conversation. After the three minutes are up, have each student write down on a piece of paper as many details of the conversation as they can remember. Have the pairs compare notes to see if they were listening to each other.
- Have students role play to demonstrate what is "active" and "inactive" listening.
- Have students rate their listening skills. After they have completed that have a discussion on how they could improve.

Class Connection of FCCLA Projects

- Mentoring Project
- Families First
- Power of One "A Better You" module

Connection to Minnesota Graduation Standards

- Write and Speak--Interpersonal Communications