

# Active Listening & Paraphrasing

## Active Listening, what is it?

- Paying attention
- Showing that you are listening
- Providing feedback, positivity!
- Responding appropriately
- Avoiding judgments/assumptions
- Content over delivery.



These are just some key points of active listening.  
What are some examples? How can you improve  
your active listening skillset?

## *Silence can sometimes be a helpful tool.*

It allows for thought and reflection. It allows you to examine your tutee's specific needs and accommodate your plan to their needs.

## *Empathy is appreciated and promotes interaction.*

Genuine empathy displays your ability to listen to the tutee. It expresses attention and understanding.

## *Body language is vital.*

Eye contact, smiling, hand gestures, etc., displays to the tutee that you are focused on helping them with their understanding of the subject material.

## Paraphrasing, why is it important?

- Displays to the tutee that you are listening and understanding what they are speaking about.
- Ensures that your interpretation of the problem/concept is correct.

What are some good paraphrasing statements?  
Create a list of paraphrasing statements that you have heard throughout your life.

## **Review these examples of open ended questions:**

- What alternatives have you thought about... ?
- What do you mean by... ?
- What could some of the consequences be... ?
- What other possibilities are there... ?
- What were the considerations that led up to this... ?
- Why is this element the most important aspect?
- Where might this rule not necessarily hold true?
- How else could this situation be explained?

How are open ended questions helpful?

## References and sources:

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- 1.) Active Listening - The University of Adelaide
  - 2.) Communication Skills - Illinois State University
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