

Active Listening = Active Learning

Active listening is a vital skill to your success as a learner. Not only does listening actively help you in the classroom, but it also will allow you to contribute more to group study sessions you may be a part of.

Being an active listener can be easier said than done for many students. To listen actively, it is important to stay focused on the person who is talking. Try not to fidget or become distracted by other people or events in the room. If you can connect with a subject personally, you are more likely to connect more with the subject. Don't let your thoughts get away from you. If you think about your own bias and opinions you won't hear what the speaker has to say.

It's always easier to concentrate on a speaker if you use both your eyes and your ears. Follow the speaker's movements in an effort to focus on what the speaker is saying. Don't interrupt! Make sure that you have heard and processed the information before offering your opinion. The sooner you discuss, and connect with a subject, the more likely you are to retain it. Try and ask questions and participate in discussions about the topic soon after a speaker is done.

