

# Listening exercise 1

## Objectives

- Link Listening theory to real-life situations
- Increase awareness of listening skills
- Understand personal listening style
- Identify strengths and weaknesses in listening
- Identify actions to increase effectiveness

## Skill Sheets

⊕ Introduction D, D1, D5, and D8



## Exercise output

Lecture/workshop title:

Subject:

Date/time:

Professor:

Listening attention points	Personal Observations	Actions to improve/do differently next time
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1 Maintain eye contact with the instructor

2 Maintain focus on the content, not on the delivery

3 Avoid emotional involvement

4 Stay active by asking questions

5 Use the gap between the rate of speech and your rate of thought

What did you find distracting during the presentation? And what can you do to avoid being distracted by this?

Distraction points	Actions to improve/do differently next time
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1

2

3

4

5