Attentive Listening

Attentive listening is probably the most important social skill to be taught and practiced by everyone in the learning community. Unfortunately, for many students (and adults) the experience of being listened to in a caring way rarely happens.

Attentive listening is a gift to be given. It depends upon

- Acknowledging the person who is speaking with full attention and eye contact
- Withholding one's own comments, opinions, and need to talk at the time
- Paraphrasing key words to encourage the speaker and to let them know they have been heard
- Affirming through body language that the speaker is being heard
- Paying attention not only to the words but also to the feelings behind the words