

**Listening Skills - Applied**

**Point of the Assignment:** To give you practice applying your listening skills.

There are two parts to this assignment. The first is to evaluate your tendency to engage in ‘selective exposure’ and ‘selective attention’ as it relates to your learning new material. The second is to give you practice exercising ‘reflective listening’ skills.

**Part 1: “Selective Exposure/Selective Attention”**

Think of a time when you used ‘selective exposure’ and/or ‘selective attention’ when dealing with a situation, issue, or a person. Describe the situation.

---

---

---

Why did you not want to hear the speaker’s message? What stopped you from listening?

---

---

What did you hear based on your selective exposure and/or selective attention?

---

---

Stop and think about what the message that ‘the other side’ was trying to convey?

---

---

How different was your filtered understanding from the actual intended message?

---

---

What can you learn from doing this exercise?

---

---

Note: “Fake News” is an issue, of which listeners should beware. Fake news encourages selective attention. The following link identifies how to recognize fake news websites.

[https://docs.google.com/document/d/10eA5-mCZLSS4MOY5QGb5ewC3VAL6pLkT53V\\_81ZyitM/preview](https://docs.google.com/document/d/10eA5-mCZLSS4MOY5QGb5ewC3VAL6pLkT53V_81ZyitM/preview)

Listening Skills Applied

**Part 2: “Reflective Listening”**

For this part, you will need a partner. Each person is to take three minutes to talk while the other listens. When the speaker finishes, the listener is to reflect back to the speaker what the speaker said. The speaker will evaluate the accuracy of the listener’s ability to hear and reflect back. If the listener got any details wrong, then the speaker must correct the listener.

Speaker name: \_\_\_\_\_

Listener name: \_\_\_\_\_

Conversation Prompt: **“Describe a vivid memory you have from a situation you experienced over five years ago that had a profound effect on you and how you look at the world. How did you feel about that experience at the time? How do you feel about it now?”**

**Listener: Paraphrase to the speaker what you heard. Then write down here.**

\_\_\_\_\_  
\_\_\_\_\_

**Speaker: Comment on how accurately they described the situation, how it affected you, and how you feel about it.**

\_\_\_\_\_  
\_\_\_\_\_

**Test your understanding:**

**What is the main point of this assignment?**

\_\_\_\_\_  
\_\_\_\_\_

**Why were you expected to do this exercise?**

\_\_\_\_\_  
\_\_\_\_\_

**What type of person would need to do this exercise?**

\_\_\_\_\_  
\_\_\_\_\_

**How well do you fit the profile of the person for whom this assignment was created?**

\_\_\_\_\_  
\_\_\_\_\_

**Reflection: (Write down your response after completing this assignment.)**

\_\_\_\_\_  
\_\_\_\_\_