

LISTENING

AND

UNDERSTANDING

~ IN THE CLASSROOM ~



EDUCATION

Listening in the classroom is key to understanding the message that is being sent, and to be able to use that information at a future time, such as for an exam.

Another name for this kind of listening is Informational Listening. Being able to understand the message and to use the information later can be enhanced by using specific listening strategies.



Listening and understanding can be challenging while the brain is recovering from concussion. This is because many factors can affect your brain's ability to listen and understand well, such as distractions (e.g., pain, fatigue or noise), changes in hearing and changes in processing (e.g., processing information more slowly or with more effort).



STRATEGIES



Face the speaker. Watch their face and mouth as they talk. Pay attention to their body movements.

Sit in the front of the room to help stay focused and lessen distractions.

Review your notes from the last lecture and any required readings to anticipate ideas and concepts you will hear during the current class.

Minimize distractions like hunger, pain and fatigue that can keep you from being able to fully focus in class.

Pay attention to the instructor's style to give you signals that information is more important.

Listen for main ideas and the relevant details that support those ideas.

Focus more on information that is most likely going to be included in tests and quizzes. Look for things like when the lecturer makes lists, spends a lot of time explaining something, or writes something on the board.

Intend to listen. Active listening takes more energy. Use strategies to manage your fatigue before, during, and after class.

Raise your hand and ask question when you don't understand something. If you don't feel comfortable asking during class, wait to talk to the lecturer after or attend their office hours.

Record lectures so you can review the content after to help learn and retain what you heard.

TECHNOLOGY

- Use voice recorders (e.g., Apple Voice Memos or Android Voice Recorder) or smart pens (Echo Smartpen) to record lectures and upload them to your online note taking programs.

