

Lesson 4

Listening Skills: *Coach Guide*

Learning Goals

1. Students will understand the importance of listening skills
2. Students will have the opportunity to practice their listening skills
3. Students will think about future goals and work with a partner

Introduction (~10 minutes)

- **Welcome your class back to Beaver Hangouts**
 - Recap your week as a college student and ask what they've been learning about in class.
 - Ask students what they remember from last week's lesson (week in the life of a college student)
- **Introduce this week's lesson**
 - Explain why listening is an important skill to have to be a successful student- using a story is great!
 - Think back to when you were a younger student. What have you done or been taught to become a better listener?
 - Explain that you'll do two activities today to work on listening skills. One will be independent and one will be with a partner.

Activity 1 (~15 minutes)

- **Testing our listening skills**
 - Let students know that the first activity will be to test how well they currently listen.
 - Ask each student to take out a piece of paper. Explain to them that you'll be giving them instructions on what to do with the paper. Let them know that you'll state each instruction, pause, and then repeat it. Add, *but I will not repeat any instruction a third time, so listen carefully.*
 - As a coach, you should complete the activity as well.
 - INSTRUCTIONS:
 - 1. Write your first name on the bottom left hand corner of the paper
 - 2. Write the numbers 1 through 5 down the center of the page
 - 3. Circle the number 3
 - 4. Draw a star in the upper right hand corner of the page
 - 5. Fold the paper in half the long way
 - 6. Open up the paper
 - 7. Write your last name next to your first name
 - When finished, ask students to hold up their papers. Show them yours as an example of what it should look like. Ask them what they thought about the activity- was it difficult? Did they get distracted by anything? If they missed a step, what could they have done to remember it?



Activity 2 (~20 minutes)

➤ Qualities of a good listener

- Explain to the class that they'll be working together to practice their listening skills and think about their goals (think back to the last session!)
- Make sure each student has a handout. First, go over the column "A good listener uses.." followed by "Skills in good listening." You can either read each statement or ask for a volunteer to read. Explain why these are important and ask students if they have any questions.
- Ask students to find a partner and move on to "Tell me about you." Explain to the students that they'll be telling their answers to their partner, and their partner should practice good listening skills to pay attention to what they're saying. These questions are designed to make them think about the future and some of their goals.
- Once the activity is complete, go back over the good listener worksheets. Ask students if anyone would like to share something positive that their partner did.
- Re-summarize the importance of listening skills and ask students what they learned during the activity.

Closing/Assignment (~5 minutes)

➤ Wrap-up

- Leave some time for students to ask you questions

