

Learning to Listen Effectively

Written by Roshanda Glenn

Behavior Solutions Academy

Listening well is very important. It helps us make friends and understand people better. When we listen, we show others that we care about what they think and feel. This makes people trust us more.

Here are five easy ways to be a good listener:

1. Pay Attention - When someone is talking to you, focus on them. It also shows the person that you think what they're saying is important.

2. Use Your Body to Show You're Listening - You can use your body to show you're listening. Nodding your head, smiling or frowning to show you understand how they feel, and leaning forward a little all show the speaker that you are listening to them.

3. Don't Interrupt - Interrupting is not nice and makes it seem like you think your ideas are more important than the other person's. Let the person finish talking before you say anything. This shows that you're trying to understand better.

4. Say Back What You Heard - After someone talks, try saying what they said in your own words. This helps make sure you understood them right.

5. Ask Questions That Need More Than Yes or No - Ask questions that make people talk more about their thoughts and feelings. This shows you want to hear more.



Good listening isn't just about hearing words. It's about trying to really understand the feelings and ideas behind those words. Remember, anyone can get better at listening if they practice. By using these tips, you can have better talks with people and make stronger friendships. (258)