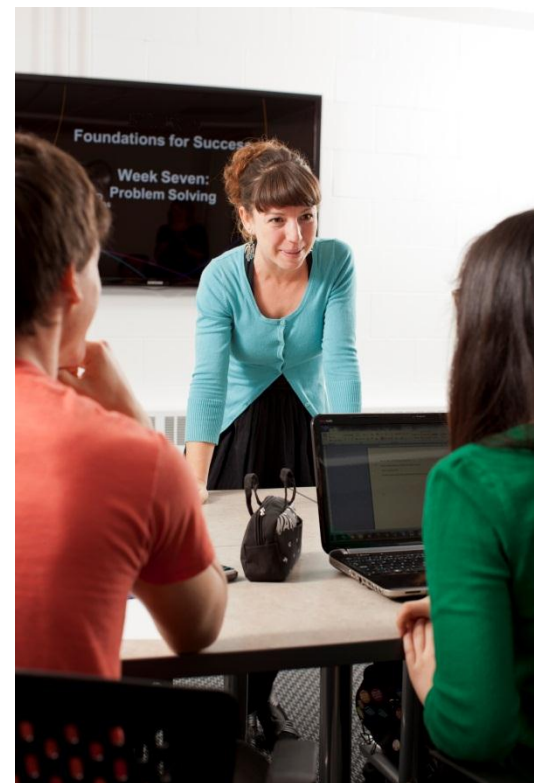


Learning by Listening

You can learn a lot through listening. In University, it will be a prime source of information. Unfortunately, people do not instinctively listen well. Listening is a skill which must be developed.

1. **Why is the information important?** If you don't have reason for listening to a professor, you are an unmotivated listener. How is this information helping you get to your short and long term goals (graduation or career goals)?
2. **Take responsibility.** Learning is up to the learner. Even if the professor is not presenting the information in a way that is helpful for you, it is your responsibility to seek clarification. Do your best to have a positive attitude about the subject and presenter.
3. **Rearrange yourself if necessary.** Move away from any noise, either human or mechanical. Sit where you can see the professor easily, and where other distractions are minimized.
4. **Listen to what the professor is saying.** Avoid tuning the professor out or shutting down because you don't like something about him/her or the message. Be sure you understand something before you develop an opinion about it. Even if you disagree listen for areas that you can agree.
5. **Pay attention to the pattern of organization.** In a lecture, a professor is generally referring to notes or some other source of information. You can understand much better if you are able to recognize what the importance is of what is being said and how the professor is getting there.
6. **Look for the main idea.** Facts are important only as they support the professor's points. Listen for the thesis of the lecture and the points that support the thesis. Often a professor will summarize the class at the end of the lecture. Listen attentively as this summary could hold clues to what is in the upcoming tests and exams.



7. **Avoid letting your mind wander.** Your thoughts move far more rapidly than your professor can talk. The urge to daydream or become distracted can be tempting. Do your best to avoid texting and or checking social media while in lectures. Use the extra time to: anticipate where the professor is going next, mentally summarize what is being said, weigh the evidence or apply what is being said. This activity will help you store the lecture in your long term memory.
8. **Take notes while you listen.** Even if you recognize everything being said, jot it down, because you won't remember it later unless you do. If you have difficulty listening and writing at the same time, write jot form notes and fill in the gaps later in the day. Pay particular attention to ideas that are emphasized, you will probably see them again in a test or exam.
9. **Visit a success coach.** If you would like more information on how to incorporate these strategies into your study routine visit a success coach. To book an appointment, visit the student success office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.

Adapted from - Dartmouth College Resources.

