

BLOCKS TO EFFECTIVE LISTENING

Emotional Cotton.

Do you stuff your ears with emotional cotton because—

- ▶ the speaker says something, which punches a hot button for you?
- ▶ you dislike the speaker, or resent him/her?

***If your ears or brain are full of emotional cotton,
you'll receive a distorted message.***

I Know . . .

If you already 'know' then there is no point in listening. Do you—

- ▶ tune out?
- ▶ close your mind?
- ▶ interrupt?

If so, you not only fail to listen, you can also fail to hear.

Twisting the Message.

Do you

- ▶ have a pre-conceived idea of what you expect or want the speaker to say?

***If so, that's what you will hear
(whether or not that's what is said).***

Judging.

Do you—

- ▶ have a tendency to jump to judgment?
- ▶ attach labels to the speaker's person or words?

If so, you're unlikely to actually listen to the message.

Charge Your Memory Batteries

LAW OF ASSOCIATION

Purpose: To demonstrate the law of association.

Time Required: Varies.

Supplies: Chalkboard, paper and pencils.

Process:

1. Put the following list of paired words on the chalkboard.

1. mouse	dog
2. fur	book
3. train	tractor
4. ice cream	boat
5. popcorn	chair
6. elephant	pancake
7. toothbrush	tattoo
8. umbrella	triangle

2. Have students number their papers 1-8.
3. Have students create and write down an association between each pair of words.

Example: for the first pair, you could imagine a dog chasing a cat chasing a mouse.

4. When all students are finished, cover (or erase) the words in the either column listed on the board.
5. Have students recall the erased words by using the associations they created.

↪ **Note:** If students form vivid, clear associations, they may be surprised at how quickly and easily they're able to remember everything!