LISTENS for Better Listening One Page

Quick Question		Have you ever just taken time to listen to what's around you? Do it now, just listen to everything that is going on around you. Do this in one of your classes. There are so many things going on around you, how do you focus on what's being said.
Learning Outcome		When you use this strategy you will be able to **listen more effectively** to learn more and communicate better.
What is the Strategy?		Whenever you are listening you can be more effective by using the LISTENS ***acronym*** that stands for **L**ean forward — Put your body in an active position **I**nteract with content & speaker — Pre-read material, ask & answer questions. **S**et learning goals for the class — "At the end of class, I will be able to . . .." **T**hink ahead & anticipate next item — What's to be said next, what's the answer. **E**ye on eyes of the instructor — Focus on the instructor, look for emphasis. **N**otes taken as you are listening — For ease of learning use Notes-4-Learning. **S**et aside distractions — Put 'Red Rabbits' in their place out of mind.
Guided practice		In class, notice what is going on, keep track of what you are thinking, are you only listening to the instructor. Most people talk at about 300 to 400 words a minute; newscasters are a little faster at 500 wpm. We can listen at 600 – 700 words a minute and still understand what is being said. For fun try speeding a up a tape recording and listen to what you understand. We think even faster than we listen, some suggest at 2000 words per minute . . . **so** we can think faster than others speak and we hear. So what happens with all that speed, well we think **non class** thoughts, yes you could list many things we think about, what we're doing later, what we've done before. Plans, concerns, worries, etc. How can we listen better?
Apply the strategy		Make a plan to use **LISTENS** next time you are in class or listening to someone, keep track of what you remember from the discussion. Use the bookmark to remember the steps as you use them.
Summarize the strategy		Take a moment and list the steps of the strategy and how you do each one. Print out the **Bookmark**, refer to it in your classes and use the steps in class.
So where to from here		Keep a log of your listening and the effectiveness. Try LISTENS everywhere so it becomes a habit and you listen more effectively.