

ON LISTENING

(FROM BAY AREA MIDDLE SCHOOLERS)

LISTENING IS NOT
JUST HEARING,
BUT PROCESSING THAT INFORMATION
AND STORING IT IN YOUR BRAIN.

TO LISTEN IS MORE THAN JUST
ALLOWING SOUND WAVES TO PASS
THROUGH YOUR EARS. YOU
HAVE TO BE DIRECTING YOUR
BODY AND MIND TO
WHO YOU ARE
LISTENING TO.

A LISTENER NOT ONLY HEARS.

THEY TRY TO
UNDERSTAND.

SOMETIMES LISTENING MIGHT MEAN:

- JUST LEARNING SOMETHING
- ASKING QUESTIONS
- BEING QUIET AND REALLY HEARING SOMEONE OUT
- BEING A GOOD LISTENER CAN ALSO MEAN

RESPONDING WITH

ACTION

TO BE LISTENING TO ANOTHER AND
ACTIVELY THINKING WHILE THEY SHARE
— AND AFTER THEY SHARE.

A LISTENER PAYS ATTENTION
WITH CARE.

A LISTENER MIGHT STOP MOVING TO HELP
BETTER FOCUS ON WHO IS SHARING.

A LISTENER MIGHT NOT MAKE NOISE, TO
KEEP FROM INTERRUPTING WHO IS SHARING.

A LISTENER LENDS AN EAR TO A PERSON
WHO NEEDS TO BE HEARD.

ALWAYS LISTENING FOR
SOMETHING NEW IS GOOD.

FOCUS ON THE WORDS.

FOCUS ON THE MEANING.

BE QUIET.

BE PATIENT.

LISTENING IS
RESPECT