



TIPS FOR BECOMING AN ACTIVE LISTENER

- Sit close to the instructor
- Listen for main ideas and for the supporting details
- Remain alert to recognize when a new idea is being introduced
- Keep an open mind-save disagreements for an office visit
- Engage in self-talk – Tell yourself that you’re “getting” all the information
- Get enough sleep
- Don’t come to class hungry
- Fight boredom by adding your own ideas to your notes

