

Listen Up

Practice different types of listening and better communication skills.

TIME

20-30 minutes

MATERIALS

Computer, projector, paper, handouts, writing utensils

TEAM STAGE

Storming, Norming

Learning & Development Outcomes

Participants will get the chance to practice different types of listening and develop better communication skills to take with them in other areas of life!

Outcomes are focused on developing *21st Century Skills* and the *National Association of Colleges and Employers (NACE) Career Competencies*, including, but not limited to:

- Listening effectively to decipher meaning, including knowledge, values, attitudes and intentions. Understanding oral and nonverbal communication skills in a variety of forms and contexts.
- Communicating effectively in diverse environments (including multi-lingual).
- Accurately summarizing and interpreting data with an awareness of personal biases that may impact outcomes.
- Employ active listening, persuasion, and influencing skills.



Preparation & Logistics

Set Up

- Choose a video clip to use for this activity that includes one person speaking. Some examples include commencement addresses, famous monologues, or acting reels.
- Be prepared with a computer and projector with audio/visual capabilities so that the video clips can be played for the group.
- Review choose video clips prior to activity. Select which video clips and corresponding leadership skills for the discussion.
- Make sure that each participant has a piece of paper and a writing utensil.

Safety

- This activity can highlight some differing opinions between participants, remind everyone to respect others opinions and give everyone the chance to speak their minds.

Additional Considerations

- Set aside additional time for a debrief.
- [Click here to watch it live!](#)

Instructions

Summary

In this activity, participants will watch and listen to a video clip in different ways and discuss their observations about what they see, hear, and interpret. Practice different types of listening and better communication skills.


To make this activity appropriate for all audiences, choose video clips that the age group will relate to and find entertaining to watch/listen to.

Step 1: Prepare the participants

- Tell participants that they are going to view the clip in three different pieces and will be asked to make observations about each one. Write down notes when viewing each clip.

Step 2: Start the Activity

- Play the first third of the video clip without sound or subtitles.
- Have participants write down what judgments they have formed about the person in the clip so far.
- Then, ask participants to share what they think about this clip and its message based just on what they can see.
- After this discussion, play the next third of the video clip. This time, cover the projector so participants are only listening to audio of the clip.
- Have participants write down what new or changed judgments they have about the person in the clip.
- Then, ask participants to share what they think about this particular clip based solely on what they could hear.
- For the last part of the video clip, allow participants to watch and listen to the clip with no restrictions.
- Have participants write down what judgments they have formed about each person in the clip.




Do I need to use a projector to show the clips?

"While it's not completely necessary, using a projector is the best way to ensure that participants can see the video well. We'd also recommend using a speaker of some sort so they can also hear audio."



How to end the activity

- Debrief the entire experience with the whole group. See debriefing questions on next page.



Some participants might not feel comfortable sharing their thoughts out loud to the whole group or even to a partner. If you feel this is the case, you can always have them write their thoughts down on paper first.

Debrief Questions



These questions are a starting point to guide your debrief. Pick the ones that best match your group's experience and add or change questions as needed!

What

- How would you describe your experience listening to the three different videos?
- What information did you gain or lose in each round of the activity?

So What

- What are some factors that affect the quality of our listening?
- Why is it important for us to practice our listening skills?

Now What

- What is one thing you want to focus on that would improve your ability to listen?
- How can we foster a culture of listening in our group?

Adjustments for...

Large Group (25+)

- Break into small groups of four or five.
- Have each group write down their individual answers and share with the small group. Have group find common answers and discuss.
- Have each group share their top answer with the large group. Let the groups know that its okay if other groups have the same answer.

Small Group (1-9)

- Have everyone share their answer - see if anyone want to add to each persons answer.
- Allow sharing with a partner, if odd an odd number a group of three.
- Share their answers with the entire group.

Group has prior experience:

- Make sure to find new videos. YouTube is a great resource.
- Ask those that may have seen the videos or participated before to let others answer first.

Online

- To facilitate this activity virtually, show the video clip using the share screen and sound features on the video conferencing platform. The conversations between rounds can happen in the main meeting room with all participants or in breakout rooms with smaller groups of participants, depending on the size of the group



Each adjustment is its own unique idea for how to facilitate this activity for different groups and situations! Choose any or all that work!