



Study Skills Workshop: How to Improve Your Listening Skills

Hearing is not listening. Listening requires concentration. You will have to deal with these “challenges” throughout all of your classes.

3 concentration problems while you are trying to listen in a class:

1 Concentration Info

Problem Title	What is it?	Why does it happen?
1.		
2.		
3.		

6 solutions to improve your concentration in a class

2 Concentration Applications

Technique Title	What is it?	How can you apply it?
1.		
2.	Physical: Mental:	
3.		
4.		
5.		
6.		

Listening/Dictation Exercise (in “practice” solution spot; begins at time stamp 31:00):

1. Write the sentence down here as it was presented. Shortest one, you should get this.

Afterwards you will come back and correct your sentence by marking any of your mistakes.

2. Write this sentence down here as it was presented. A little longer, so concentrate fully.

Afterwards you will come back and correct your sentence by marking any of your mistakes.

3. Write this sentence down here as it was presented. Listen first then write it all down.

Afterwards you will come back and correct your sentence by marking any of your mistakes.

4. Write this sentence down here as it was presented. Be silent and focus.

Afterwards you will come back and correct your sentence by marking any of your mistakes.

5. Write this sentence down here as it was presented. Give it your best try.

Afterwards you will come back and correct your sentence by marking any of your mistakes.

Back to 6 solutions to improve your concentration in a class

3 Concentration Techniques

Technique Title	What is it?	How can you apply it?
1. Awareness!		
2. Physical & mental preparations	Physical: Mental:	
3. Set a Goal!		
4. Sit front & center		
5. Practice	#3 sentence story:	How can you practice this to remember longer sentences?
6. Pretend to be fascinated		

Which technique will you try in which class this week?

Congratulations on completing this video workshop! Perhaps you might want to take a look at the *Taking Better Lecture Notes* video. These two concepts will help you create a more powerful notetaking system.