

Up                      Your  
In-Class              Learning

# ***LISTENS***

*"Listening is the art of  
paying attention"*

## **L –Lean forward**

Put your body in a  
active, alert position.

## **I –Interact with content and in-class**

Pre-read material, ask  
& answer questions.

## **S –Set learning goals for the class**

"At the end of class I  
will be able to . . .".

## **T –Think ahead & anticipate next item**

What's to be said next,  
what's the answer.

## **E -Eyes on the eyes of instructor**

Focus on instructor,  
look for emphasis.

## **N -Note taking done effectively**

For ease of learning,  
use Notes -4- Learning

## **S -Set aside**

### ***distractions***

Put "red rabbits"  
in their place.

*After class do  
Notes -4- Learning,  
cards & Summary  
Sheets to increase  
learning*

Use LISTENS whenever  
you need to listen and  
learn.

**Rmoore 88 rev'98 1/1**