

In Lecture

ACTIVE LISTENING



Active Listening is fully focusing, understanding, and engaging with what's being said.

Before Class

- Rest, Exercise, & Eat
- Complete Assigned Readings
- Anticipate Discussion

After Class

- Summarize Main Ideas
- Reread Notes
- Compare Notes with Classmates

During Class

- Ask Questions
- Make Connections to What you Already Know
- Sit At Attention
- Note Important Points
- Keep Your Mind Open to New Points
- Sit Where You Listen Best
- Silence Distractions

