

# LISTENING SKILLS

OBSTACLES	STRATEGIES
Distractions from friends	<ul style="list-style-type: none"> <li>• Don't sit by friends</li> <li>• Tell friends to be quiet</li> <li>• Tell teacher to tell friends to be quiet</li> </ul>
Distractions from noises, objects, interruptions etc.	<ul style="list-style-type: none"> <li>• Set goals</li> <li>• Take notes</li> <li>• Make eye contact</li> <li>• <i>Choose</i> to listen (pay attention)</li> <li>• Remove unnecessary things on desk</li> </ul>
Distractions from other assignments	<ul style="list-style-type: none"> <li>• Manage time better</li> <li>• Be prepared for classes</li> </ul>
Fatigue	<ul style="list-style-type: none"> <li>• Get plenty of sleep</li> <li>• Eat well</li> </ul>
Daydreaming	<ul style="list-style-type: none"> <li>• Set goals</li> <li>• <i>Choose</i> to listen (pay attention)</li> <li>• Ask questions/participate in class</li> <li>• Take notes</li> <li>• Sit in front of class</li> <li>• Make eye contact</li> </ul>
Boredom/Lack of Interest	<ul style="list-style-type: none"> <li>• Set goals</li> <li>• Consider changes in attitude</li> <li>• Take notes</li> </ul>
Stress/Anxiety/Personal Problems	<ul style="list-style-type: none"> <li>• Set goals</li> <li>• Seek personal/professional help</li> </ul>
Confusion/Insecurity	<ul style="list-style-type: none"> <li>• Read assignments before class</li> <li>• Ask questions</li> </ul>
Mood	<ul style="list-style-type: none"> <li>• Set goals</li> <li>• Consider changes in attitude</li> </ul>