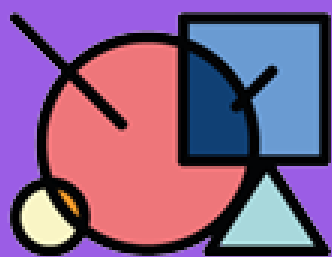




MICRO TASKS



S4B

Note to user: After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

Active listening

Active listening challenge

MICRO TASK NUMBER: 2

01 What are the objectives of the task?



The Active listening challenge micro-task aims to improve your active listening skills by engaging in interactive challenges in diverse communication scenarios. Practicing regularly this task you will develop a deeper understanding of the nuances of active listening and witness its transformative impact on your communication abilities.

02 What will teachers learn?



Through these challenges, you will learn how to adapt your listening techniques to different communication situations. This skill enables you to effectively engage in conversations with varying levels of complexity and formality.

By practicing active listening challenges, you will also understand the value of asking clarifying questions during conversations. This skill helps you gain a deeper understanding of the speaker's message and promotes clearer communication.

These challenges will also highlight the importance of providing constructive feedback during conversations. Offering feedback demonstrates active engagement and fosters mutual understanding.

Benefits:

- **Enhanced versatility:** As you take on various active listening challenges, you will develop enhanced versatility in communication and adaptability in diverse settings. This versatility allows you to navigate different social and professional interactions with ease.
- **Improved information retention:** Engaging in these challenges will improve your ability to retain information accurately. You will find it easier to remember key details from conversations and discussions.
- **Strengthened collaboration:** Through active listening, you will cultivate stronger collaboration and teamwork skills. By actively engaging with others' ideas and perspectives, you contribute to a positive and productive group dynamic.

03 Tasks and procedure



1. Create a list of challenges

Begin by creating a list of active listening challenges to tackle over a specific period. These challenges can span a week or more, depending on your preference.

Suggestions for challenges:

- Engage in an active listening exercise with a friend or family member, where they share their thoughts on a chosen topic, and you actively listen without interrupting.
- Practice active listening while watching a TED talk or listening to a podcast, taking notes on the main points and reflecting on the key messages.



- Engage in an active listening conversation with a coworker, discussing a work-related issue or project, and providing feedback and follow-up questions.

2. Set specific goals

Before each challenge, set specific goals for the experience. For example, you could aim to ask at least three follow-up questions during a conversation or practice paraphrasing the speaker's key points.

3. Record experiences and reflections

After each challenge, take some time to record your experiences and reflections. Note what went well during the conversation, as well as areas for improvement.

4. Use feedback to refine skills

Use the feedback from each challenge to refine your active listening skills in various contexts and situations. Identify the difficulties you've faced, areas where you excelled and areas where you can continue to grow.